## **EPINSS FALL/ WINTER MENU**

## WEEK-4

	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 BURGERS (OPT-1)  OR  VEGETABLE BURGERS (OPT-2)  SOUP  GREEN SALAD  PEACHES  PUDDING	TUNA MELTS (1)  OR  TURKEY MELTS (2)  SOUP  TOSSED SALAD  CANTALOPUE  JELLO	PUB LUNCH (1) (DRY RIBS, FISH FINGERS, CHICKEN NUGGETS)  LENTIL SOUP (2) MACARONI SALAD HONEYDEW TAPIOCA PUDDING	RUBEN PASTRAMI SANDWICH (1)  OR  SLOPPY JOES ON WHOLEWHEAT BUN (2)  MINISTRONE SOUP  MIXED GREEN SALAD  TROPICAL FRUITS  JELLO	PULL CHICKEN SLIDERS (1)  OR  TACO SALAD (2)  CHICKEN & CHICKPEA SOUP  TOSSED SALAD  MANDARIN  PUDDING	BRUNCH  BACON, SAUSAGES  POACHED EGGS  WHOLEGRAIN TOAST  POTATO HASHBROWNS  ASSORTED FRESH FRUITS	BRUNCH  BACON, SAUSAGE PATTY  BOILED EGGS  WHOLEGRAIN TOAST  WAFFLES/ SYRUP  ASSORTED FRESH FRUITS
PM	APPLE JUICE	ORANGE JUICE	CRANBERRY JUICE	GRAPE JUICE	ICED TEA DRINK	CRANBERRY JUICE	LEMONDAE DRINK
DINNER	ITALIAN SAUSAGE & CANNELLLONI CASSEROLE (I) CAESAR SALAD OR GRILLED CHICKEN CORDAN BLEU (2)	PARMESAN CHICKEN (1) FRIES SPINACH SALAD OR MEAT CABBAGE ROLLS (2)	STIR FRY PORK (1)  NOODLES  SEASONAL VEGETABLES  OR  STIR -FRY VEGETABLES (2)	HOT TURKEY SANDWICHES (1)  MASHED POTATO/ GRAVY  SEASONAL VEGETABLES  OR  PASTA IN TOMATO SAUCE (2)	PIZZA NIGHT (1) SPICED POTATO WEDGES CAESAR SALAD	BEEF IN BLACK BEAN SAUCE (1) RICE OR FRIED CHICKEN (2)	CHICKEN POT PIE (1)  SALAD  BABY BUNS  OR  HAMBURGER HELPER (2)
	CHOCOLATECHIP COOKIE	APPLE CRANBERRY MUFFIN	CARROT CAKE	STRAWBERRY WAFFER COOKIES	APPLE CRUMBLE	MINI DANISHES	ICECREAM CUPS
HS	2% MILK	2% MILK	2% MILK	2% MILK	2% MILK	2% MILK	2% MILK