

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Orange Juice Hot Oatmeal Light Brown Sugar Cheesy Scrambled Eggs Raisin Toast Butter and Assorted Jelly Fresh Fruit Cup 2% Milk Coffee 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 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 Sliced Peaches 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet Baked Ham	Orange Juice Hot Oatmeal Light Brown Sugar Scrambled Eggs White Toast 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 Fresh Fruit Cup BW 2% Milk Coffee Creamer Sugar Packet Mrs. Dash Packet Pepper Packet
Assorted Cold Cereal Strawberry Pancake Syrup Breakfast Sausage	Assorted Cold Cereal Breakfast Casserole Assorted Toast Fresh Fruit Cup	Chipped Beef on Toast Assorted Cold Cereal Mandarin Oranges	Assorted Cold Cereal Mushroom Omelet Assorted Donuts	Assorted Cold Cereal Sausage Gravy Biscuit	Assorted Cold Cereal Cheese Omelet Toasted English Muffin Butter and Assorted Jelly Banana	Assorted Cold Cereal Vanilla Greek Nonfat Yogurt Breakfast Croissant Butter and Assorted Jelly
Lunch						
Potato Crusted Cod Parmesan Noodles Fresh Green Beans Lemon Meringue Pie 2% Milk Mrs. Dash Packet Pepper Packet	Pumpkin Bisque Saltine Cracker Packet Vegetable Lasagna Wheat Dinner Roll Peas & Carrots Sliced Apples 2% Milk Mrs. Dash Packet Pepper Packet	Vegetable Soup Saltine Cracker Packet Tuna Salad Sandwich on a Roll Macaroni Salad Peach Pie 2% Milk Mrs. Dash Packet Pepper Packet	Chicken Noodle Soup Saltine Cracker Packet Stuffed Shells with Meat Sauce Breadstick Italian Romano Vegetable Blend Fresh Fruit Cup 2% Milk Mrs. Dash Packet Pepper Packet	Ham Potato & Bean Soup Saltine Cracker Packet Cheeseburger On a Bun Lettuce, Tomato, Pickle Mayonnaise Packet Pickled Beets with Onions Blueberry Buckle Cake 2% Milk Mrs. Dash Packet Pepper Packet	Potato Leek Soup Saltine Cracker Packet Vegetable Frittata BW Hashbrowns Green Peas Blondie Square 2% Milk Mrs. Dash Packet Pepper Packet	Five Bean Soup Saltine Cracker Packet Breaded Fish Sandwich Tartar Sauce Corn Fritter Sugar Cookies 2% Milk Mrs. Dash Packet Pepper Packet
Veal Marsala	Chicken, Bacon, and Ranch Pizza Tomato Basil Salad	Ham & American on White Mustard, Ketchup, & Mayo Packet Bow Tie Pasta Salad	Turkey & Cheddar on Whole Wheat BW Mayonnaise Packet Side Salad	Grilled Hot Dog Ketchup Sweet Pickel Relish	Salisbury Steak Mushroom Gravy	Creamy Cucumber Salad Chicken Salad Plate Assorted Rolls
Dinner						
Beef Noodle Soup Saltine Cracker Packet Egg Salad Sandwich Cauliflower Salad Chocolate Cake 2% Milk Mrs. Dash Packet	Turkey Meat Loaf BW Potatoes Mashed Redskin Turkey Gravy Cranberry Sauce Glazed Baby Carrots Butterscotch Pudding 2% Milk	Roast Beef and American on Wheat Three Bean Salad Chilled Diced Pears Chocolate Chip Cookies 2% Milk Mrs. Dash Packet Pepper Packet	BBQ Chicken Roasted Potato Wedges Broccoli Raspberry Gelatin 2% Milk Mrs. Dash Packet Pepper Packet	Turkey A La King Biscuit Wilted Spinach BW Cinnamon Apple Slices 2% Milk Mrs. Dash Packet Pepper Packet	Fried Shrimp Cocktail Sauce Corn and Cheddar Casserole Roasted Vegetables Mandarin Orange Jello Whipped Topping 2% Milk	Beef Burgundy Egg Noodles Sliced Peaches 2% Milk Mrs. Dash Packet Pepper Packet Sliced Carrots

Asbury Heights**2020 Asbury Heights Menu-Cycle #2****Regular****Week 5**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner						
Pepper Packet	Mrs. Dash Packet Pepper Packet				Mrs. Dash Packet Pepper Packet	
Hot Italian Hoagie	Boneless Breaded Pork Chop Basic Pork Gravy	Chicken Salad on Bun Caesar Salad Sliced Strawberries	Italian Sausage Sandwich	Pierogies with Onions and Butter Dinner Roll	Roast Beef Tenderloin	Lemon Pepper Haddock