

Week 4

Wednesday:

Lunch: MEATLOAF PATTY, MAC N CHEESE, DINNER ROLL

Supper: GARLIC PARMESAN CHICKEN, PARSLEY NOODLES, MIXED VEGGIES

Thursday:

Lunch: POT ROAST, MASHED POTATOES, GREEN BEANS

Supper: PIZZA NIGHT AND POP

Friday:

Lunch: SWEDISH MEATBALLS, PASTA, MIXED VEGGIES

Supper: BLT, SWEET PEPPER SLAW, APPLE SAUCE

Saturday

Lunch FISH SANDWICH, PEA AND CHEESE SALAD, BANANA

Supper: MAPLE GLAZED HAM, TWICE BAKED POTATO, PINEAPPLE

Sunday:

Lunch: CHICKEN POPCORN BITES, CUCUMBER ONION SALAD, FRIES

Supper:SLOPPY JOE, BAKED BEANS, APRICOTS

Monday:

Lunch: HAMBURGER, POTATO SALAD, CHIPS, MELON

Supper: SHRIMP POPPERS, SWEET POTATO PUFFS, CHOCOLATE PUDDING

Tuesday

Lunch: TURKEY THIGH ROAST, MASHED POTATO < GRAVY, ASPARAGUS, MIXED BERRIES

Supper:BEEF TIPS, GRAVY, POTATO MEDLEY, MIXED VEGETABLES