



## Food Menu A • Standard Diet

Summer 2022 • Weeks 1, 3, 5 & 7

	BREAKFAST	LUNCH	DINNER	SNACK
<b>SUN</b>			<b>Chicken Fingers, Fries &amp; Salad</b> Plum Sauce, Ketchup, Salad Dressing  <i>Popsicles</i>	<b>Bag of Chips</b>
<b>MON</b>	<b>Egg, Sausage and Cheese McMuffins</b> Hash Browns  Hot/Cold Cereal	<b>Taco Salad</b> Beef, Lettuce, Cheese, Sour Cream, Salsa, Green onions  <i>Orange Segments</i>	<b>Take-Out Pizza</b> Carrots & Celery  <i>Rice Crispy Squares</i>	<b>Nacho &amp; Salsa</b>
<b>TUE</b>	<b>Pancakes &amp; Sausage Syrup</b>  Hot/Cold Cereal	<b>Mac &amp; Cheese</b> Cucumber, Carrots, Tomatoes, Ketchup & Dip  <i>Fruit Bowl</i>	<b>Cook-Out</b> Burgers, Hotdogs, Chips, Carrots  <i>Cookies</i>	<b>Granola Bars</b>
<b>WED</b>	<b>Scrambled Eggs, Bacon &amp; Tater Tots</b> Mandarin Oranges  Hot/Cold Cereal	<b>Subs (Ciabatta), Salad &amp; Chips</b> Ciabatta bun, Meat, Lettuce, Tomatoes, Cheese, Mayo and Chipotle Sauce  <i>Watermelon</i>	<b>Beef Stroganoff with Egg Noodles &amp; Hot Vegetables</b>  <i>Jell-O</i>	<b>S'mores</b>
<b>THU</b> <i>Sleep In</i>	<b>Muffins &amp; Yogurt</b> Fruit, Juice Boxes	<b>Perogy Poutine</b> Gravy, Bacon, Mozz Cheese and Veggie Plate  <i>Grapes</i>	<b>Roast Chicken, Calico Rice &amp; Cooked Carrots</b>  <i>Chocolate Cake</i>	<b>Cookies</b>
<b>FRI</b>	<b>Waffles &amp; Sausages</b> Syrup, Fruit Compote  Hot/Cold Cereal	<b>Grilled Cheese &amp; Tomato Soup</b> Pickle Spears, Veggie Plate  <i>Whole Fruit</i>	<b>Roast Pork, Roast Potatoes &amp; Green Beans</b> Rolls, Applesauce  <i>Ice Cream Sandwich</i>	<b>Donuts</b>
<b>SAT</b>	<b>Croissants &amp; Cinnamon Rolls</b> Yogurt, Whole Fruit  Hot/Cold Cereal			