

CLEMENT MANOR

Clement Manor F/W Midwest Alts 2024

Regular/NAS/Consistent CHO

Week 5

Sunday Nov-17	Monday Nov-18	Tuesday Nov-19	Wednesday Nov-20	Thursday Nov-21	Friday Nov-22	Saturday Nov-23
Breakfast						
Choice of Cereal Eggs of Choice Chocolate Croissant	Choice of Cereal Scrambled Eggs Breakfast Ham Slice Wheat Toast Fresh Fruit	Choice of Cereal Eggs of Choice Buttered Waffles Sausage Links	Choice of Cereal Eggs of Choice Biscuits and Sausage Gravy	Fresh Fruit Choice of Cereal Scrambled Eggs Bacon Wheat Toast	Choice of Cereal Eggs of Choice Sausage Links Wheat Toast Fresh Fruit	Choice of Cereal French Toast Sticks Sausage Patty
Lunch						
Ginger-Barbecue Chicken Cheesy Mashed Potatoes Choice of Roll Banana Green Beans	Beef Fritter Onion Roasted Potatoes Choice of Roll Mixed Melon Salad Tossed Salad	Maple Glazed Chicken Baked Sweet Potato Half Red Grapes California Vegetable Blend	Beef Brisket Mashed Potatoes California Vegetable Blend Choice of Roll Apple Slices	Chicken a la King Buttered Noodles Normandy Vegetable Blend Biscuit Cantaloupe	Hamburger Steak Baked Potato Winter Vegetables Choice of Roll Fresh Fruit Cup	Pork Chow Mein White Rice Seasoned Peas Choice of Roll Cinnamon Applesauce
Baked Ziti	Lemon Baked Fish	Margherita Cheese Pizza	Chicken Alfredo Whole Wheat Penne Pasta	Roast Beef & Provolone Sandwich Three Bean Soup	Crumb-Topped Fish Creamy Cole Slaw	Dijon Chicken Mushroom Casserole
Dinner						
Garden Vegetable Soup Tuna Noodle Casserole Green Beans Wheat Bread Vanilla Pudding Cake	Roasted Butternut Squash Soup Pizza Casserole Corn Buttered Breadstick Cherry Chocolate Bar	Vegetable Beef Soup BBQ Meatballs Green Beans Buttered Breadstick Cinnamon Maple Apple Cake	Chicken Pot Pie Soup Fish Sandwich Creamy Cole Slaw Buttermilk Custard Pie	Cream of Potato Soup Ham and Cheese Sandwich Sweet Potato Fries Pecan Pie	Stuffed Crab soup Cheese Pizza Tossed Salad Buttered Breadstick Vanilla Cake	Cream of Broccoli Soup Chicken Cordon Bleu Mashed Potatoes Choice of Roll Corn Cookie
Garlic Parmesan Braised Chicken	Beef Enchilada Seasoned Black Beans	Tuna Melt Sandwich	Pork Chop Suey Carrots	Chicken & Stuffing Casserole Peas & Carrots	Mustard Glazed Beef Cheesy Mashed Potatoes	Pot Roast