

HH Fall Winter 2015 - WEEK 1

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
R	Banana	Dcd.Honeydew Melon	Banana	Orange Sections	Banana	Banana	Banana Half
E	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal
A	Scrambled Eggs	Vanilla Yogurt	Hard Boiled Egg	Cheddar Cheese	Poached Egg	Hard Boiled Egg	Scrambled Eggs
K	Whole Wheat Toast	Blueberry Bran Muffin	Raisin Toast	Whole Wheat Toast	English Muffin	Whole Wheat Toast	Bacon
F	Margarine	Brown Sugar	Brown Sugar	Margarine	Brown Sugar	Margarine	Whole Wheat Toast
A	Brown Sugar	2% Milk	2% Milk	Brown Sugar	2% Milk	Brown Sugar	Margarine
S	Jelly/Jam	Coffee or Tea	Coffee or Tea	Jelly/Jam	Coffee or Tea	Jelly/Jam	Brown Sugar
T	2% Milk	-----	-----	2% Milk	-----	2% Milk	Jelly/Jam
	Coffee or Tea	Assorted Cold Cereal	Assorted Cold Cereal	Coffee or Tea	Assorted Cold Cereal	Coffee or Tea	2% Milk
	-----	Peanut Butter	Peanut Butter	-----	-----	-----	Coffee or Tea
	Assorted Cold Cereal	Whole Wheat Toast	Whole Wheat Toast	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	-----
	Peanut Butter	Margarine	Margarine	Peanut Butter	Margarine	Peanut Butter	Assorted Cold Cereal
		Jelly/Jam	Jelly/Jam		Jelly/Jam		Peanut Butter
L	Butternut Squash Soup	Chicken Noodle Soup	Cream of Celery Soup	Minestrone Soup	Unsalted Soda Crackers	Cream of Carrot Soup	Cream of Potato Soup
U	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Split Pea Soup	Unsalted Soda Crackers	Unsalted Soda
N	Pulled Pork on Wheat	Vegetable Quiche	Chicken Salad on Wheat	Egg Salad on Wheat	Sausage Link	Turkey Pot Pie	Crackers
C	Bun	New England Vegetables	Tomato Cucumber Salad	Tossed Salad	Warm Fruit Compote	Green Beans	Captain Burger
H	Spinach Onion Salad	Whole Wheat Bread	Mango	w/Dressing	French Toast	Whole Wheat Bread	Seasoned Green Peas
	Chilled Peach Slices	Margarine	2% Milk	Pineapple Tidbits	Chilled Apricots	Margarine	Strawberries
	2% Milk	Stewed Rhubarb	Coffee or Tea	2% Milk	2% Milk	Chilled Apple Slices	2% Milk
	Coffee or Tea	-----	-----	Coffee or Tea	Coffee or Tea	-----	Coffee or Tea
	-----	Perogie Casserole	-----	-----	-----	-----	-----
	Beef Macaroni	Sour Cream	-----	Bangers and Mash	Spinach & Cheese	-----	-----
		Steamed Broccoli	-----	-----	Cannelloni	-----	Vegetarian Lasagna
	Cauliflower	Whole Wheat Bread	-----	California Vegetables	-----	Pastrami on Rye	Greek Salad
	Whole Wheat Bread	Margarine	-----	Whole Wheat Bread	Harvard Beets	Garden Salad	Whole Wheat Bread
	Margarine	Butterscotch Pudding	-----	Margarine	Whole Wheat Bread	Grape Gelatin	Margarine
	Carrot Cake	-----	-----	Tapioca Pudding	Vanilla Ice Cream	-----	Tiramisu
D	Lemon Chicken Thighs	Bavarian Veal	Baked Tilapia	Beef Shepherd's Pie	Beef Shepherd's Pie	Herb Pork Loim	Beef Pot Roast
I	Parisienne Potatoes	Seasoned Egg Noodles	Lemon Potatoes	Homefries	-----	Sauerkraut	Mashed Potatoes
N	Montego Vegetables	Buttered Brussels	Sliced Carrots	Italian Mix Vegetables	Country Trio Vegetables	Roasted New Potatoes	Seasoned Diced
N	Brownie	Sprouts	Cherry Crisp	Coconut Cream Pie	Banana Chocolate Chip	Peppers & Onions	Turnips
E	2% Milk	Lemonicious Bar	2% Milk	2% Milk	Cake	Buttertart Square	Lemon Meringue Pie
R	Coffee or Tea	2% Milk	Coffee or Tea	Coffee or Tea	2% Milk	2% Milk	2% Milk
	-----	-----	-----	-----	-----	-----	Coffee or Tea
	Crunchy Baked Cod	Coffee or Tea	Spaghetti & Meat Sauce	Sweet & Sour Pork	Coffee or Tea	Coffee or Tea	-----
	Creamed Corn	-----	-----	Fluffy Rice	-----	-----	-----
	Whole Wheat Bread	Apple Braised Pork	Local Caesar Salad	Seasoned Green Peas	Baked Salmon Fillet	Veal Parmesan	Cranberry Chicken
	Margarine	Chops	Whole Wheat Bread	Whole Wheat Bread	Herb Roasted Potatoes	Winter Vegetables	Sauteed Mushrooms
	Chilled Apricots	Garlic Mashed Potatoes	Herb Bread Stick	Margarine	Zucchini Medley	Whole Wheat Bread	Whole Wheat Bread
		Diced Squash	Margarine	Blueberries	Whole Wheat Bread	Margarine	Margarine
		Whole Wheat Bread	Mandarin Oranges	-----	Margarine	Chilled Tropical Fruit	Pineapple Tidbits
		Margarine	-----	-----	-----	-----	-----
		Fruit Cocktail	-----	-----	-----	-----	-----

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
R	Fresh Fruit	Banana	Mixed Berries	Banana Half	Banana	Banana	Banana
E	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat
A	Cheddar Cheese	Hard Boiled Egg	Vanilla Yogurt	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg
K	Raisin Toast	Whole Wheat Toast	Bran Muffin	Toasted English Muffin	Whole Wheat Toast	Whole Wheat Toast	Bacon
F	Brown Sugar	Margarine	Brown Sugar	Brown Sugar	Margarine	Margarine	Whole Wheat Toast
A	2% Milk	Jelly/Jam	2% Milk	2% Milk	Brown Sugar	Brown Sugar	Margarine
S	Coffee or Tea	2% Milk	Coffee or Tea	Coffee or Tea	Jelly/Jam	Jelly/Jam	Brown Sugar
T	Assorted Cold Cereal	Coffee or Tea	Assorted Cold Cereal	Assorted Cold Cereal	2% Milk	2% Milk	2% Milk
	Peanut Butter	-----	Peanut Butter	Peanut Butter	Coffee or Tea	Coffee or Tea	Coffee or Tea
	Whole Wheat Toast	Assorted Cold Cereal	Whole Wheat Toast	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal	-----
	Margarine	Peanut Butter	Margarine	Margarine	Peanut Butter	Peanut Butter	Assorted Cold Cereal
	Jelly/Jam	Jelly/Jam	Jelly/Jam	Jelly/Jam	Jelly/Jam	Jelly/Jam	Peanut Butter
L	Barley Beef Soup	Cream of Mushroom	Chicken Rice Soup	Country Bean & Veg	Cream Asparagus Soup	Broccoli Cheese Soup	Garden Vegetable Soup
U	Unsalted Soda Crackers	Soup	Unsalted Soda Crackers	Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda
N	Potato Leek Quiche	Hot Roast Beef on Bun	Macaroni & Cheese	Unsalted Soda Crackers	Beef & Cabbage	Hamburger on Wheat	Crackers
C	Sliced Carrots	with Gravy	Baked Tomato	Fish 'n Chips	Casserole	Bun	Chicken Salad on
H	Whole Wheat Bread	Marinated Vegetables	Pineapple Tidbits	Savory Carrots	Fall Medley Vegetables	Tossed Salad w/Dressing	Wheat
	Chilled Pear Halves	Chilled Tropical Fruit	2% Milk	Whole Wheat Bread	Whole Wheat Bread	Sliced Peas	Marinated Cucumbers
	2% Milk	2% Milk	Coffee or Tea	Margarine	Margarine	2% Milk	Honeydew Melon
	Coffee or Tea	Coffee or Tea	-----	Peach Halves	Blueberries	Coffee or Tea	2% Milk
	-----	-----	Vegetable Omelet	2% Milk	2% Milk	-----	Coffee or Tea
	Salami on Wheat	Cottage Cheese Bowl	Beet & Onion Salad	Coffee or Tea	Coffee or Tea	Spinach & Mushroom	-----
	w/Pickles	Winter Fruit Cup	Multi-Grain Toast	-----	-----	Ravioli	Weiners & Beans
	Mixed Green Salad	Lemon Cranberry Muffin	Margarine	Sliced Turkey on Wheat	Grilled Cheese & Bacon	Alfredo Sauce	Seasoned Green Peas
	w/Dressing	Margarine	Chocolate Mousse	Creamy Coleslaw	Caesar Salad	Garlic Bread	Wheat Roll
	Ice Cream Sandwich	Banana Pudding	Herb Baked Chicken	Cherries in Snow	Lemon Chiffon	Italian Mix Vegetables	Margarine
D	Braised Veal Tips	BBQ Pork Chops	Herb Baked Chicken	Salisbury Steak	Chalet Chicken w/Sauce	Pineapple Gelatin	Crème Caramel
I	Fluffy Rice	Baked Potato	Breast	Beef Gravy	Mashed Potatoes	Baked Ham in Pineapple	Roast Turkey
N	Broccoli Florets	Zucchini Medley	Roasted Potatoes	Whipped Potatoes	Niagara Mix Vegetables	Juice	Turkey Gravy
N	Date Square	2% Milk	Buttered Brussels	Diced Squash	Country Carrot Cake	Scalloped Potatoes	Mashed Potatoes
E	Coffee or Tea	Coffee or Tea	Sprouts	Nanaimo Bar	2% Milk	Glazed Parsnips	Green Beans
R	-----	-----	Vanilla Caramel Swirl	2% Milk	Coffee or Tea	Blonde Bars	Cherry Lattice Cake
	Turkey Schnitzel	Baked Tilapia	Cake	Coffee or Tea	-----	2% Milk	2% Milk
	Lemon Potatoes	Calico Corn	2% Milk	-----	Vegetarian Chili	Coffee or Tea	Coffee or Tea
	Sauteed Spinach	Whole Wheat Bread	Coffee or Tea	Pork Tenderloin	Corn Muffin	-----	-----
	Whole Wheat Bread	Margarine	-----	Orange and Rosemary	Parslief Cauliflower	Broiled Pollock	Farmers Sausage
	Margarine	Stewed Rhubarb	Liver & Onions	Sauce	Whole Wheat Bread	Dill Sauce	Buttered Red Cabbage
	Mandarin Oranges	-----	Sunrise Vegetables	Whole Wheat Bread	Margarine	Mexican Mixed	Whole Wheat Bread
	-----	-----	Whole Wheat Bread	Margarine	Fruit Cocktail	Vegetables	Margarine
	-----	-----	Margarine	-----	-----	Whole Wheat Bread	Chilled Apple Slices
	-----	-----	Chilled Apple Slices	Sliced Apricots	-----	Margarine	-----
	-----	-----	-----	-----	-----	Strawberries	-----

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
R	Banana Half	Banana	Banana	Banana	Stewed Prunes	Banana	Banana
E	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatmeal	Oatbran Cereal
A	Scrambled Eggs	Hard Boiled Egg	Vanilla Yogurt	Scrambled Eggs	Cheddar Cheese	Poached Egg	Scrambled Eggs
K	Whole Wheat Toast	Whole Wheat Toast	Apple Muffin	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Bacon
F	Margarine	Margarine	Brown Sugar	Margarine	Brown Sugar	Margarine	Whole Wheat Toast
A	Brown Sugar	Brown Sugar	2% Milk	Brown Sugar	2% Milk	Brown Sugar	Margarine
S	Jelly/Jam	Jelly/Jam	Coffee or Tea	Jelly/Jam	Coffee or Tea	Jelly/Jam	Brown Sugar
T	2% Milk	2% Milk	-----	2% Milk	-----	2% Milk	2% Milk
	Coffee or Tea	Coffee or Tea	Assorted Cold Cereal	Coffee or Tea	Assorted Cold Cereal	Coffee or Tea	Coffee or Tea
	-----	-----	Peanut Butter	-----	Peanut Butter	-----	-----
	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal
	Peanut Butter	Peanut Butter	Margarine	Peanut Butter	Margarine	Peanut Butter	Peanut Butter
	Jelly/Jam	Jelly/Jam	Jelly/Jam	Jelly/Jam	Jelly/Jam	Jelly/Jam	Jelly/Jam
L	Unsalted Soda Crackers	Unsalted Soda Crackers	Cream of Tomato Soup	Italian Wedding Soup	Creamy Vegetable Soup	Cream of Chicken Soup	Corn Chowder
U	Chicken Barley Soup	Beef & Rice Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda
N	Monte Cristo Sandwich	Chicken Burger w/	Grilled Cheese on Wheat	Pasta Primavera	Oktoberfest on Bun	Vegetable Pizza	Crackers
C	Carrot Raisin Salad	Lettuce & Tomato	Creamy Cucumber &	Garlic Bread	Sauerkraut	Julienne Carrots	Salmon Salad on
H	Mandarin Oranges	Vinaigrette Coleslaw	Onions	Italian Mix Vegetables	Triple Bean Salad	Whole Wheat Bread	Wheat
	2% Milk	Pineapple Tidbits	Chilled Peach Slices	Margarine	Honeydew Melon	Margarine	Mixed Green Salad
	Coffee or Tea	2% Milk	2% Milk	Chilled Tropical Fruit	2% Milk	Chilled Apricots	w/Dressing
	-----	Coffee or Tea	Coffee or Tea	2% Milk	-----	2% Milk	Poached Spiced Pears
	Steak & Mushroom Pot	Coffee or Tea	-----	Coffee or Tea	-----	Coffee or Tea	2% Milk
	Pie	Tuna Noodle Casserole	Egg Salad on Croissant	-----	Spanish Omelet	-----	Coffee or Tea
	Winter Vegetables	Green Beans	Pickled Beets	Hot Turkey on Wheat	Buttered Brussels	Smoked Pulled Beef on	-----
	Whole Wheat Bread	Whole Wheat Bread	Potato Salad	Romaine & Onion Salad	Sprouts	Wheat Bun	Chicken Nuggets
	Margarine	Margarine	Margarine	Pumpkin Custard	Whole Wheat Toast	Caesar Salad	Plum Sauce
	Raspberry Sherbet	Pudding Parfait	Strawberry Mousse	-----	Margarine	Banana Pudding	Home Fries
				Brownie Stickwich Ice			Seasoned Green Peas
				Cream			Whole Wheat Bread
							Margarine
							Tropical Fruit Chiffon
D	Baked Basa	Meatloaf	Rosemary Chicken	Apricot Glazed Ham	Lemon Pepper Cod	Roast Turkey	Pork Roast
I	Herb Roasted Potatoes	Mushroom Gravy	Scalloped Potatoes	Chive Whipped Potatoes	Oven-Browned Potatoes	Gryy&Cranberry Sce	Pork Gravy
N	Sunrise Vegetables	Potatoes & Onions	Seasoned Diced Turnips	Parslief Parsnips	Harvard Beets	-	Roasted Potatoes
N	Cherry Tart	Diced Squash	Butterscotch Square	Iced Banana Cake	Rice Pudding	Mashed Potatoes	Broccoli Florets
E	2% Milk	Blueberry Crisp	2% Milk	2% Milk	2% Milk	Herbed Green Beans	Apple Blackberry
R	Coffee or Tea	2% Milk	Coffee or Tea	Coffee or Tea	Coffee or Tea	Lemon Mousse	Crumble Cake
	-----	Coffee or Tea	-----	-----	-----	2% Milk	2% Milk
	Veal Paprika	Lamb & Vegetable Stew	Teriyaki Pork Chop	Tangy Steak	Chicken Cacciatore	Coffee or Tea	Coffee or Tea
	Fluffy Rice	Tea Biscuit	Mashed Potatoes	Spinach & Mushrooms	Cauliflower	-----	-----
	Zucchini Medley	Whole Wheat Bread	Oriental Vegetables	Whole Wheat Bread	Whole Wheat Bread	Veal Schnitzel	Swedish Meatballs
	Whole Wheat Bread	Asparagus Spears	Whole Wheat Bread	Margarine	Margarine	Buttered Red Cabbage	-
	Margarine	Whole Wheat Bread	Margarine	Chilled Apple Slices	Fruit Cocktail	Whole Wheat Bread	Buttered Egg Noodles
	Chilled Diced Peas	Margarine	Mango			Margarine	Scandinavian
		Dcd.Cantaloupe Chunks				Stewed Rhubarb	Vegetables
							Whole Wheat Bread
							Margarine
							Orange Sections