Date:

WEEK 1

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Breakfast</u>	Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin)	1	Assorted cold cereals; Eggs,	Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	raisin) Fruit slices Yogurt	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
<u>Dinner</u>	Spaghetti/w Meat Sauce Parm. Cheese Texas Garlic Toast	Chicken Parslied Potatoes Broccoli	Ribs Baked Potato Halves S. Cream/chives Bacon Bits Turnips	Beef Dip Home Made Buns Potato Salad Peas & Carrots Horseradish	Pollack Herbed Oven Fries California Mix Alternate	Chili with Corn Bread Rice 4 Blend Vegetables	Turkey Whipped Potatoes Gravy Cranberry Sauce Sweet Potato Dressing
	Beet Pickles Caesar Salad Veg Tray 1/2 hour Pudding	Gherkins Tossed Veg Tray cinnamon roll cake	Bread & Butter Coleslaw Veg Tray Tapioca	Olives Layered Salad Veg Tray orange Creamsicle Poke Cake	Pickled Onion Tossed Salad with Romaine Veg Tray Apple crisp made with real apples not pie filling	Sw. Mixed Spinach Salad Veg Tray Sliced or stewed Strawberries/Rhubarb	Dill Pickles Fruit and Nut Tossed Veg Tray Fruit Pie
Evening Salad Bar Supper	Carrot & Raisin Salad Fruit Salad BLT Salad Omelettes	Pistachio Sal Fruit Tray w/ Cantaloupe Chef Salad Salmon Sliders Alternative - Egg Salad	orange jello w/ cottage cheese Spinach Salad Fruit Salad Homemade Pot Pies	Rainbow Orzo Salad Fruit Tray Mixed Greens Baked Chicken Wings or Fingers	Sliced Tomato & Cucs Fruit Salad Devilled Eggs Pancakes Sausages	BBQ Chicken Salad Fruit Tray Mediterranean Chickpea Salad Loaded Hot dogs	Broccoli Salad Fruit Salad Marinated Veg Salad Roast Beef Sandwiches
	Soup: Sand: Assorted Desserts	Soup: Sand: Cheese Cake Parfaits	Soup: Sand: Mousse		Soup: Sand: Butterscotch Pudding	Soup: Sand: Skor Cake	Soup: Sand: Vanilla Pudding

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Breakfast</u>	Hot Cereal -Manager Special Assorted cold cereals; Eggs, Toast (whole wheat, white or	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs,	Assorted cold cereals; Eggs,	, 00 .	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
<u>Dinner</u>	Hamburgers Baked Beans Potato Salad Green Beans	Ham Mashed Potatoes Creamed Corn	Sweet and Sour Chicken Rice Cabbage	Steak Baked Potatoes California Mix (not frozen)	Salmon Loins w/ cream and Dill Sauce Roasted Potato peas Alternate	Beef Stroganoff buttered Noodles Mixed Veg.	Stuffed Roast Pork Loin Gravy Mashed Potato Baked Squash
	Hamb Sliced Tomatoes, lettuce Onions and Cheese Veg Tray Pumpkin Custard	Olives Spinach Salad Veg Tray Ice Cream	Sweet Mixed Greek Salad Veg Tray Lemon Dessert	Gherkins Japanese Salad Veg Tray Banana Split Des	B & B Pickles Waldorf Sal Veg Tray Peach Cobbler	Beet Pickles Tossed Salad w/ tom and romaine Veg Tray w carrots Layered Pudding Dessert	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	marinated onion 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 Salad Fruit Tray coleslaw
<u>Supper</u>		Crab Rolls Alternate: Egg Soup: Sand:	Goulash with hamburger Soup: Sand:	Ham and Turkey Subs Soup: Sand:	Garlic Ribs Onion rings Soup: Sand:	Poached eggs toast Soup: Sand:	Chicken Mozza Sand Soup: Sand:
	Assorted Desserts	Strawberry Brownies	Pears and cookies	Assorted Desserts	Banana Pudding	Ice Cream/cookies	Lemon Bars

Date:

WEEK 3

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Breakfast</u>		Assorted cold cereals; Eggs, Toast (whole wheat, white or	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	Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices	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
<u>Dinner</u>	Beef Stew with Carrots Boiled Potatoes Biscuits	Pork Chops/w bone Baked Potato With Fixings Brussel Sprouts	Beef Stir Fry Rice	Chicken Gravy Mashed Potato peas	Crispy Baked Perch Roasted Potatoes Squash Alternate	Salisbury Steak Mashed Potatoes Carrots & Peas	Ham Scalloped Potatoes Mashed Turnips
	Olives Spinach Salad Veg tray 1/2 Hour Pudding	Gherkins Greek Salad w/romaine Veg Tray Apple Cake	Sliced Dill Pickles Garden Salad Veg Tray w carrots Coconut Delight	Sweet Mixed Coleslaw w/Carrot Veg Tray Cream Puffs	Onion Pickle Chef Tossed w/romaine Veg Tray Cherry Slice	Beet Pickle Layered Salad Veg Tray Lazy Daisy Cake	Dill Pickles Japanese Salad Veg Tray Fruit Pie
Evening Salad Bar	Pasta Salad Fruit Salad Potato Salad	Cucumber 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	Parmesan Salad Fruit Tray Waldorf Salad	Orange/Grapefruit Salad Fruit Salad w/cantaloupe Pistachio Salad Cottage Cheese
<u>Supper</u>	Assorted Entrees Soup: Sand:	· ·	Fried Eggs Bacon Toast Soup: Sand:	Sloppy Joes w/home made buns Soup: Sand:	Open Denver Sand Soup: Sand:	Chicken Wings/Strips Tater Tots Protein Sand /alternate Soup: Sand:	Stuffed Peppers w/hamb and rice (or similar casserole) Soup: Sand:
	Assorted Desserts	Chocolate Caramel Poke Cake	Ice Cream	Assorted Desserts	doughnut holes	Rhubarb Crisp	Raspberry Streusel Bars

Date:

WEEK 4

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Breakfast</u>	Assorted cold cereals; Eggs,	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
	Swedish Meatballs	Chicken	Lasagna	Roast Pork	Oven Baked	Liver & Onions	Roast Beef
Dinner	Mashed Potatoes	thighs	Garlic Toast	Gravy	Salmon	Mashed Potatoes	Mashed Potatoes
	Green Beans	Potatoes		Garlic Mashed	Fries	Gravy	
		Spinach	Mixed Veg	Potatoes	Broccoli	Dilled Carrots	Gravy
				Beets	Alternate		Roasted Vegetables
	Beet Pickle Greek Salad	Dill Pickles Tossed Salad	Sweet Mixed Caesar Salad w/Romaine	Olives Carrot Apple Slaw	Hamb sliced Cauliflower Salad	Gherkins Tomato & Cucumber Salad	Onion Pickles Five Cup Salad
	Veg Tray	Veg Tray	Veg Tray	Veg Tray	Veg Tray	Veg Tray	Veg Tray
	Chocolate Delight	Veg IIay	VCB Huy	108 114)	Rhubarb Cake	,	,
	Dessert	Apple Turnovers	Carrot Cake	Rice Pudding	Colleen Recipe	Blueberry Cheesecake	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	Cucumber Salad Fruit Salad Broc Apple Slaw	BLT Salad Fruit Tray w/cantaloupe Spinach Salad w Strawberries
<u>Supper</u>	Fish Burger alternate Soup:	Garlic Ribs Fries and gravy Soup:	Cheddar Smokies w/ optional bun Soup:	Shepherd's Pie Soup:	Pizza Ham and Cheese Beef and Onion Soup:	Sausage and Egger Sandwich Soup:	Toasted Sandwich Ham and Swiss Soup:
	Sand:		Sand:	Sand:	Sand:	Sand:	Sand:
	Assorted Desserts	Peach Crisp	lce Cream Sundaes	Assorted Desserts	cooks choice	Jelly Roli	Pineapple Delight Squares

COUNTY	OF	STET	TLER	HOUSING	AUTHORITY	2024
COULT	•	9				

Date:

WEEK 5

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 - 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	Toast (whole wheat, white or raisin) Fruit slices	Assorted cold cereals; Eggs,	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
	Spaghetti w/meatballs	Southern Fried Chicken	Roast Beef	Breakfast for Lunch	Sole	Roast Chicken	Ribs
Dinner	Noodles	Biscuits	Mashed potatoes	Eggs, Bacon	Rice	Mashed potaotes	Baked Potatoes
	Garlic toast	roasted potatoes		Breakfast Sausages	Steamed	Corn	
		peas and carrots	green beans	French toast and/or pancakes	Cauliflower/Broc		
			=		Alternate		
							Brussel Sprouts
	Sweet Mixed	Onion Pickle Garden Salad	Dills Greek Salad	Olives	Beet Pickle	Hamb Sliced	Gherkins
	Caesar Salad	(with broccoli)	(with Romaine)	Fruit Salad	Tossed Salad	Caesar Salad	Coleslaw
	Veg Tray	Veg Tray	Veg Tray	Veg Tray	Veg Tray	Veg Tray	Veg Tray
	,						
	Spiced Layer Cake	Angel Food Cake	Fruit Pizza	Lemon Dessert	Cake Cooks Choice	Cherry Danish	Fruit Pie
Evening Salad Bar	Mandarin Salad Fruit Salad Cottage Cheese Tom/Cuke/Avocado Salad	Cheese/cracker Tray SI. Tomatoes Fruit Tray w/ cantaloupe Chopped Thai Salad	Deviled or Pickled Eggs Fruit Salad Chunky Vegetable Salad	Pistachio Salad Fruit tray w/cantaloupe Best Broccoli Salad	Cauli/Bean Salad Fruit Tray Celery and Cheese sticks	Taco Salad Fruit Salad Sweet Cabbage Salad	Sliced cucumbers Fruit Tray Crunchy Pea Salad Marinated/slices onions
<u>Supper</u>	Assorted Entrees	Shrimp/Pork Skewers on rice Butterfly Coconut Shrimp	Lazy Cabbage Rolls w/hamburger/sausage	Mini Burgers	Filled Croissant protein of choice	Swiss Steak Biscuits	Hot Dogs Homemade Fries
	Soup:	Soup:	Soup:	Soup:	Soup:	Soup:	Soup:
	Sand:	Sand:	Sand:	Sand:	Sand:	Sand:	Sand:
	Assorted Desserts	Pudding	Broken Glass/ Jello Parfait Cups	Assorted Desserts	Mandarins and Ice Cream	chocolate Raspberry Brownies	Caramel Apple Trifle

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

Date:

WEEK 6

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Breakfast</u>	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	, 55 .	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	Toast (whole wheat, white or raisin)	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
	Fettuccine Alfredo	Real Veal Cutlets	Hamburger Steak	Pork	Battered Cod	Beef Stir Fry	Roast Chicken
Dinner	w/chicken	Potatoes	Mashed Potatoes	Tenderloin	Fish and Chips	with Vegetables	Mashed Potatoes
-	Garlic Toast	Gravy		Potatoes	Broc and Cauliflower	Rice	Gravy
	Green Beans	Peas & Carrots	Spinach	Gravy	Alternate		Mashed Carrot &
				roasted Vegetables			Turnip Stuffing
	Beet Pickle	Gherkins	Sweet Mixed	Olives	Hamb sliced	Dill Pickles	Pickled Onions
	Caesar Salad	Japanese Salad	Layered Salad	Greek Salad	waldorf Salad	Tossed Salad w/ Romaine	Broccoli Salad
	Veg Tray	Veg Tray	Veg Tray	Veg Tray	Veg Tray	Veg Tray	Veg Tray
	, ,	ů ,			Mixed Berry	Peach Melba Trifle	
	Lemon Snow	Cinnamon rolls	Carrot Cake	Bread Pudding	Crisp	Dessert	Cream Pie
Evening		Tom & Cuke tray	Apple/Crab Coleslaw	Carrot Salad	Pea Salad	Cottage cheese/jello Fruit Tray	Coleslaw Fruit Tray
Salad	Fruit Tray w/cantaloupe	Fruit salad	Fruit Tray	Fruit salad	Fruit Salad w/cantaloupe Sauerkraut Salad	Japanese Salad	Fiult Hay
<u>Bar</u>	Garden Toss		Corn Chip Salad	Cottage Cheese Marinated Onion	Sauer Riaut Salau	Japanese Salau	
<u>Supper</u>	Cheeseburger cups	Salmon Loaf w/dill sauce Cheese Tray Deviled Eggs	Quiche/Casserole	Reuben Sandwich	Real Chicken Burgers	Fried Kielbasa and Perogies	Meat Tray Fresh buns with trimming for subs
	Soup:	Soup:	Soup:	Soup:	Soup:	50000	Soup:
	Sand:	Sand:	Sand:	Sand:	Sand:	Sand:	Sand:
	Assorted desserts	Cook Choice	Ice Cream	Assorted Desserts	Orange Tapioca	Frozen Oreo Dessert	Strawberries & Cream

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

Date:

WEEK 7

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Hot Cereal - Oatmeal	Hot Cereal -Manager Special,	Hot Cereal - Oatmeal	Hot Cereal - Sunny Boy	Hot Cereal - Oatmeal	Hot Cereal - Wheatlets	Hot Cereal - Oatmeal
	Assorted cold cereals; Eggs,						
Brookfost	Toast (whole wheat, white or		Toast (whole wheat, white or	Toast (whole wheat, white or			
<u>Breakfast</u>	raisin)						
	Fruit slices	Fruit slices	Fruit slices		911	Fruit slices	Fruit slices
	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt Ham
	Pork Chops	Liver & Onions	Chicken Veg Stew	Beef Sausages	Sole Fillets	Meatloaf/salisbury steak	
<u>Dinner</u>	Mashed Potatoes	Mashed potatoes	w/ carrots, beans, peas	buttered egg noodles	Peas	Potato Casserole	Scalloped Potatoes
	Gravy	Gravy	Boiled Potatoes		Sweet Potato Fries	Creamed Corn	Brussel Sprouts
	Peas	California Mix	Biscuits	Steamed cabbage	Alternate		
		Alternate		and Carrots			
	Beet Pickle	Hamb Sliced	Pickled Onions	Olives	Gherkins	Sweet Mixed	Dills
	Deet Flexic	Tidinis Sileed	Tidkied Official	555		Spinach & Strawberry	
	Caesar Salad	Layered Salad	Tossed Salad	Parmesan Salad	Greek Salad	Salad	Coleslaw
	Veg Tray						
	Pumpkin Custard	Lemon Poppy Seed	Strawberry	Layered Jello Dessert	Butter Tart Slice	Cheesecake	Fruit Pie
	Pullipkili Custalu	Loaf	Shortcake	Layerea seno Bessere		***********	
		Loai	Siloittake				
Evening	Devilled egg platter	Green Salad	Broccoli salad (s)	Veggie Tray	Macaroni & ham salad	Cranberry salad (s)	Marinated Veg Salad
Salad	Fruit Salad	Fruit Tray	Fruit Salad (s)	w/broccoli & snap peas	Fruit Salad (s)	Fruit Tray (s)	with Carrots
Bar	shrimp Salad	Pasta Salad	Pistachio Salad	Shrimp Salad	7-Up Salad	(with Cantaloupe)	Fruit Salad
Dai	Silling Salau	r asta Salad	r istuerno salua	Peach Pie Salad	, 5,5 52.22	Tossed Salad	
				Fruit Tray			
	Assorted Entrees	Tuna Melt		Trait may	Taco bake	Meat Tray	Egg Salad and
C	Assorted Entrees	Alternate	Hashbrown Strips	Pizza	Tues suns	w/ leftover Roast	Croissants
<u>Supper</u>				ham and Cheese		Beef, Turkey Breast	other filling alternate
		Chicken Club Melt	Fried Eggs and Bacon	beef and onion		Whole Wheat Buns	Other minig areamate
	Soup:						
	Sand:						
	Janu.	Janu.	Juliu.				
	Assorted Desserts	Mocha Pudding	Fancy Tarts	Ice Cream	Fruit and cookies	tapioca pudding	chocolate layer
	Assurted Desserts	Iviociia ruduilig	rancy raits	ice cream			dessert

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