



	Sun 11-27-2022	Mon 11-28-2022	Tue 11-29-2022	Wed 11-30-2022	Thu 12-01-2022	Fri 12-02-2022	Sat 12-03-2022
B R E A K F A S T	Scrambled Egg <i>or</i> Creamy Oatmeal Breakfast Potatoes Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Chef's Choice Pastry <i>or</i> Hot Cereal Breakfast Ham Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Egg and Sausage Breakfast Pizza <i>or</i> Cream of Wheat Yogurt Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	French Toast <i>or</i> Bananas Foster Oatmeal Bacon Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Cheesy Scrambled Eggs <i>or</i> Hot Cereal Hash Browns Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Banana Chocolate Pancakes <i>or</i> Cream of Wheat Sausage Link Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice	Scrambled Egg <i>or</i> Creamy Oatmeal Yogurt Fresh Fruit 100% Juice Whole Grain Toast Beverage Choice
L U N C H	Chicken Rice Soup California Chicken Club Sandwich Potato Chips Glazed Carrots Whole Grain Bread Beverage Choice Berry Jello	French Onion Soup Pork Rib Patty Sandwich Loaded Baked Potato Corn Whole Grain Bread Beverage Choice Ice Cream	Soup Du Jour Caesar Salad with Shrimp Parmesan Breadsticks Fresh Fruit Whole Grain Bread Beverage Choice Wildberry Sorbet	Cabbage Beef Soup Barbecue Beef Meatballs Fried Potatoes and Onions Garlic Carrots Whole Grain Bread Beverage Choice Fresh Blueberry Pie	Ham and Potato Soup Grilled Ham and Swiss Sandwich Potato Salad Three Bean Salad Whole Grain Bread Beverage Choice Ice Cream	Manhattan Clam Chowder Baked Cod with Dill Sauce Onion Roasted Potatoes Herb Sauteed Vegetables Whole Grain Bread Beverage Choice Chocolate Chip Cake	Green Salad Asian Chicken Salad Brown Rice with Carrots and Leeks Asian Coleslaw Whole Grain Bread Beverage Choice Marshmallow Lime Jello
D I N N E R	Beef Potato Stew Buttermilk Biscuits Chef's Steamed Vegetable Whole Grain Bread Beverage Choice Cookie	Creamed Beef on Toast Green Beans Whole Grain Bread Beverage Choice Black Forest Cake	Turkey and Rice Casserole Baked Roll Steamed Broccoli Whole Grain Bread Beverage Choice Chocolate Mousse	Egg Salad Croissant O'Brien Potatoes Garden Vegetable Soup Whole Grain Bread Beverage Choice Chocolate Cupcake	Braised Chicken Rice Pilaf Bermuda Vegetables Whole Grain Bread Beverage Choice Layered Pudding Dessert	Hamburger Gravy Fresh Mashed Potatoes Bermuda Vegetables Whole Grain Bread Beverage Choice Blueberry Crumb Bar	Braised Chuck Roast with Brown Gravy Creamy Potatoes Buttery Carrots Whole Grain Bread Beverage Choice Oatmeal Raisin Cookie

Milk offered at every meal

Week 3

Dietitian's Signature: *Diane A. Jager #610128*
10-9-2022