

Meals for the Week

Nashwuak

March 17th through March 23rd

Day	Breakfast	Lunch	Dinner	Snacks
MON March 17th	French Toast Bake, Sausage, Fruit, Juice	Corn Beef, Cabbage, Boiled Potatoes, Irish Apple Cake	Bean and Ham Soup, French Bread, Bar	
TUE March 18th	Cold Cereal, Toast, Fruit, Juice	Patty Melt, French Fries, Pickles, Dessert	Italian Chicken, Garlic Mashed Potatoes, Corn, Dessert	
WED March 19th	Ham and Cheese Omelet, Fruit, Juice	Chicken Parmesan, Buttered Noodles, Carrots, Cookie	Cheesy Hash brown Casserole, Mixed Veggies, Dessert	
THUR March 20th	Pancakes, Bacon. Fruit, Juice	Egg Salad Sandwich w/ Lettuce, Chips, Dessert	Rigatoni, Bread stick, Side Salad, Dessert	
FRI March 21st	Cold Cereal, Toast, Fruit, Juice	Fish, Baked Potato, Coleslaw, Cookie	Pizza, Salad, Dessert	
SAT March 22nd	Scrambled Eggs, Sausage, Toast, Fruit, Juice	Sausage Peppers, Veggie, Ice Cream	Salisbury Steak, Mashed Potatoes + Gravy, Peas, Roll, Dessert	
SUN March 23rd	Cinnamon Rolls, Bacon, Fruit, Juice	Pork Roast, Fried Potatoes, Vegetable Medley, Dinner Roll, Pie	Chicken Fried Steak + Gravy, Mashed Potatoes, Veggie, Desert	