

COUNTY OF STETTLER HOUSING AUTHORITY 2022

Choice of Juice, Milk or Water for every meal.

Date:

WEEK 1

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - SunnyBoy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Manager Special Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Spaghetti/w Meat Sauce Parm. Cheese Texas Garlic Toast Beet Pickles Caesar Salad Veg Tray 1/2 hour Pudding	Ranch Chicken Parslied Potatoes Broccoli with Cheese Sauce Gherkins Tossed Veg Tray Cinnamon Buns	Ribs Baked Potato Halves S. Cream/chives Bacon Bits Turnips Bread & Butter Coleslaw Veg Tray Tapioca	Beef Dip Home Made Buns Potato Salad Peas & Carrots Horseradish Olives Layered Salad Veg Tray orange Creamsicle Poke Cake	Pollack Herbed Oven Fries California Mix Alternate Pickled Onion Fruit & Nut Tossed Salad with Romaine Veg Tray Apple Crisp	Chili with Corn Bread Rice 4 Blend Vegetables Sw. Mixed Spinach Salad Veg Tray Skor Cake	Turkey Whipped Potatoes Gravy Cranberry Sauce Sweet Potato Dressing Dill Pickles Tossed Veg Tray Fruit Pie
Evening Salad Bar	Carrot & Raisin Salad Fruit Salad BLT Salad	Pistachio Sal Fruit Tray w/ Cantaloupe Chef Salad	orange jello w/ cottage cheese Spinach Salad Fruit Salad	Rainbow Orzo Salad Fruit Tray Mixed Greens	Sliced Tomato & Cucs Fruit Salad Devilled Eggs	BBQ Chicken Salad Fruit Tray Mediterranean Chickpea Salad	Broccoli Salad Fruit Salad Chunky Veggie Salad
Supper	Omelettes Soup: Sand: Assorted Desserts	Salmon Sliders Alternative - Egg Salad Soup: Sand: Cheese Cake Tarts	Homemade Pot Pies Soup: Sand: Mousse	Baked Chicken Wings or Fingers Soup: Sand: Cupcakes	Oatmeal or Whole Grain Pancakes Sausages Soup: Sand: Butterscotch	Loaded Hot dogs Soup: Sand: Sliced or Stewed Strawberries w/Rhubarb	Roast Beef Sandwiches Soup: Sand: Butterscotch Pudding

*Maureen, ID
March 16/2022*

NOTE: White /Whole Wheat Bread Available Lunch/Supper

Crackers are served at Supper/with Soups

Juice Choices: Apple, Orange, Cranberry, Prune, Tomato

COUNTY OF STETTLER HOUSING AUTHORITY 2022

Choice of Juice, Milk or Water for every meal.

Date:

WEEK 2

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal -Manager Special Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal -Manager Special Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Hamburgers Baked Beans Potato Salad Carrots Hamb Sliced Tomatoes, lettuce Onions and Cheese Veg Tray Baked Custard	Ham Mashed Potatoes Creamed Corn Olives Spinach Salad Veg Tray Easy Mexican Fried Ice Cream	Coconut Curry Chicken Rice Cabbage Sweet Mixed Greek Salad Veg Tray Lemon Snow	Steak Baked Potatoes California Mix Gherkins Japanese Salad Veg Tray Banana Split Des	Salmon Loins w/ cream and Dill Sauce Roasted Potato peas Alternate B & B Pickles Waldorf Sal Veg Tray Peach Cobbler	Beef Stroganoff buttered Noodles Mixed Veg. Beet Pickles Tossed Salad w/tom and romaine Veg Tray w carrots Layered Pudding Dessert	Stuffed Roast Pork Loin Gravy Mashed Potato Baked Squash Dill Pickles Broccoli, Orange & Almond Salad Veg Tray Cream Pie
Evening Salad Bar	Moroccan Carrot Sal Fruit Tray Potato Salad	Avocado and Tomato Salad Fruit Salad Sweet Cabbage Salad	Carrot Salad Broccoli Orange Salad Fruit Tray	Mushroom Salad Fruit Salad w/cantaloupe Crunchy Pea Salad	Parmesan Salad Fruit Tray Garden Toss	Chinese Mandarin Fruit salad Kale Salad	Cobb Egg Salad Fruit Tray coleslaw
Supper	Poached Eggs Toast Soup: Sand: Assorted Desserts	Crab Rolls Alternate: Egg Soup: Sand: Strawberry Brownies	Perogies Turkey Sausage Soup: Sand: Ice Cream	Ham and Turkey Subs Soup: Sand: Assorted Desserts	Garlic Ribs Onion rings Soup: Sand: Banana Pudding	Cowboy Stew Soup: Sand: Poached Pears	Chicken Mozza Sand Soup: Sand: Lemon Bars

*Maureen, RD
March 16/2022*

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Manager Special Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Beef Stew with Carrots Boiled Potatoes Biscuits Olives Spinach Salad Veg tray 1/2 Hour Pudding	Pork Chops/w bone Baked Potato With Fixings Brussel Sprouts Gherkins Garden Salad Veg Tray Bakes Apples	Beef Stir Fry Rice Sliced Dill Pickles Greek Salad w/romaine Veg Tray w carrots Coconut Delight	Paprika chicken Gravy Mashed Potato peas Sweet Mixed Coleslaw w/Carrot Veg Tray Cream Puffs	Crispy Baked Perch Roasted Potatoes Squash Alternate Onion Pickle Chef Tossed w/romaine Veg Tray Cherry Slice	Salisbury Steak Mashed Potatoes Carrots & Peas Beet Pickle Layered Salad Veg Tray Lazy Daisy Cake	Ham Scalloped Potatoes Mashed Turnips Dill Pickles Japanese Salad Veg Tray Fruit Pie
Evening Salad Bar	Pasta Salad Fruit Salad Potato Salad	Rainbow Orzo Salad Deviled Eggs Fruit Tray w/Cantaloupe Japanese Salad	Tomato Tray Fruit Salad Meatless Taco Salad	Chef Salad Fruit Tray Peaches & Cream Salad	Corn Chip Salad Fruit Salad Onion Salad	Potato Salad Fruit Tray Waldorf Salad	Orange/Grapefruit Salad Fruit Salad w/cantaloupe Pistachio Salad Cottage Cheese
Supper	Assorted Entrees Soup: Sand: Assorted Desserts	Seafood Melt Alternate - Beef pot Pie Soup: Sand: Chocolate Caramel Poke Cake	Fried Eggs Bacon Toast Soup: Sand: Ice Cream	Open Denver Sandwiches Soup: Sand: Assorted Desserts	Sloppy Joes Soup: Sand: doughnut holes	Chicken Wings/Strips Tater Tots Protein Sand /alternate Soup: Sand: Rhubarb Crisp	Enchiladas Soup: Sand: Raspberry Streusel Bars

*M.A. Nelson, BID
March 27th 2022*

NOTE: White/Whole Wheat Bread Available Lunch/Supper

Crackers are served at Supper/with Soups

Juice Choices: Apple, Orange, Cranberry, Prune, Tomato

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Manager Special Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Swedish Meatballs Mashed Potatoes Green Beans Beet Pickle Greek Salad Veg Tray Chocolate Delight Dessert	Cooks choice Chicken thighs Potatoes Spinach Dill Pickles Tossed Salad Veg Tray Apple Turnovers	Lasagna Garlic Toast Mixed Veg Sweet Mixed Caesar Salad w/Romaine Veg Tray Carrot Cake	Roast Pork Gravy Garlic Mashed Potatoes Beets Olives Carrot Apple Slaw Veg Tray Rice Pudding	Oven Baked Salmon Fries Broccoli Alternate Hamb sliced Cauliflower Salad Veg Tray Rhubarb Cobbler	Liver & Onions Mashed Potatoes Gravy Dilled Carrots Gherkins Tomato & Cucumber Salad Veg Tray Blueberry Cheesecake	Roast Beef Mashed Potatoes Gravy Sweet Potatoes Onion Pickles Five Cup Salad Veg Tray Cream Pie
Evening Salad Bar	Pasta Salad Fruit Tray Cucumbers/Onions w/sour cream	Taco Salad Deviled Eggs Fruit Salad w/Cantaloupe 7-Up Salad	Tomato Tray Fruit Tray Shrimp Salad (dilled)	Chef Salad Fruit Salad Tomato/Cuke Salad	Corn Chip Salad Fruit Tray Mushroom/Tomato Salad	BLT Salad Fruit Salad Broc Apple Slaw	Cucumber Sal Fruit Tray w/cantaloupe Spinach Salad w Strawberries
Supper	Fish Burger Soup: Sand: Assorted Desserts	Garlic Ribs Fries and gravy Soup: Sand: Peach Crisp	Cheddar Smokies Soup: Sand: Ice Cream Sundaes	Shepherd's Pie Soup: Sand: Assorted Desserts	Sausage & Egger Soup: Sand: Vanilla Pudding	Cheese Pizza Soup: Sand: Jelly Roll	Toasted Sandwich Ham and Swiss Turkey and Swiss Soup: Sand: Pineapple Delight Squares

*Martinez, RD
March 16 / 2022*

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Manager Special Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Spaghetti w/meatballs Noodles Garlic toast Sweet Mixed Caesar Salad Veg Tray Spiced Layer Cake	Roast Chicken Mashed potatoes roasted root veg Onion Pickle Garden Salad (with broccoli) Veg Tray Fruit Pizza	Beef Sausage Roasted potatoes green beans Dills Greek Salad (with Romaine) Veg Tray Angel Food Cake	Breakfast for Lunch Eggs, Bacon Ham, French Toast Pancakes Olives Fruit Salad Veg Tray Lemon Dessert	Sole Mashed Potatoes Steamed Cauliflower/Broc Alternate Beet Pickle Tossed Salad Veg Tray Cinnamon Role Cake	Southern Fried Chicken buttermilk biscuits roasted potatoes peas and carrots Hamb Sliced Caesar Salad Veg Tray Cheesecake	Ribs Baked Potatoes Brussel Sprouts Gherkins Coleslaw Veg Tray Fruit Pie
Evening Salad Bar Supper	Mandarin Salad Fruit Salad Cottage Cheese Tom/Cuke/Avocado Salad Assorted Entrees Soup: Sand: Assorted Desserts	Cheese/cracker Tray Sl. Tomatoes Fruit Tray w/ cantaloupe Chopped Thai Salad Shrimp Skewers Butterfly Coconut Shrimp Soup: Sand: Pudding	Deviled or Picked Eggs Fruit Salad Chunky Vegetable Salad Lazy Cabbage rolls w/hamburger Soup: Sand: Broken Glass/ Jello Parfait Cups	Pistachio Salad Fruit tray w/cantaloupe Best Broccoli Salad Mini Burgers Soup: Sand: Assorted Desserts	Cauli/Bean Salad Fruit Tray Broccoli Orange Salad Filled Croissant chicken or egg salad Soup: Sand: Mango Ice Cream	Taco Salad Fruit Salad Sweet Cabbage Salad Steak Bites with mushrooms Soup: Sand: chocolate Raspberry Brownies	Sliced cucumbers Fruit Tray Crunchy Pea Salad Hot Dogs Fries Soup: Sand: Caramel Apple Trifle

NOTE: White/Whole Wheat Bread Available Lunch/Supper

Crackers are served at Supper/ with Soups

M. H. H.
March 16/2022

Juice Choices: Apple, Orange, Cranberry, Prune, Tomato

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Manager Special, Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Fettuccine Alfredo w/chicken Garlic Toast Green Beans Beet Pickle Caesar Salad Veg Tray Lemon Snow	Veal Cutlets Potatoes Gravy Peas & Carrots Gherkins Japanese Salad Veg Tray Cinnamon Rolls	Hamburger Steak Mashed Potatoes Spinach Sweet Mixed Layered Salad Veg Tray Carrot Cake	Pork Tenderloin Mashed Potatoes Gravy Corn Olives Greek Salad Veg Tray Bread Pudding	Battered Cod Fish and Chips Broc and Cauliflower Alternate Hamb sliced waldorf Salad Veg Tray Mixed Berry Cobbler	Beef Stir Fry with Vegetables Rice Dill Pickles Tossed Salad w/ Romaine Veg Tray Peach Melba Trifle Dessert	Roast Duck or Roast Chicken Mashed Carrot & Turnip Stuffing Pickled Onions Broccoli Salad Veg Tray Cream Pie
Evening Salad Bar	Fruit Tray w/cantaloupe Garden Toss	Tom & Cuke tray Fruit salad	Apple/Crab Coleslaw Fruit Tray Corn Chip Salad	Carrot Salad Fruit salad Cottage Cheese Marinated Onion	Pea Salad Fruit Salad w/cantaloupe Sauerkraut Salad	Tomato Aspic Fruit Tray Japanese Salad	Coleslaw Fruit Tray
Supper	Meat and cheese tray Fresh sub buns trimmings for subs. Soup: Sand: Assorted desserts	Salmon Loaf w/dill sauce Cheese Tray Deviled Eggs Soup: Sand:	Quiche/Casserole Soup: Sand: Ice Cream	Chicken Burgers Soup: Sand: Assorted Desserts	Fried Kielbasa & Perogies Soup: Sand: Orange Tapioca	Cheeseburger cups Soup: Sand: Frozen Oreo Dessert	Reuben Sand potato chips Soup: Sand: Strawberries & Cream

*Maureen P
March 16 / 2022*

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Manager Special, Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Pork Chops Mashed Potatoes Gravy Peas Beet Pickle Caesar Salad Veg Tray Pumpkin Custard	Liver & Onions Mashed potatoes Gravy California Mix Alternate Hamb Sliced Layered Salad Veg Tray Lemon Poppy Seed Cake	Chicken Veg Stew w/ carrots, beans, peas Boiled Potatoes Biscuits Pickled Onions Tossed Salad Veg Tray Strawberry Shortcake	Roast Beef Dip Gravy Potato Salad Cabbage & Carrot Olives Parmesan Salad Veg Tray Butter Tart Slice	Sole Fillets Peas Sweet Potato Fries Alternate Gherkins Greek Salad Veg Tray Layered Jello Dessert	Meatloaf Potato Casserole Creamed Corn Sweet Mixed Spinach & Strawberry Salad Veg Tray Cherry Danish	Ham Scalloped Potatoes Brussel Sprouts Dills Coleslaw Veg Tray Fruit Pie
Evening Salad Bar	Devilled egg platter Fruit Salad shrimp Salad	Green Salad Fruit Tray Mac Salad	Broccoli salad (s) Fruit Salad (s) Pistachio Salad	Veggie Tray w/broccoli & snap peas Shrimp Salad Peach Pie Salad Fruit Tray	Macaroni & ham salad Fruit Salad (s) 7-Up Salad	Cranberry salad (s) Fruit Tray (s) (with Cantaloupe) Tossed Salad	Marinated Veg Salad with Carrots Fruit Salad
Supper	Assorted Entrees Soup: Sand: Assorted Desserts	Tuna Melt Alternate Chicken Club Melt Soup: Sand: Mocha Pudding	Pizza Beef/onion Ham/Pineapple Soup: Sand: cupcakes	Hashbrown strips Fried Eggs & Bacon Soup: Sand: Baked Custard	Taco bake Soup: Sand: Chocolate Pudding	Meat Tray w/leftover Roast Beef, Turkey Breast Whole Wheat Buns Soup: Sand: tapioca pudding	Egg Salad and Croissants Soup: Sand: chocolate layer dessert

*M. Haden, HO
March 16/2022*