

WEEKLY MENU

Week 4 – FW 2022-23

MONDAY 1/2	TUESDAY 1/3	WEDNESDAY 1/4	THURSDAY 1/5	FRIDAY 1/6	SATURDAY 1/7	SUNDAY 1/8
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BREAKFAST	Made to Order	Made to Order	Made to Order	Made to Order	Made to Order	Made to Order
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LUNCH	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME							
Grilled Cheese w/Tomato & Bacon	3	Chicken Pot Pie	1	Turkey Cutlet w/Sauce	0	(V) Egg Salad Croissant	2	Beef Taco Casserole	3	Hot Pork Sandwich	2	Roast Turkey	0
Tossed Salad w/Dressing	0	Dinner Roll	1	Baked Potato	3	Tomato Wedge	0	Sour Cream	0	Broccoli Cauliflower Blend	0	Turkey Gravy	0
Spice Cake	2	Butterscotch Pudding Parfait	2	4 Way Vegetable Blend	1	Cantaloupe Wedges	1	Tortilla Chips w/Salsa	2	Potato Wedges	2	Bread Stuffing	2
				Peach Marshmallow Gelatin	2	Molasses Cookies	3	Frosted Orange Cake	2	Ice Cream Sundae	3	Spaghetti Squash	1
												Pumpkin Bar	3

DINNER	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME							
Tuna Noodle Casserole	2	Sweet & Sour Pork	3	Spaghetti & Meat Sauce	2	Mustard Glazed Ham	0	Baked Chicken Thigh	0	Salisbury Steak	1	Ham & Potato Casserole	2
Dinner Roll	1	Fortune Cookie	1	Garlic Breadstick	1	Rosemary Potatoes	2	Parslied Potatoes	2	Mushroom Gravy	0	Dinner Roll	1
Maple Glazed Carrots	1	White Rice	1	Green Beans	0	Harvard Beets	1	Creamed Spinach	1	Garlic Mashed Potatoes	1	Roasted Carrots	1
Spice Cake	2	Stir Fry Vegetables	0	Peach Marshmallow Gelatin	2	Molasses Cookies	3	Frosted Orange Cake	2	4 Way Vegetable Blend	1	Pumpkin Bar	3
		Butterscotch Pudding Parfait	2							Ice Cream Sundae	3		

= BeWell recipe
 (V) = VEGETARIAN - does not contain meat, poultry, fish & shellfish. May contain dairy products, eggs & honey
 = GLUTEN RESTRICTED - item not made with gluten containing ingredients
 CC = indicates number of carbohydrate counts in the food item listed. 1 carb count = 15 grams carbohydrates

WEEKLY MENU

Week 5 – FW 2022-23

MONDAY 1/9	TUESDAY 1/10	WEDNESDAY 1/11	THURSDAY 1/12	FRIDAY 1/13	SATURDAY 1/14	SUNDAY 1/15
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BREAKFAST

Made to Order

Made to Order

Made to Order

Made to Order

Made to Order

Made to Order

Made to Order

SOUP

TYPE NAME

TYPE NAME

TYPE NAME

TYPE NAME

TYPE NAME

TYPE NAME

TYPE NAME

LUNCH

Grilled Chicken Sandwich 2

Ham and Cheese Sandwich 2

French Dip Sandwich 3

Turkey Burger on Bun 2

Chicken Taco Salad 1

Grilled Pork Sandwich w/Cheese 2

Garlic Herb Roast Beef 0

Steak Fries 2

Pickle Spear 0

Cottage Fries 2

Three Bean Salad 1

Mexican Corn 1

Potato Wedges 2

Garlic Mashed Potatoes 1

Cream Cheese Bar 3

Potato Chips 1

Coleslaw 0

Chocolate Frosted Yellow Cake 2

Pineapple Pudding 2

Rhubarb Crisp 3

Cauliflower 0

Apple Streusel Cupcake 2

Parfait Dessert Bar 2

Peach Crumb Pie 3

DINNER

Beef Stroganoff 0

Beef Tomato Casserole 2

Chicken Broccoli Alfredo 2

Cranberry Glazed Pork Loin 1

Tater Tot Casserole 1

Chicken & Dumplings 1

Italian Hoagie 3

Egg Noodles 2

4 Way Vegetable Blend 1

Roasted Carrots 1

Brown Rice Pilaf 1

Tossed Salad w/Dressing 0

4 Way Vegetable Blend 1

Marinated Vegetable Salad 0

Green Beans 0

Apple Streusel Cupcake 2

Parfait Dessert Bar 2

Brussel Sprouts 1

Pineapple Pudding 2

Rhubarb Crisp 3


Peach Crumb Pie 3

Cream Cheese Bar 3

Chocolate Frosted Yellow Cake 2

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WEEKLY MENU

Week 1— FW 2022-23

MONDAY 1/16	TUESDAY 1/17	WEDNESDAY 1/18	THURSDAY 1/19	FRIDAY 1/20	SATURDAY 1/21	SUNDAY 1/22
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BREAKFAST	Made to Order	Made to Order	Made to Order	Made to Order	Made to Order	Made to Order
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SOUP	CHICKEN FETTUCINE	CHILI CON CARNE	SAUSAGE AND PEPPERS w/PASTA	CHICKEN CRANBERRY WALDORF SANDWICH	BEEF STROGANOFF	GRILLED TURKEY & CHEESE SANDWICH	CHICKEN FETTUCINE
	2	1	2	3	0	2	2
	1	0	1	0	2	1	1
	1	2	4	1	1	3	0
	2	2	2	2	2	2	2

DINNER	PARMESAN TURKEY	CRANBERRY CHICKEN	SWEDISH MEATBALLS	ROAST PORK w/GRAVY	CHICKEN & CORN CASSEROLE	BEEF TIPS IN GRAVY	INDIVIDUAL PIZZA
	0	0	1	1	2	0	6
	2	2	1	2	2	2	1
	1	1	0	0	2	1	2
	2	2	0	2	2	3	2

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WEEKLY MENU

Week 2 – FW 2022-23

MONDAY 1/23	TUESDAY 1/24	WEDNESDAY 1/25	THURSDAY 1/26	FRIDAY 1/27	SATURDAY 1/28	SUNDAY 1/29
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BREAKFAST						
Made to Order	Made to Order	Made to Order	Made to Order	Made to Order	Made to Order	Made to Order

LUNCH						
TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME	TYPE NAME
Beef Stew 1 Biscuit 2 Oatmeal Cranberry Cookie 4	Ham Salad on a Roll 2 Tomato Wedge 0 Cantaloupe Wedges 1 Magic Bar 1	Turkey Divan Casserole 2 Dinner Roll 1 Peas 1 Banana Chocolate Chip Bread 3	Hot Roast Beef Sandwich 2 Mashed Red Potatoes 1 Roasted Carrots 1 Bread Pudding 1	Sloppy Joe Sandwich 2 Pickle Spear 0 Seasoned Potato Wedges 2 Sherbet 2	Tuna Melt Sandwich 3 Potato Chips 1 Raw Veggies w/Dressing 1 Blonde Brownie 2	Chicken & Mushrooms w/Wine Sauce 1 Mashed Red Potatoes 1 Green Beans 0 Apple Cobbler 2
Cornflake Chicken 1 Cheesy Hashbrowns 1 Sautéed Broccoli w/Garlic 0 Oatmeal Cranberry Cookie 4	Meatloaf 1 Tomato Gravy 0 Baked Potato 3 Buttered Beets 0 Magic Bar 1	Sweet & Sour Chicken 1 White Rice 1 Butternut Squash 1 Banana Chocolate Chip Bread 3	Honey BBQ Pork Chops 2 Mashed Sweet Potatoes 2 Corn 1 Bread Pudding 1	Chicken Chow Mein 0 Fortune Cookie 1 Chow Mein Noodles 1 Seasoned Rice 2 Sherbet 2	Tater Tot Casserole 1 Roasted Root Veggies 1 Blonde Brownie 2	Spaghetti & Meatballs 3 Garlic Breadstick 1 4 Way Vegetable Blend 1 Apple Cobbler 2

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WEEKLY MENU

Week 3 – FW 2022-23

MONDAY 1/30	TUESDAY 1/31	WEDNESDAY 2/1	THURSDAY 2/2	FRIDAY 2/3	SATURDAY 2/4	SUNDAY 2/5
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BREAKFAST		MADE TO ORDER		MADE TO ORDER		MADE TO ORDER		MADE TO ORDER		MADE TO ORDER		MADE TO ORDER	
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SOUP		TYPE NAME		TYPE NAME		TYPE NAME		TYPE NAME		TYPE NAME		TYPE NAME	
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Shepherd's Pie	1	Turkey Ala King	0	Seafood Pasta Salad	2	Turkey, Ham & Cheese Sandwich	2	Meat Lasagna	4	Turkey Broccoli Rice Casserole	1	Pot Roast w/Gravy	0
Dinner Roll	1	Biscuit	2	Tomato Wedge	0	Tossed Salad w/Dressing	0	Corn	1	4 Way Vegetable Blend	1	Garlic Mashed Potatoes	1
Autumn Fruit Salad	1	Ice Cream Sundae	3	Sliced Pears	1	Seven Layer Bar	2	Garlic Breadstick	1	Dinner Roll	1	Dinner Roll	1
				Carrot Cake	2			Rice Pudding	2	Blueberry Crisp	3	Green Bean Casserole	1
												Chocolate Chip Brownie	4

Baked Pork Chop	0	Beef Rigatoni	2	Chicken Tostito Casserole	2	Cranberry Meatballs	1	Beef Stew	1	Baked Chicken w/Lemon & Garlic	0	Turkey Reuben Sandwich	3
Onion Gravy	0	Broccoli	0	Dinner Roll	1	Mashed Red Potatoes	1	Biscuit	2	Roasted Potatoes	2	Pickle Spear	0
Baked Beans	2	Ice Cream Sundae	3	Green Beans	0	Carrots	1	Peas	1	Broccoli Cauliflower Blend	0	Baked Potato Salad	1
Spaghetti Squash	1			Carrot Cake	2	Seven Layer Bar	2	Rice Pudding	2	Blueberry Crisp	3	Chocolate Chip Brownie	4
Autumn Fruit Salad	1												

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