

**SPRING/SUMMER 2023** **WEEK 3**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	May-28, Jun-25, Jul-23, Aug-20, Sept-17, Oct-15	May-29, Jun-26, Jul-24, Aug-21, Sept-18, Oct-16	May-30, Jun-27, Jul-25, Aug-22, Sept-19, Oct-17	May-31, Jun-28, Jul-26, Aug-23, Sept-20, Oct-18	Jun-1, Jun-29, Jul-27, Aug-24, Sept-21, Oct-19	Jun-2, Jun-30, Jul-28, Aug-25, Sept-22, Oct-20	June-3, Jul-1, Jul-29, Aug-26, Sept-23, Oct-21
<b>BREAKFAST</b>	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
	Pancakes Bacon Omelette Diced Peaches	Oatmeal Cereal Poached Eggs Whole Wheat Toast Banana	Cream of Wheat Scrambled Egg Raisin Toast Blueberries	Sunny Boy Cereal Boiled Egg Whole Wheat Toast Mandarin Oranges	Oat Bran Cereal Poached Eggs Rye Toast Fruit Cocktail	Oatmeal Cereal Breakfast Sandwich Whole Wheat Toast Apricot halves	Cream of Wheat Scrambled Eggs Whole Wheat Toast Mango
<b>LUNCH</b>	Roast Turkey Dressing Mashed Potatoes with Gravy Carrots Plums <b>Alt</b> Stroganoff	Dijon Chicken with Mushrooms Mashed Potatoes Green Beans Spring Mix Salad Cantaloupe <b>Alt</b> Roast Turkey	Peppered Beef Roasted Potatoes California mix vegetables Pea Salad Diced Pears <b>Alt</b> Dijon Chicken	Grilled Pork Drummies Baked Beans Corn Tomato Cucumber Salad Honeydew <b>Alt</b> Peppered Beef	Cranberry Glazed Chicken Thigh Scalloped Potatoes Brussel Sprouts Tossed Salad Watermelon <b>Alt</b> Pork Drummies	Crusted Fish with lemon Roasted potatoes P.E.I mixed vegetables Carrot salad Banana <b>Alt</b> Chicken Thigh	Spaghetti with Meat Sauce Garlic Toast Snap Peas Caesar Salad Crushed Pineapple <b>Alt</b> Braised Fish
<b>SUPPER</b>	Corn Chowder Wieners and Beans Pepper Wedges Blueberry Tart <b>Alt</b> Corned Beef Sandwich on Rye	Beef Vegetable Soup Mini Beef Wellington Gravy Glazed Carrots Ice Cream Sandwich <b>Alt</b> Egg Salad Sandwich	Cream of Carrot Soup Chicken Wrap Sliced Tomatoes Pudding <b>Alt</b> Cheese Sandwich	Dill Chicken Soup Deviled Egg Croissant Cucumber Slices Lemon Meringue Pie <b>Alt</b> Turkey Sandwich	Broccoli and Cheese Soup Beef Stir Fry Rice Nanaimo Bar <b>Alt</b> Ham Sandwich	Coconut Curry Soup Crispy Chicken Wings Carrot Sticks Dessert of the Day <b>Alt</b> Bologna Sandwich	Cream of Turkey and Rice Soup Salmon Salad Croissant Pickled Beets Brownie <b>Alt</b> Roast Beef Sandwich