




# 2024-25 Fall – Winter Menu – Fenwyck Heights

Week 3

|  | MONDAY   |        | TUESDAY   |        | WEDNESDAY   |        | THURSDAY  |        | FRIDAY   |        | SATURDAY  |          | SUNDAY   |          |
|---|--|--------|---|--------|---|--------|---|--------|--|--------|---|----------|--|----------|
|   | Oct 07   | Dec 30 | Oct 08  | Dec 31 | Oct 09  | Jan 01 | Oct 10  | Jan 02 | Oct 11   | Jan 03 | Oct 12  | Jan 04   | Oct 13   | Jan 05   |
|   | Nov 04   | Jan 27 | Nov 05  | Jan 28 | Nov 06  | Jan 29 | Nov 07  | Jan 30 | Nov 08   | Jan 31 | Nov 09  | Feb 01   | Nov 10   | Feb 02   |
|   | Dec 02   | Feb 24 | Dec 03  | Feb 25 | Dec 04  | Feb 26 | Dec 05  | Feb 27 | Dec 06   | Feb 28 | Dec 07  | March 01 | Dec 08   | March 02 |
| <b>Beverages</b>  | Tea • Coffee • Milk • Fruit Juice • Water  |        |   |        |   |        |   |        |  |        |   |          |  |          |
| <b>Breakfast</b>  | Oatmeal<br>Beef Sausage<br>Waffles<br><i>or</i><br>Cold Cereal                                   |        | Oat Bran<br>Scrambled Eggs<br>Hashbrowns<br><i>or</i><br>Cold Cereal                            |        | Cream of Wheat<br>Ham<br>Croissant<br><i>or</i><br>Cold Cereal  |        | Oatmeal<br>Turkey Sausage<br>French Toast<br><i>or</i><br>Cold Cereal   |        |  Oat Bran<br>Boiled Egg<br>Pancakes<br><i>or</i><br>Cold Cereal |        | Cream of Wheat<br>Pork Sausage<br>Hashbrowns<br><i>or</i><br>Cold Cereal                |          | Oatmeal<br>Scrambled Eggs<br>Bacon<br>Waffles<br><i>or</i><br>Cold Cereal                                      |          |
| <b>Lunch</b>  |  |        |   |        |   |        |   |        |  |        |   |          |  |          |
| <i>Entrée</i>   | Chicken Pasta<br>Cucumber Salad<br><br><i>or</i><br>Sandwich of the Day                          |        | English Style Fish<br>Fries<br>Gravy<br>Creamy Coleslaw<br><br><i>or</i><br>Sandwich of the Day |        | Pepperoni Pizza<br>Mixed Green Salad<br><br><i>or</i><br>Sandwich of the Day                                    |        | Chili Con Carne<br>Garlic Bread<br>Tomato and Cucumber<br>Salad<br><br><i>or</i><br>Sandwich of the Day       |        | Chicken Burger<br>Lettuce/Tomato/Cheese<br>Onion Ring<br><br><i>or</i><br>Sandwich of the Day  |        | Beef Sandwich<br>Tossed Salad<br><br><i>or</i><br>Sandwich of the Day                   |          | Potato and Cheddar<br>Perogies<br>Garlic Sausage<br>Hot Mix Vegetables<br><br><i>or</i><br>Sandwich of the Day |          |
| <i>Dessert</i>  | Peaches  |        | Strawberry Mousse   |        | Butter Tart   |        | Rice Pudding  |        | Fruit Cocktail   |        | Mandarin Orange   |          | Ice Cream  |          |
| <i>Soup</i>   | Tomato   |        | Sausage and Vegetables  |        | Harvest Vegetable   |        | French Canadian Pea<br>Soup   |        | Chicken & Rice   |        | Beef Vegetable  |          | Cream of Broccoli  |          |
| <b>Supper</b>   |             |        |   |        |   |        |   |        |  |        |   |          |  |          |
| <i>Entrée</i>   | Farmer Sausage<br>Rice<br>Peas and Corn<br><br><b>Entrée 2</b><br>Ginger Beef                    |        | Pork Dumplings<br>Chow Mein Noodles<br>Red Cabbage<br><br><b>Entrée 2</b><br>Roast Lamb         |        | Turkey Schnitzel<br>Buttered Pasta<br>Bistro Vegetables<br><br><b>Entrée 2</b><br>Beef Meatball<br>Tomato Sauce |        | Baked Chicken Breast<br>Garlic Toast<br>Caesar Salad<br><br><b>Entrée 2</b><br>Tomato Soup/Salami<br>Sandwich |        | Glazed Ham<br>Whipped Potatoes<br>Gravy<br>Squash<br><br><b>Entrée 2</b><br>Veal in Bavarian Sauce   |        | Manchurian Chicken<br>Fried Rice<br>Broccoli<br><br><b>Entrée 2</b><br>Vegetarian Pasta |          | Roast Beef<br>Mashed Potatoes<br>Gravy<br>Glazed Carrot<br><br><b>Entrée 2</b><br>Market Fish                  |          |
| <i>Dessert</i>  | Chocolate Cream Pie  |        | Jello-O   |        | Chocolate Brownie   |        | Assorted Cake   |        | Peaches  |        | Chocolate Mania Cake  |          | Banana Cake  |          |
| <b>AM/PM/HS<br/>Snack</b>   | Fruits/Baked Goods   |        | Fruits/Baked Goods  |        | Fruits/Baked Goods  |        | Fruits/Baked Goods  |        | Fruits/Baked Goods   |        | Fruits/Baked Goods  |          | Fruits/Baked Goods   |          |
|   | <b>Assorted Bread (Whole Wheat, White, Raisin) and Spread Options • Fresh Fruits • Margarine</b> |        |   |        |   |        |   |        |  |        |   |          |  |          |

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