

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	CHICKEN WRAP (OPT-1) OR BEEF FRIED RICE (OPT-2) SWEET AND SOUR CORN SOUP GREEN SALAD PINEAPPLE PUDDING	BEEF BURRITO (1) OR CHICKEN SKEWERS (2) FRENCH ONION SOUP TOSSED SALAD GRAPES JELLO	CHICKEN QUESEDILLA (1) OR HOT DOGS (2) LENTIL SOUP MACARONI SALAD WATERMELON TAPIOCA PUDDING	GRILLED HAM & CHEESE (1) OR BEEF TACO DELUXE (2) MINISTRONE SOUP MIXED GREEN SALAD APPRICOTS JELLO	FISH & CHIPS (1) OR CHICKEN WRAPS (2) CHICKEN & CHICKPEAS SOUP TOSSED SALAD PEARS PUDDING	BRUNCH BACON, SAUSAGES FRIED EGGS WHOLEGRAIN TOAST POTATO TATERTOTS ASSORTED FRESH FRUITS	BRUNCH BACON, SAUSAGE PATTY OMELETTE (VEG. / CHEESE) WHOLEGRAIN TOAST HASHBROWN POTATO PATTY ASSORTED FRESH FRUITS
	PM	APPLE JUICE	ORANGE JUICE	CRANBERRY JUICE	GRAPE JUICE	ICED TEA DRINK	CRANBERRY JUICE
DINNER	BBQ BABY BACK RIBS (1) MASHED POTATO/ GRAVY STEAMED CAULIFLOWER OR BBQ BEEF BURGERS (2)	CHICKEN CARBONARA (1) SPAGHETTI CAESAR SALAD OR BEEF BOLOGNAISE (2)	GRILLED PORK CHOPS (1) POTATO WEDGES/ GRAVY CALIFORNIA MIX VEGETABLES OR LIVER & ONIONS (2)	GRILLED TILAPIA (1) PILAF RICE STEAMED VEGETABLES OR CHICKEN BALLS (2)	SWISS STEAKS (1) MASHED POTATO/ GRAVY GARLIC TOAST OR PORK CHOPS (2)	ITALIAN SAUSAGES WITH TOMATO SAUCE (1) RAVIOLI PASTA OR BAKED SALMON (2)	CHICKEN CASSEROLE (1) SALAD BABY BUNS OR SWEET SOUR PORK (2)
	HS	BANANA BREAD 2% MILK	CHOCOLATE BROWNIE 2% MILK	CHEESE & CRACKERS 2% MILK	GRANOLA BARS 2% MILK	RICE PUDDINGS 2% MILK	WAFFER COOKIES 2% MILK