

**CLEMENT MANOR**

**Clement Manor F/W Midwest Alts 2024**

**Regular/NAS/Consistent CHO**

**Week 1**

Sunday Nov 24	Monday Nov 25	Tuesday Nov 26	Wednesday Nov 27	Thursday Nov 28	Friday Nov 29	Saturday Nov 30
<b>Breakfast</b>						
Choice of Cereal Assorted Mini Donut Cheesy Scrambled Egg Sausage Links	Choice of Cereal Egg Patty Canadian Bacon Whole Wheat English Muffin	Choice of Cereal 3 Cheese Egg Bite Sausage Patty Wheat Toast	Choice of Cereal Eggs of Choice Biscuits and Sausage Gravy	Choice of Cereal Eggs of Choice Apple Cinnamon Pancake	Choice of Cereal Buttered Waffles Sausage Links Maple Syrup	Choice of Cereal Scrambled Eggs Bacon Wheat Toast Fresh Fruit
<b>Lunch</b>						
Garlic Parmesan Braised Chicken Whole Wheat Penne Pasta Buttered Breadstick Cinnamon Applesauce Green Beans	Maple Mustard Pork Tenderloin Baked Potato Choice of Roll Banana Corn	Herb Marinated Chicken Thigh Rice Pilaf Green Beans Pineapple Chunks	Salisbury Steak Mashed Potatoes Peas & Carrots Mixed Melon Salad	Roast Turkey Stuffing/Mashed Potatoes Carrots/Green Bean Casserole Dinner Roll/Cranberry Sauce Apple/Pumpkin Pie	Citrus Dill Cod Onion Roasted Potatoes California Vegetable Blend Cantaloupe Tossed Salad	Corn Beef Tater Tot Bake Choice of Roll Red Grapes Mashed Potatoes
Baked Cod	Cheese & Black Bean Quesadilla	Lasagna Tossed Salad Choice of Dressing	BBQ Chicken Pizza		Beef Barley Casserole	Chicken Croquette
<b>Dinner</b>						
Minestrone Soup Tuna Salad Sandwich Pumpkin Pie Bar California Vegetable Blend	Beef Mushroom Barley Soup Swedish Meatballs Buttered Noodles Seasoned Peas Angel Food Cake	Choice of Roll Northern Bean Soup Macaroni & Cheese Stewed Tomatoes Cherry Pie	Cream of Broccoli Soup Grld Ham & Swiss Sandwich Corn Apple Pie CM Potato Chips	Tomato Basil Soup Ham Sandwich Chips Gingersnap Cookies	Chicken Noodle Soup Ham & Cheese Quiche Hashbrown Patty Dessert Variety Seasoned Peas	Cream of Potato Soup Green Beans Baked Apples Pork Choppette French Fries
Beef and Noodles	Deli Sandwich	Baked Ham w/ Raisin Sauce Cheesy Mashed Potatoes	Chicken Enchiladas Sauteed Peppers & Onions	Hot Dog	Vegetable Pot Pie	Turkey Sandwich