

Western Menu Plan: Red Meat (Regular or Soft)

This menu begins in Oct. 2018

2018		Monday	Tuesday	Wednesday	Thursday	Friday
W E E K 1	Oct 1 – Oct 5 Oct 29–Nov 2 Nov 26–Nov30 Dec 24–Dec 28	<i>Cream of Vegetable</i> Chicken Teriyaki Mixed Rice & Peas Vegetables <i>Cookie</i>	<i>Carrot Soup</i> Barbeque Meatloaf Pasta Vegetables <i>Macaroon Bite</i>	<i>Cream of Tomato</i> Perogies and Turkey Sausages Sauerkraut <i>Fresh Orange</i>	<i>Seafood Chowder</i> Battered Fish Rice Vegetables <i>Brownie</i>	<i>Corn Chowder</i> Boneless BBQ Ribs Mashed Potatoes Vegetables <i>Date Square</i>
W E E K 2	Oct 8 – Oct 12 Nov 5 – Nov 9 Dec 3 – Dec 7	<i>Cream of Cauliflower</i> Mediterranean Chicken Mashed Potatoes Vegetables <i>Banana</i>	<i>Vegetable Barley Soup</i> Salisbury Steak Fried Potatoes Vegetables <i>Oatmeal Raisin Cookie</i>	<i>Chicken Vegetable</i> <i>Soup</i> Butter Chicken Fried Rice Vegetables <i>Cheesecake</i>	<i>Roasted Tomato Soup</i> Poached Fish Basmati Rice with Mushrooms Vegetables <i>Cinnamon Crunchie</i>	<i>Vegetable Soup</i> Spaghetti and Meat Balls Vegetables <i>Apple Crumble</i>
W E E K 3	Oct 15-Oct 19 Nov 12–Nov16 Dec10–Dec14	<i>Minestrone</i> Roast Chicken Mashed Potatoes Vegetables <i>Chocolate Cake</i>	<i>Split Pea Soup</i> Cabbage Rolls Vegetables <i>Apple</i>	<i>Cream of Broccoli</i> BBQ Chicken Mixed Rice and Peas Vegetables <i>Muffin</i>	<i>Clam Chowder</i> Salmon Patty Pasta Vegetables <i>Mini Donuts</i>	<i>Cream of Potato</i> Roast Pork Mashed Potatoes Vegetables <i>Coconut Cake</i>
W E E K 4	Oct 22-Oct26 Nov19–Nov 23 Dec17- Dec21	<i>Mulligatawny</i> Chicken Cacciatore Noodles Vegetables <i>Brownie</i>	<i>Roasted Eggplant Soup</i> Sweet and Sour Meatballs Rice Pilaf Vegetables <i>Banana Loaf</i>	<i>Chicken Noodle Soup</i> Roast Turkey Mashed Potatoes Vegetables <i>Butterscotch Pudding</i>	<i>Navy Bean Soup</i> Seafood Casserole Rice Vegetables <i>Peach and Pear Halves</i>	<i>Mushroom Soup</i> Shepherd’s Pie Grilled Tomato Vegetables <i>Cheesecake</i>
Sandwich Pack		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit