

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Orange Juice Hot Oatmeal Light Brown Sugar Cheesy Scrambled Eggs Assorted Toast Butter and Assorted Jelly Fresh Fruit Cup BW 2% Milk Coffee Creamer Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar French Toast Syrup Bacon 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Scrambled Eggs Banana Hot Oatmeal Turkey Sausage Link Light Brown Sugar 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Waffle Syrup Canadian Bacon Sliced Peaches 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Sausage Gravy Biscuit Fresh Fruit Cup BW 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Pancakes Syrup Bacon 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet	Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs Breakfast Sausage Assorted Toast Butter and Assorted Jelly Fresh Fruit Cup BW 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet
Assorted Cold Cereal Pancakes Syrup Breakfast Sausage	Assorted Cold Cereal Breakfast Casserole Assorted Toast Butter and Assorted Jelly Fresh Banana	Chipped Beef on Toast Assorted Cold Cereal Mandarin Oranges	Assorted Cold Cereal Spinach Omelet Breakfast Croissant Butter and Assorted Jelly	Assorted Cold Cereal Scrambled Eggs Bacon White Toast	Assorted Cold Cereal Cheese Omelet Toasted English Muffin Butter and Assorted Jelly Banana	Assorted Cold Cereal Vanilla Greek Nonfat Yogurt Hashbrowns
Lunch						
Bruschetta Chicken Rotini Marinara Sauce Sicilian Vegetables Diced Peaches 2% Milk Mrs. Dash Packet Pepper Packet	Pasta Fagioli Soup Saltine Cracker Packet Open Faced Roast Beef Sandwich Beef Gravy French Fries Ketchup Baby Dill Carrots Fresh Cantaloupe 2% Milk Mrs. Dash Packet Pepper Packet	Beef Orzo Soup Saltine Cracker Packet Pasta Primavera with Chicken HCBW Dinner Roll Margarine Spread Italian Blend Veg Raspberry Swirl Cheesecake 2% Milk Mrs. Dash Packet Pepper Packet	Cheddar Potato Soup Saltine Cracker Packet Quinoa Balsamic Vegetables Chilled Diced Pears 2% Milk Mrs. Dash Packet Pepper Packet Deluxe Burger Ketchup Mustard Packet	Chicken Florentine Soup Saltine Cracker Packet Tuna Salad Sandwich on White Cole Slaw Pineapple Tidbits 2% Milk Mrs. Dash Packet Pepper Packet	Broccoli Cheddar Soup Saltine Cracker Packet Kielbasa Hot German Potato Salad Corn Orange Gelatin Cup 2% Milk Mrs. Dash Packet Pepper Packet	Cream of Asparagus Soup Saltine Cracker Packet Chicken Pot Pie Glazed Baby Carrots Iced Peanut Butter Brownie 2% Milk Mrs. Dash Packet Pepper Packet
Eggplant Parmesan	Grilled Chicken Sandwich Mayonnaise Packet	Turkey Salad on Bread House-made Potato Chips	Gyro	Macaroni and Cheese Stewed Tomatoes	Turkey Reuben Sweet Potato Fries	Grilled Cheese Three Bean Salad
Dinner						
Turkey Noodle Soup Saltine Cracker Packet Salmon Cakes Tartar Sauce Broccoli Salad Sour Cream	Fried Catfish Baked Cheese Grits Fresh Sauteed Zucchini Ice Cream 2% Milk Mrs. Dash Packet	Parmesan Crusted Chicken Breast Cream Gravy Mashed Potatoes Succotash Cinnamon Applesauce 2% Milk	Shrimp Scampi Angel Hair Pasta Peas & Pearl Onions Pineapple Upside Down Cake 2% Milk Mrs. Dash Packet	Stuffed Pepper Garlic Mashed Potatoes Fresh Green Beans Black Forest Cake 2% Milk Mrs. Dash Packet	Honey Stung Chicken Steamed Rice Broccoli Lemon Meringue Pie 2% Milk Mrs. Dash Packet	Basic Pork Gravy Sweet Potato Cinnamon Honey Butter Roasted Cauliflower Ambrosia Pork Tenderloin

Asbury Heights

2020 Asbury Heights Menu-Cycle #2

Regular

Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner						
Baked Potato Coconut Cake 2% Milk Mrs. Dash Packet Pepper Packet	Pepper Packet	Mrs. Dash Packet Pepper Packet	Pepper Packet	Pepper Packet	Pepper Packet	2% Milk Mrs. Dash Packet Pepper Packet
Grilled Monte Cristo	Sliced Ham Salsa Pineapple	Vegetable Quiche	Grilled Cilantro Chicken BW	Oven Fried Pork Chop Basic Pork Gravy	Flatbread Cheese Pizza BW	Chicken Cordon Bleu