
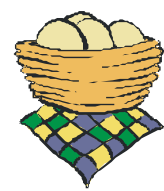




2024-25 Fall – Winter Menu – Fenwyck Heights

Week 1

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Sept 23	Dec 16	Sept 24	Dec 17	Sept 25	Dec 18	Sept 26	Dec 19	Sept 27	Dec 20	Sept 28	Dec 21	Sept 29	Dec 22
	Oct 21	Jan 13	Oct 22	Jan 14	Oct 23	Jan 15	Oct 24	Jan 16	Oct 25	Jan 17	Oct 26	Jan 18	Oct 27	Jan 19
	Nov 18	Feb 10	Nov 19	Feb 11	Nov 20	Feb 12	Nov 21	Feb 13	Nov 22	Feb 14	Nov 23	Feb 15	Nov 24	Feb 16
Beverages	Tea • Coffee • Milk • Fruit Juice • Water													
	Oat Bran Boiled Egg Pancakes <i>or</i> Cold Cereal		Cream Of Wheat Pork Sausage Waffles <i>or</i> Cold Cereal		Oatmeal Poached Egg Hash Brown <i>or</i> Cold Cereal		Oat Bran Baked Ham French Toast <i>or</i> Cold Cereal		Cream of Wheat Scrambled Egg Hash Brown <i>or</i> Cold Cereal		Oatmeal Beef Sausage Pancakes <i>or</i> Cold Cereal		Oat Bran Cereal Frittata Bacon Croissant <i>or</i> Cold Cereal	
Lunch														
<i>Entree</i>	Ham Sandwich on Whole Wheat Bread Tuscan Green Salad <i>or</i> Sandwich of the Day		Beef Hamburger Tomato, Lettuce and Cheese Fries & Gravy <i>or</i> Sandwich of the Day		Tuna on Croissant Potato Salad <i>or</i> Sandwich of the Day		Turkey Sandwich on Whole Wheat Bread Tossed Salad <i>or</i> Sandwich of the day		Meat Pizza Sweet Potato Fries Aioli Dip <i>or</i> Sandwich of the day		Egg Salad on Croissant Garden Salad <i>or</i> Sandwich of the day		Chicken Caesar Wrap Greek Salad <i>or</i> Sandwich of the Day	
<i>Dessert</i>	Fruit Cocktail		Chocolate Pudding		Pears		Brownie		Strawberry Mousse		Pineapple		Apricot	
<i>Soup</i>	Vegetables Soup		Cream of Cabbage		Chicken Noodle		Beef Barley		Minestrone		Cream of Corn		Vegetables Soup	
Supper														
<i>Entrée</i> 	Herb Roasted Chicken Thigh Boiled Potato w parsley Gravy Steamed Beets Entrée 2 Beef Stew/Bun		Baked Cod Fish Garlic Toast California Vegetables  Entrée 2 Pork and Tomato Bean		Roasted Pork Loin Whipped Potato Gravy Fresh Cauliflower Entrée 2 Turkey Meatballs		Spaghetti with Meat Sauce Butternut Squash Buttered Noodles Entrée 2 Chicken Pot Pie		Baked Ham Scalloped Potato Buttered Herbed Cabbage Entrée 2 Battered Fish		Ginger Beef Rice Buttered Turnip  Entrée 2 Chicken Wings		BBQ Pork Ribs Mashed Potatoes Gravy Carrot Coin Entrée 2 Four-Bean Chili	
<i>Dessert</i>	Lemon Loaf		Slice Peaches		Banana Cake		Lime Meringue Pie		Maple Tart		Assorted Cake		Triple Berry Crumble	
AM/PM/HS Snack	Fruits/Baked Goods		Fruits/Baked Goods		Fruits/Baked Goods		Fruits/Baked Goods		Fruits/Baked Goods		Fruits/Baked Goods		Fruits/Baked Goods	
	Assorted Bread (Whole Wheat, White, Raisin) and Spread Options • Fresh Fruits • Margarine													



Alternates and options must be ordered by 12:00 noon. Please see kitchen staff to place your order.