

Menu

Week 4

Monday

Meatballs and Gravy with Mashed Potatoes Stewed Tomatoes and Okra and a Dinner Roll, Fruit Cocktail and Milk

Tuesday

Baked Pork Chops with Brown Rice, Turnip Greens and a Cornbread Muffin. Cinnamon Applesauce, an Oatmeal Cookie and Milk

Wednesday

Baked Chicken with Green Beans and Sweet Potato and a Whole Wheat Roll. Peach Slices and Chocolate Pudding and Milk

Thursday

Beefaroni with Broccoli and a Whole Wheat roll. An Apple, Vanilla Greek Yoghurt with Granola and milk.

Friday

Crispy Fillet of Pollock with Baked Beans and Buttered Cabbage. A Cornbread Muffin. Apricots and Milk