

SS Palace 22-23 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Strawberries	Banana Half	Mandarin Oranges	Blueberries	Honeydew Melon	Banana Half	Cantaloupe Chunks
Oatmeal	Oatmeal	Cinnamon Oatmeal	Oatmeal	Oatmeal	Oatmeal	Cinnamon Oatmeal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Bacon Strips	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
2% Milk	2% Milk	Whole Wheat Toast	2% Milk	2% Milk	2% Milk	Whole Wheat Toast
Assorted Cold Cereal	Assorted Cold Cereal	2% Milk	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	2% Milk
		Assorted Cold Cereal				Assorted Cold Cereal
LUNCH						
Pork Chop & Mushroom Sauce	Sweet & Sour Chicken	Seasoned Cowboy Steak	Spaghetti & Meatballs	Baked Chicken Breast	Meatloaf	Roast Turkey
Mashed Potatoes	Mashed Potatoes	Baked Potato	Garlic Bread	Oven-Browned Potatoes	California Vegetables	Herbed Potatoes
Butternut Squash	Asian Vegetables	Oregano Green Beans	Citrus Orange Cake	Green Peas	Red Velvet Cake	Sunrise Vegetables
Lemon Chiffon	Strawberry Shortcake	Maple Chocolate Mania Cake	Pork Souvlaki	Vanilla Ice Cream	Honey Garlic Ribs	Apple Pie Slice
Battered Cod Fillet	Baked Ham in Pineapple Juice	Turkey Cacciatore	Rice Pilaf	Lemon Herb Panko Pollock	Whipped Potatoes	Tuscan Style Vegetable Lasagna
Mashed Potatoes	Scalloped Potatoes	Mashed Potatoes	Pick of the Day Vegetable Blend	Oven-Browned Potatoes	Buttered Corn	Mixed Green Italian Salad
Sweet Balsamic Brussels Sprouts	Green Peas	Parslied Cauliflower	Chilled Apple Slices	Italian Mixed Grilled Vegetables	Fresh Grapes	Cinnamon Peaches with Cream LoCal
Chilled Diced Pears	Crushed Pineapple	Chilled Apricots		Mango		
DINNER						
Garden Vegetable Soup	Beef Vegetable Soup	Cream of Tomato Soup	Homemade Vegetable Barley Soup	Cream of Potato & Leek Soup	Chicken Vegetable Noodle Soup	Cream of Cauliflower Soup
Hamburger on Wheat Bun	Macaroni & Cheese	English-Style Fish	Cheese Dream Sandwich	Toasted Western Sandwich	Mini Submarine Sandwich	Salmon & Potato Salad Plate
Greek Salad	Stewed Tomatoes	French Fries	Pickle Spear	Sauteed Pepper & Onion	Spring Mix Lettuce Salad	Mini Ice Cream Sandwich
Butterscotch Ice Cream	Apple Cobbler	Creamy Coleslaw	Orange Jello w/Whipped Topping	French Cream Cake	Black Forest Pudding	Country Sausage
Egg Salad	Turkey w/Lettuce on Whole Wheat	Ice Cream Sundae Cup	Chicken Caesar Salad	Cottage Cheese & Fruit Plate	Chicken Nuggets	Pancakes
Greek Salad	Tossed Ranch Salad	Chicken Salad Sandwich on Brown Bread	Assorted Dinner Rolls	Blueberries with Whip Topping	Potato Hashbrowns	Strawberries
Fresh Watermelon	Cantaloupe Chunks	Creamy Coleslaw	Chilled Tropical Fruit		Green Beans	Chilled Diced Pears
		Sliced Carrots			Mandarin Oranges	
		Fruit Cocktail				

SS Palace 22-23 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Fruit Cocktail	Banana Half	Sliced Strawberries	Cantaloupe Chunks	Chilled Diced Peaches	Banana Half	Chilled Diced Pears
Oatmeal	Oatmeal	Oatmeal	Cinnamon Oatmeal	Oatmeal	Oatmeal	Oatmeal
Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Fried Eggs	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
LUNCH						
Country Style Fried Chicken	Farmers Sausage	Swedish Meatballs	Creamy Dijon Chicken & Mushrooms	Teriyaki Turkey	Mediterranean Glazed Haddock	Roast Beef
Herbed Potatoes	Mashed Potatoes	Buttered Egg Noodles	Mashed Potatoes	Rosemary & Garlic Roasted Potato	Fluffy Rice	Yorkshire Pudding
Broccoli Florets	Diced Beets	Brussels Sprouts	Seasoned Green Beans	Zucchini Medley	Whipped Squash	Mexican Mixed Vegetables
Chocolate Mousse	Caramel Cheesecake	Rice Pudding	Blueberry Crisp	Triple Chocolate Fudge Cake	Cherry Pie	Black Forest Cake
BBQ Pork Chops	Vegetable Egg Roll	Sole w/Lemon Pepper	Hawaiian Ham	Salisbury Steak	Lemon Pepper Chicken	Homemade Turkey Meatloaf
Mashed Potatoes	Veggie Fried Rice	Garlic Mashed Potatoes	Scalloped Potatoes	Rosemary & Garlic Roasted Potato	Scalloped Potatoes	Mashed Potatoes
Sauteed Garlic Mushrooms	Asian Vegetables	Scandinavian Vegetables	Buttered Corn	Florentine Veg Mix	Sunrise Vegetables	Grilled Peppers & Onions
Honeydew Melon	Chilled Diced Peaches	Mango	Chilled Apricots	Chilled Apple Slices	Fresh Grapes	Chilled Tropical Fruit
DINNER						
Creamy Carrot Ginger Soup	Tomato Soup	Cream of Celery Soup	Turkey Vegetable Soup	Chicken Vegetable Barley Soup	Italian Wedding Soup	Cream of Mushroom Soup
Sliced Ham Sndw on Rye	Beef Taco Salad	Chicken Strips	Pizza of Choice	Cottage Cheese Fruit Salad Plate	Hot Dog on Wheat Bun	Tuna Salad Sandwich WW
Spring Mix Lettuce Salad	Ice Cream Sandwich	Poutine Gravy & Cheese Curd	Spring Mix Lettuce Salad	Wildberry Macaroon Cake	Caesar Salad	Creamy Coleslaw
Date Square	Captain Burger on WW Bun	French Fries	Maple Swirl Ice Cream	Hamburger & Sausage Casserole	Chilled Diced Peaches	Pistachio Dark Chocolate Bar
Swiss & Parmesan Cheese Quiche	Rainbow Coleslaw	Tossed Salad & Italian Dressing	Sweet Potato Baked Frittata	Parslied Cauliflower	Four Cheese Penne Pasta Casserole	Chicken Wings
Green Peas	Chilled Diced Pears	Raspberry Mousse Cake	Sliced Carrots	Mandarin Oranges	Kale Vegetable Blend	Sweet Potato French Fries
Orange Sections		Deli & Pasta Salad Plate	Fruit Cocktail		Butterscotch Ice Cream	Green Peas
		Crushed Pineapple				Fresh Watermelon

SS Palace 22-23 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice	Orange Juice
Blueberries	Banana Half	Chilled Diced Pears	Fruit Cocktail	Chilled Apricots	Banana Half	Chilled Diced Peaches
Cinnamon Oatmeal	Oatmeal	Oatmeal	Oatmeal	Cinnamon Oatmeal	Oatmeal	Oatmeal
Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Whole Wheat Toast
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	2% Milk
						Assorted Cold Cereal
LUNCH						
Meatballs w/Tomato Sc	Crunchy Ranch Flavoured Chicken	Tender Philly Steak	BBQ Pork Drummies	Broiled Salmon	Baked Chicken with Chalet Sauce	Pork Roast
Fluffy Rice	Savory Potato Wedges	Au Gratin Potatoes	Roasted Potatoes	Scalloped Potatoes	Cauliflower	Garlic Mashed Potatoes
Sliced Carrots	Whole Green Beans	Sunrise Vegetables	California Vegetables	Diced Squash	Date Pudding Cake	Italian Mixed Vegetables
Apple Crisp	Cherry Cheesecake	Triple Layer Chocolate Cake	Van Caramel Swirl Cake	Vanilla Chocolate Ice Cream Bar		Chocolate Cream Mint Pie
Teriyaki Pork Loin	Beef Shepherd's Pie	Baked Cod Fillet	Meat Lasagna	Turkey Stir Fry	Spaghetti & Meat Sauce	Veal Parmesan
Shanghai Noodle EC	Florentine Veg Mix	Au Gratin Potatoes	Tossed Garden Salad	Rice Pilaf	Boiled Red Potato	Garlic Mashed Potatoes
Broccoli Florets	Apricot Apple Blend	Wax Beans with Red & Green Peppers	Orange Sections	Green Peas	Sauteed Pepper & Onion	Steamed Asparagus
Mandarin Oranges		Crushed Pineapple		Fresh Grapes	Honeydew Melon	Deluxe Fruit Salad
DINNER						
Barley Beef Soup	Cream of Broccoli Soup	Garden Vegetable Soup	Minestrone Soup	Cream of Tomato Soup	Chicken Rice Soup	Cream of Vegetable Chowder
Alfredo Cheese Tortellini	Pork Weiners and Beans	Turkey Burger on Wheat Bun	Macaroni & Cheese	Grilled Cheese on Wheat	Quiche Florentine	Fish 'n Chips
Pick of the Day Vegetable Blend	Bistro Vegetables	Greek Salad	Zucchini Medley	Green Peas	Sliced Carrots	Rainbow Coleslaw
Cantaloupe Chunks	Chilled Diced Peaches	Honeydew Melon	Fresh Watermelon	Mango	Crushed Pineapple	Mandarin Oranges
Sliced Turkey on Rye	Cottage Cheese Fruit Salad Plate	Sausage Patty	Shredded Chicken on WW Bun	Sliced Ham Plate	Veggie Burger on WW Bun	Cheese Lettuce Tomato Sndw w/Mayo
Tossed Salad & Italian Dressing	Neapolitan Ice Cream	Potato Hashbrowns	Mixed Green Italian Salad	Dill Potato Salad	Spring Mix Lettuce Salad	Four Bean Salad
Baked Custard		Broccoli Florets	Date Square	Red Beet Citrus Salad	Lemon Tart	Sliced Dill Pickle
		Tiramisu Mousse		French Cream Cake		Tapioca Pudding