

EPINSS FALL/ WINTER MENU

WEEK-2

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TEA /COFFEE ASSORTED HOT OR COLD CEREALS BOILED EGGS TOAST (WHITE OR WHOLE WHEAT) BANANA/ ORANGE JAM, PEANUT BUTTER, CHEEZ-WHIZ FRUIT JUICES YOGURT COTTAGE CHEESE	TEA /COFFEE ASSORTED HOT OR COLD CEREALS BOILED EGGS TOAST (WHITE OR WHOLE WHEAT) BANANA/ ORANGE JAM ,PEANUT BUTTER , CHEEZ-WHIZ FRUIT JUICES YOGURT COTTAGE CHEESE	TEA /COFFEE ASSORTED HOT OR COLD CEREALS BOILED EGGS TOAST (WHITE OR WHOLE WHEAT) BANANA/ ORANGE JAM, PEANUT BUTTER, CHEEZ-WHIZ FRUIT JUICES YOGURT COTTAGE CHEESE	TEA /COFFEE ASSORTED HOT OR COLD CEREALS BOILED EGGS TOAST (WHITE OR WHOLE WHEAT) BANANA/ ORANGE JAM, PEANUT BUTTER, CHEEZ-WHIZ FRUIT JUICES YOGURT COTTAGE CHEESE	TEA /COFFEE ASSORTED HOT OR COLD CEREALS BOILED EGGS TOAST (WHITE OR WHOLE WHEAT) BANANA/ ORANGE JAM, PEANUT BUTTER, CHEEZ-WHIZ FRUIT JUICES YOGURT COTTAGE CHEESE	TEA /COFFEE ASSORTED HOT OR COLD CEREALS BOILED EGGS TOAST (WHITE OR WHOLE WHEAT) BANANA/ ORANGE JAM, PEANUT BUTTER, CHEEZ-WHIZ FRUIT JUICES YOGURT COTTAGE CHEESE	TEA /COFFEE ASSORTED HOT OR COLD CEREALS BOILED EGGS TOAST (WHITE OR WHOLE WHEAT) BANANA/ ORANGE JAM, PEANUT BUTTER, CHEEZ-WHIZ FRUIT JUICES YOGURT COTTAGE CHEESE
AM	PEACH DRINK	LEMONADE DRINK	APPLE JUICE	ORANGE JUICE	GRAPE DRINK	PASSION FRUIT JUICE	CHERRY JUICE
LUNCH	EGG SALAD SANDWICH (OPT-1) OR BBQ PULLED PORK ON BUN (OPT-2) CREAM OF MUSHROOM SOUP COLESLAW FRUIT COCKTAIL PUDDING	MINI SUBMARINE SANDWICH (1) OR CHICKEN POT PIE (2) VEGETABLE BARLEY SOUP TOSSED SALAD MANDARINE ORANGES JELLO	TURKEY SANDWICH (1) OR GRILLED HAM AND CHEESE SAND (2) ITALIAN WEDDING SOUP CUCUMBER TOMATO SALAD PEACHES TAPIOCA PUDDING	CHICKEN CAESAR SALAD (1) OR FISH AND CHIPS WITH TARTAR SAUCE(2) SPLIT PEA SOUP MIXED GREEN SALAD HONEYDEW JELLO	TUNA SALAD SANDWICH (1) OR PANCAKE WITH SYRUP (2) SAUSAGE LINKS CHICKEN NOODLE SOUP SAUSAGE LINKS CANTALOUPE PUDDING	BRUNCH BACON , SAUSAGES SCRAMBLED EGGS WHOLEGRAIN TOAST POTATO HASHBROWN ASSORTED FRESH FRUITS	BRUNCH BACON , SAUSAGE PATTY BOILED EGGS WHOLEGRAIN TOAST FRENCH TOAST/ SYRUP ASSORTED FRESH FRUITS
	PM	APPLE JUICE	ORANGE JUICE	CRANBERRY JUICE	GRAPE JUICE	ICED TEA DRINK	CRANBERRY JUICE
DINNER	HAMBERGER STEAKS (OPT-1) GREEK STYLE POTATOES SEASONED GREEN PEAS OR PORK SOUVLAKI (OPT-2)	APRICOT BRAISED CHICKEN (1) MASHED POTATOES SUNRISE VEGETABLE MIX OR HERB BAKED POLLOCK (2)	PORK CUTLETS WITH Mustrad Sauce (1) O'Brien Potatoes Winter Vegetable Mix OR Chicken Cacciadore (2)	HONEY GARLIC CHICKEN (1) ORIENTAL VETEBALE MIX FRIED RICE OR SWEET & SOUR PORK (2)	BEEF SHEPHERDS PIE (1) BROCCOLI FLORETS OR BAKED SALMON WITH DILL SAUCE (2)	BBQ PORK CHOPS (1) BAKED POTATO CORN ON THE COB OR IRISH LAMB STEW (2) BABY BUNS	BEEF POT ROAST WITH GRAVY (1) MASHED POTATO FALL MEDLEY VEGETABLE MIX OR VEGETABLE LASAGNA (2) GARLIC BREAD
	HS	SUGAR COOKIE 2% MILK	OATMEAL COOKIE 2% MILK	MINI DANISH 2% MILK	STRAWBERRY TURNOVER 2% MILK	RICE CRISPY SQUARE 2% MILK	CHOCOLATE CAKE 2% MILK