

Menu for Week of:		Sep 13th - 19th	Harrowfield	SERVE WATER WITH DINNER	38
Breakfast (8am - 9:30am)		Lunch (12 pm - 1 pm)	2:15 PM	Dinner (4:30 pm - 5:30 pm)	Dessert
Sunday / 3	Options: Fruit, Oatmeal, Sausage, Bacon, Eggs, Waffles, Pancakes, Toast, Yogurt, etc.	(Baked 5) Chicken Patties, Mashed Potatoes, and Mixed Vegetables	Options: Coffee, Tea, Juice, Soda, Fruit, Cakes, Cookies, etc.	(frozen) Boneless BBQ Patties, Fries, and Corn	Options: Fruit, Ice Cream, Pudding, Jello, Cake, etc.
Monday	Options: Fruit, Oatmeal, Sausage, Bacon, Eggs, Waffles, Pancakes, Toast, Yogurt, etc.	(frozen) Chicken Stir-Fry Pasta, and frozen Broccoli	Options: Coffee, Tea, Juice, Soda, Fruit, Cakes, Cookies, etc.	Battered Fish (cook 5, cut up to bite-size pieces and serve B less), (Knorr) Pasta, and Green Beans	Options: Fruit, Ice Cream, Pudding, Jello, Cake, etc.
Tuesday	Options: Fruit, Oatmeal, Sausage, Bacon, Eggs, Waffles, Pancakes, Toast, Yogurt, etc.	(Box) Cheeseburger Macaroni, add Ground Turkey (refrigerator drawer), and (leftover) Vegetables <u>or</u> Peas	Options: Coffee, Tea, Juice, Soda, Fruit, Cakes, Cookies, etc.	Pizza and Broccoli	Options: Fruit, Ice Cream, Pudding, Jello, Cake, etc.
Wednesday	Options: Fruit, Oatmeal, Sausage, Bacon, Eggs, Waffles, Pancakes, Toast, Yogurt, etc.	Grilled Ham and Cheese Sandwich, (Knorr) Pasta, and Green Beans	Options: Coffee, Tea, Juice, Soda, Fruit, Cakes, Cookies, etc.	(box) Beef Stroganoff Pasta, add Ground Turkey (refrigerator drawer), Pea, and Roll	Options: Fruit, Ice Cream, Pudding, Jello, Cake, etc.
Thursday	Options: Fruit, Oatmeal, Sausage, Bacon, Eggs, Waffles, Pancakes, Toast, Yogurt, etc.	Meat Loaf (serve 1 each), Mashed Potatoes, Corn, and Roll	Options: Coffee, Tea, Juice, Soda, Fruit, Cakes, Cookies, etc.	(box) Tomato Basil Penne, add Ground Turkey (refrigerator drawer), Green Beans, and Garlic Bread Sticks	Options: Fruit, Ice Cream, Pudding, Jello, Cake, etc.
Friday	Options: Fruit, Oatmeal, Sausage, Bacon, Eggs, Waffles, Pancakes, Toast, Yogurt, etc.	(Box) Cheesy Enchilada, add Ground Turkey (refrigerator drawer), and (leftover) Vegetables <u>or</u> Peas	Options: Coffee, Tea, Juice, Soda, Fruit, Cakes, Cookies, etc.	(frozen) Garlic Chicken (add), and Garlic Bread	Options: Fruit, Ice Cream, Pudding, Jello, Cake, etc.
Saturday	Options: Fruit, Oatmeal, Sausage, Bacon, Eggs, Waffles, Pancakes, Toast, Yogurt, etc.	Hot Dogs, Chips, and Green Beans	Options: Coffee, Tea, Juice, Soda, Fruit, Cakes, Cookies, etc.	(box) Beef Pasta, add Ground Turkey (refrigerator drawer), and Peas	Options: Fruit, Ice Cream, Pudding, Jello, Cake, etc.
IMPORTANT: EVERY FOOD ITEM IS ACCOUNTED FOR - - - CALL CHARLOTTE BEFORE CHANGING THE MENU					
BREAKFAST: Coffee for R and B, and Tea for Z and J. 10:30 AM: (1/2 bottle) Nutritional Shakes or Chocolate Milk.					
2:15 PM: Decaf Coffee for "R" and Choice of Beverage for everyone else NEVER SERVE COFFEE TO "Z" and "J"					
Always check refrigerator for leftover vegetables before opening the same vegetable Only serve rolls if listed on menu					
ONLY SERVE WATER (NO OTHER DRINKS) WITH DINNER. This helps to prevent UTIs.					