EPINSS FALL/ WINTER MENU

WEEK-3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
	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	BEEF CABBAGE ROLLS **(OPT-1)** PEROGIES **OR** CHICKEN BOLOGNA SANDWICH **(OPT-2)** BEEF BARLEY SOUP GREEN SALAD PEACHES PUDDING	CHICKEN BURGER **(1)** **OR** FISH BURGER **(2)** FRENCH FRIES/GRAVY TOSSED SALAD CANTALOPUE JELLO	BEEF DIP **(1)** **OR** DENVER OMELETS **(2)** BROCCOLI CHEDDAR SOUP MACARONI SALAD HONEYDEW TAPIOCA PUDDING	TURKEY MEATBALL SUBS **(1)** **OR** CHICKEN TENDERS/ PLUM SAUCE **(2)** LOADED POTATO SOUP MIXED GREEN SALAD TROPICAL FRUITS JELLO	MEAT CALAZONES **(1)** **OR** FALAFEL PITA **(2)** WICKED THAI SOUP TOSSED SALAD MANDARINES PUDDING	**BRUNCH** BACON, SAUSAGES SCRAMBLED EGGS WHOLEGRAIN TOAST POTATO HASHBROWNS ASSORTED FRESH FRUITS	**BRUNCH** BACON, SAUSAGE PATTY BOILED EGGS WHOLEGRAIN TOAST PANCAKES/ SYRUP ASSORTED FRESH FRUITS
PM	**APPLE JUICE**	**ORANGE JUICE**	**CRANBERRY JUICE**	**GRAPE JUICE**	**ICED TEA DRINK**	**CRANBERRY JUICE**	**LEMONDAE DRINK**
DINNER	BAKED HAM **(OPT-1)** SCALLOPED POTATO SEASONAL VEGETABLES **OR** GRILLED CHICKEN **(OPT-2)**	BEEF STROGANOFF **(1)** EGG NOODLES SEASONAL VEGETABLES **OR** MEATBALLS IN TOMATO SAUCE **(2)**	BBQ CHICKEN LEGS **(1)** GREEN SALAD BABY BUNS **OR** EGG FRIED RICE **(2)**	GRILLED BASA **(1)** PARSLEY POTATO STEAMED VEGETABLES **OR** MEATBALLS **(2)**	SATAY CHICKEN **(1)** RICE PILAF SALAD **OR** ROAST PORK TENDERLOIN **(2)**	SALISBURY STEAKS **(1)** MASHED POATAO/ GRAVY SEASONAL VEGETABLES **OR** VEGETABLE BEAN PATTIES **(2)**	LEMON CHICKEN ORZO **(1)** TOSSED SALAD BABY BUNS **OR** MAC & CHEESE HAMBUGER **(2)**
HS	**CHOCOLATE PUFFED WHEAT SQUARE**	**CHERRY TARTS**	**VANILLA MUFFINS**	**BIRTHDAY CAKE**	**BREAD PUDDING**	**P & B SANDWICHES**	**COCONUT CAKE**
	2% MILK	**2% MILK**	**2% MILK**	**2% MILK**	**2% MILK**	**2% MILK**	**2% MILK**