

Week One Summer Menu 2026

DM-Diabetic Menu, V-Vegetarian, GF- Gluten Free, VG- Vegan, SF- Soy Free

Monday 9/28/26	Tuesday 9/29/26	Wednesday 9/30/26	Thursday 10/1/26	Friday 10/2/26	Saturday 10/3/26	Sunday 10/4/26
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Oatmeal Assorted Cold Cereals Vegetable Scrambled Eggs Breakfast Meat and Potato Breakfast Bread Fresh Fruit Orange Juice Milk	Oatmeal Assorted Cold Cereals Scrambled Egg Breakfast Meat and Potato Breakfast Bread Fresh Fruit Orange Juice Milk	Oatmeal Assorted Cold Cereals Blueberry Pancake Breakfast Meat and Potato Breakfast Bread Fresh Fruit Orange Juice Milk	Oatmeal Assorted Cold Cereals Crustless Quiche Breakfast Meat and Potato Breakfast Bread Fresh Fruit Orange Juice Milk	Oatmeal Assorted Cold Cereals Omelet with Cheese Breakfast Meat and Potato Breakfast Bread Fresh Fruit Orange Juice Milk	Oatmeal Assorted Cold Cereals Scrambled Eggs Breakfast Meat and Potato Breakfast Bread Fresh Fruit Orange Juice Milk	Oatmeal Assorted Cold Cereals Scrambled Eggs with Cheese Breakfast Meat and Potato Breakfast Bread Fresh Fruit Orange Juice Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Lentil And Spinach Soup (V) Corn, Tomato and Avocado Salad Roast Beef Swiss Melt Quiche Loraine Avocado, Tomato, Basil Mozzarella, Sand.(V) Macaroni Salad Steamed Carrot Coins Chunky Applesauce	Chicken Noodle Caesar Salad Sloppy Joe Sandwich Chicken Salad on Wheat Grilled Cheese & Spinach Sand. (V) Sweet Potato Fries Baked Beans (V) Chilled Pear Halves	Cream of Mushroom (V) Chic Peas and Greens Turkey Reuben Cheeseburger with toppings White Bean Pesto Gnocchi (v) Potato Salad Cut green beans Grapes and Yogurt	Minestrone Tomato Cucumber Salad Hot Dog w/ toppings Hawaiian Turkey Burger Pineapple Veggie Burger (V) Tator Tots Broccoli and Cauliflower Cake w/ Berries and Cream	White Bean and Cabbage Soup Spinach Salad Philly Chicken Cheese Steak Egg Salad on Wheat Veg. Chicken Cheesesteak (V) Peas & Mushrooms Fresh Chips Diced Peaches w/ Whip Cream	Three Bean Chili (V) Dill potato salad Pulled BBQ chicken Ham&Swiss on Rye BBQ tofu Cole Slaw Steamed Broccoli Fruit Cocktail Gelatin	Chicken Orzo House Salad Tuna Salad Croissant Italian Sub w/Let.,Tom. Dressing Grilled Cheese (v) Pasta salad Mixed Vegetables Vanilla Pudding Parfait
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Lentil And Spinach Soup (V) House Salad Meatloaf (DM) BBQ Pork Loin Mashed Potatoes Steamed Green beans (DM) Roasted Mixed Vegetables (DM) Yeast Roll Lentil Meatloaf (V) Strawberries & Cheesecake	Chicken Noodle Cobb Salad Corned Beef and Cabbage (DM) Chicken Thigh Stew Parslief Red Bliss Potato (DM) Spinach (DM) Peas and Carrots Wheat Roll Roasted Chic Pea Stew (V) Pecan Pie	Cream of Mushroom (V) Mixed green Salad Stuffed Apple Chicken Breast Cod Cakes(DM) Diced Roasted Sweet Potato(DM) Steamed Cauliflower (DM) Sauteed Mustard Greens Garlic Bread Stick Spaghetti Vegetable Marinara (V) Apple Pie	Minestrone Garden Salad Crispy Orange Chicken Mongolian Beef (DM) White Rice Steamed Broccoli (DM) Stir Fry Vegetables (DM) Wheat Roll Sweet and Sour Tofu (V) Lemon & White Chocolate Chip Cookies	White Bean and Cabbage Soup Tossed salad Shrimp w/ Spinach Tomatoes and Creamy Garlic Sauce (DM) Turkey Ala King Parslief Egg Noodles Sugar Snap Peas (DM) Carrots& Parsnip Coins (DM) Yeast Roll Tofu Stroganoff (V) Chocolate Peanut Butter Cake	Three Bean Chili (V) Caesar Honey, Soy, Garlic Tilapia (DM) Pineapple Teriyaki Chicken Stuffed Pepper Brown Rice (DM) Stir Fry Vegetables (DM) Mixed Beans and Baby Carrot Multigrain Roll Vegetarian Stuffed Pepper (GF,V) Key Lime Pie	Chicken Orzo Spinach Salad Chicken Fricassee Grilled Yellow Fin Tuna Steak (DM) Rice and Beans Collards (DM) Roasted Butternut Squash (DM) Yeast Roll Garden Quiche (V,SF) Chocolate Fudge Brownie