

spring summer Manor 2022 - Week

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal Scrambled Eggs Buttered WW Toast Banana Bran Flakes Cereal Peanut Butter Cottage Cheese Buttered Raisin Toast	Cream of Wheat Hard Boiled Egg Peameal Bacon Buttered WW Toast Strawberries Bran Flakes Cereal Cheerios Cereal Peanut Butter Buttered White Toast	Oatmeal Eggs Benedict w/Hollandaise Sc Buttered WW Toast Chilled Diced Peaches Bran Flakes Cereal Special K Cereal Baked Ham Toasted English Muffin	Cream of Wheat Hard Boiled Egg Peameal Bacon Buttered WW Toast Chilled Apricots Bran Flakes Cereal Cheerios Cereal Peanut Butter Waffles	Oatmeal Eggs Benedict w/Hollandaise Sc Buttered WW Toast Pineapple Tidbits LoCal Special K Cereal Bran Flakes Cereal Peanut Butter Toasted English Muffin	Cream of Wheat Scrambled Eggs Sausage Links Buttered WW Toast Chilled Diced Pears Cheerios Cereal Bran Flakes Cereal Peanut Butter Waffles	Oatmeal Bacon Fried Egg Hashbrown Patty Mandarin Oranges Special K Cereal Bran Flakes Cereal Peanut Butter Buttered WW Toast
LUNCH						
Bean Medley Soup Unsalted Crackers Potato & Cheese Perogies Sour Cream Green Beans Tangerine Mousse	Chicken Noodle Soup Unsalted Crackers Chicken Fingers with Plum Sauce French Fries Creamy Coleslaw Butterscotch Pudding	Tomato Juice Turkey Sandwich w/Cranberry Mayo Lettuce Tomato Salad Chocolate Ice Cream Cup	Vegetable Soup Glazed Ham Roasted Red Skin Potatoes Broccoli Spears Rice Pudding Cup	Italian Wedding Soup Unsalted Crackers French Toast Pancake Syrup Vanilla Yogurt Mini Brownie	Turkey Vegetable w/Pasta Soup Unsalted Crackers Macaroni & Cheese Baked Tomato au Gratin Tiramisu Mousse	Minestrone Soup Unsalted Crackers Rotini & Meat Sauce Seasoned Zucchini Tapioca Pudding Cup
DINNER						
Sole w/Lemon Pepper White Sauce Wild & Brown Rice Seasoned Diced Turnips Carrot Loaf	Salisbury Steak RS Beef Gravy LS Mashed Potatoes Diced Beets Date Square	Breaded Pork Cutlet RS Brown Gravy Mashed Sweet Potatoes Fancy Blend Vegetables Mini Lemon Tart	Beef Burger on WW Bun French Fries Four Bean Salad French Cream Cheesecake	Liver & Onions LS Mashed Potatoes Green Beans RS Beef Gravy Oatmeal Date Cookie	Western Omelette Rotini Pasta Salad Italian Tomato Cucumber Salad Tripleberry Crumble Bar	Pork Roast RS Brown Gravy LS Mashed Potatoes Peas & Mushrooms Lemon Meringue Pie

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cream of Wheat Scrambled Eggs Baked Ham Buttered WW Toast Banana Bran Flakes Cereal Cheerios Cereal Peanut Butter Buttered White Toast	Oatmeal Hard Boiled Egg Buttered WW Toast Pineapple Tidbits LoCal Bran Flakes Cereal Special K Cereal Pancake Peanut Butter Buttered White Toast	Cream of Wheat Eggs Benedict w/Hollandaise Sc Buttered WW Toast Mandarin Oranges Cheerios Cereal Bran Flakes Cereal Peameal Bacon Peanut Butter Toasted English Muffin	Oatmeal Scrambled Eggs Buttered WW Toast Chilled Diced Peaches Bran Flakes Cereal Special K Cereal Cottage Cheese Peanut Butter Buttered White Toast	Cream of Wheat Buttered WW Toast Blueberries Cheerios Cereal Bran Flakes Cereal Peanut Butter Eggs Benedict w/Hollandaise Sc Baked Ham Toasted English Muffin	Oatmeal Hard Boiled Egg Buttered WW Toast Chilled Diced Pears Special K Cereal Bran Flakes Cereal Peanut Butter Pancake Sausage Links Buttered White Toast	Cream of Wheat Bacon Fried Egg Buttered WW Toast Strawberries Cheerios Cereal Bran Flakes Cereal Peanut Butter Hashbrown Patty
LUNCH						
Bean Medley Soup Unsalted Crackers Chicken Souvlaki Basmati Rice Green Beans Tzatziki Sauce RS Poultry Gravy Chocolate Ice Cream Cup	Hearty Beef Barley Soup Unsalted Crackers Corned Beef on Rye Coleslaw Rice Pudding Cup	Tomato Juice Chicken Burger on Bun Beet & Onion Salad Vanilla Ice Cream Cup	Cream of Tomato Unsalted Crackers Beef & Cabbage Casserole Sunrise Vegetables Beef Gravy Chocolate Mousse	Turkey Vegetable w/Pasta Soup Unsalted Crackers Baked Haddock w/Dill Sauce Brown Rice Wax Beans Butterscotch Pudding	Vegetable Soup Unsalted Crackers Baked Beans with Pork Montego Vegetables Wheat Roll French Cream Cheesecake	V8 Juice Pulled Pork on a Bun Four Bean Salad RS Brown Gravy Banana Pudding
DINNER						
Beef Tips in Red Wine Gravy LS Mashed Potatoes Buttered Brussels Sprouts Raspberry Mousse Cake	Chicken Cordon Bleu RS Poultry Gravy Garlic Mashed Potatoes Prince Edward Vegetables 2 Bite Raspberry Tart	Baked Lemon Pepper Cod White Sauce French Fries Montego Vegetables Apple Crumble Cake	Baked Pork Chop RS Brown Gravy LS Mashed Potatoes Butternut Squash Applesauce Cup Buttertart Square	Roasted Chicken Thigh RS Poultry Gravy Mashed Potato Salad Steamed Baby Carrots Mini Brownie	Rotini Primavera w/Alfredo Sc Caesar Salad Iced Orange Cake	Western Omelette Beet & Onion Salad Whole Wheat Toast Coconut Cream Pie

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal Scrambled Eggs Buttered WW Toast Pineapple Tidbits LoCal Special K Cereal Bran Flakes Cereal Peanut Butter Cottage Cheese Buttered Raisin Toast	Cream of Wheat Peameal Bacon Eggs Benedict w/Hollandaise Sc Buttered WW Toast Strawberries Cheerios Cereal Bran Flakes Cereal Peanut Butter Toasted English Muffin	Oatmeal Hard Boiled Egg Buttered WW Toast Blueberries Special K Cereal Bran Flakes Cereal Pancake Baked Ham Buttered White Toast	Cream of Wheat Scrambled Eggs Buttered WW Toast Chilled Diced Peaches Cheerios Cereal Bran Flakes Cereal Peanut Butter Cottage Cheese Buttered Raisin Toast	Oatmeal Eggs Benedict w/Hollandaise Sc Buttered WW Toast Banana Special K Cereal Bran Flakes Cereal Toasted English Muffin	Cream of Wheat Hard Boiled Egg Sausage Link Buttered WW Toast Mixed Berries Bran Flakes Cereal Cheerios Cereal Peanut Butter Buttered White Toast	Oatmeal Fried Egg Bacon Hashbrown Patty Chilled Diced Pears Bran Flakes Cereal Cheerios Cereal Peanut Butter Buttered WW Toast
LUNCH						
Minestrone Soup Unsalted Crackers Pepperoni Pizza Coleslaw Butterscotch Pudding	Tomato Juice Grilled Cheese on Brown Bread Mixed Green Italian Salad Strawberry Ice Cream Cup	Hearty Beef Barley Soup Unsalted Crackers Western Omelette Diced Savory Potatoes Diced Carrots Chocolate Pudding Cup	Bean Medley Soup Unsalted Crackers Ravioli w/Rose Sauce Green Beans Vanilla Ice Cream Cup	Chicken Noodle Soup Unsalted Crackers Baked Lemon Salmon Wild & Brown Rice Montego Vegetables Dill Sauce Strawberry Mousse	V8 Juice Meatloaf LS Mashed Potatoes Green Beans RS Beef Gravy Rice Pudding Cup	Minestrone Soup Unsalted Crackers Hot Dog on White Bun Carrot Raisin Salad Apple Cinnamon Pudding Cake
DINNER						
Herb Baked Chicken Thigh Baked Potato Diced Carrots Sour Cream RS Poultry Gravy Lemon Tart	Sweet-n-Sour Meatballs LS Mashed Potatoes Bistro Vegetables Blueberry Pudding Cake	Cod Nuggets French Fries Coleslaw Tartar Sauce Buttertart Square	Shepherd's Pie Italian Seasoned Vegetables RS Beef Gravy Apple Pie Slice	Cottage Roll Dcd.Scalloped Potatoes Buttered Cabbage G-F Brown Gravy Peach Flan	Tandoori Chicken Basmati Rice Steamed Broccoli Yogurt Sauce RS Poultry Gravy Tripleberry Crumble Bar	Beef Tips in Red Wine Gravy Buttered Egg Noodles Wax Beans RS Beef Gravy Banana Cream Pie Slice