

Note: Menu items subject to change

MOW MENU

Home of Our Own Fall/Winter 2023 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Week 1	Soup	Beef Vegetable Soup	Chicken Vegetable Noodle Soup	Cream of Cauliflower Soup	Minestrone Soup	Split Pea Soup
Dec 4-9	Salad	Pickles	Rainbow Coleslaw	Baby Spinach	Creamy Pasta	Cesar Salad
Jan 1 - 5	Entrée	Chicken Parmesan	Glazed Ham	Montreal Spiced Chicken	Beef Stroganoff	Battered Cod Filet
Jan 29 - Feb 2	Alt. Entrée	0	0	0	0	Shepards Pie
Feb 26-March 1	Vegetable	Green Beans	Green Beans	Diced Squash	Italian Mix Vegetables	Parsilled Carrots
March 25-29	Starch	Steamed Rice	Scallop Potatoes	Mashed Potatoes	Rice Pilaff	Broccoli
April 22 -26	Bread	Biscuit	Raisin Bread	Brown Bread	Crackers	White Bread
	0 Dessert	Baked Apple Slice w Cinamon	Fruit Cocktail	Cookie	Bread Pudding	Jello
	0 Sugar Sub.	Baked Apple Slice w Cinamon	Fruit Cocktail	SSD Cookies	SSD Pudding	SSD Jello
	Juice	Apple	Cranberry	Apple	Cranberry	Apple
Week 2	Soup	Chicken and Rice Soup	Root Vegetable Soup	Turkey Vegetable Soup	Cream of Chicken Soup	Garden Vegetable Soup
Dec 11-15	Salad	Triple Bean	Potatoe Salad	Mixed Green Salad	House	Green Vingerette Slaw
Jan 8- 12	Entrée	Chicken Stir Fry	Beef Stew	Herb Baked Chicken Breast	Turkey Cutlet w/Mushroom Gravy	Haddock in Dill Sauce
Feb 5 - 9	Alt. Entrée	0	0	0	0	Greek Chicken
March 4- 8	Vegetable	California Vegetables	California Vegetables	Fall Medley Vegetable Mix	Broccoli	Mixed Vegetable
April 1-5	Starch	Rice Pilaff	Potatoe Bites	Penne Primavera	Roasted Potatoes	Steamed Rice
April 29- May 3	Bread	Pita Wedge	Tea Biscuits	Crackers	English Muffin	White Bread
	Dessert	Pumpkin Spice Loaf	Jello with Peaches	Rice Krispy Square	Pudding	Date Square
	Sugar Sub.	SSD Pumpkin Spice Loaf	SSD Jello with Peaches	SSD Mousse	SSD Pudding	Baked Apple Slices
	Juice	Cranberry	Apple	Cranberry	Apple	Cranberry
Week 3	Soup	Vegetable Barely Soup	Beef Rice Soup	Tomato Soup	Golden Lentil Soup	Creamy Vegetable Soup
Dec 18 - 22	Salad	Supreme Bean	Carrot Raisin Salad	Garden Salad	Marinated Vegetable	Vinegrette Cole Slaw
Jan 15-19	Entrée	Honey Garlic Chicken	Meatloaf and Gravy	Butter Chicken	Spaghetti in Meat Sauce	Maple Glazed Salmon
Feb 12 - 16	Alt. Entrée	0		0		Roast Beef and Gravy
March 11-15	Vegetable	Fall Medely Vegetable Blend	Diced Turnip	Asian Vegetables	Brussel sprouts	Yellow Beans
April 8-12	Starch	Steamed Rice	Mashed Potatoes	Buttered Parmesan Noodles/Rice	Yams	Confetti Rice
May 6- 10	Bread	Brown Bread	White Bread	Crackers	Brown Bread	Dill Biscuit
	Dessert	Cookies	Pudding	Jello with Berries	Banana Bread	Fruit Cocktail
	Sugar Sub.	SSD Cookies	SSD Pudding	SSD Jello with Berries	SSD Fruit Cocktail	SSD Banana Bread
	Juice	Apple	Cranberry	Apple	Cranberry	Apple
Week 4	Soup	Cream of Mushroom Soup	Corn Chowder	Tomato Macaroni	Italian Wedding Soup	Chicken Julienne
Dec 25-29	Salad	Beets	Tomato and Cucumber Salad	Tossed Salad	Black Bean and Corn	Creamy Red Coleslaw
Jan 22-26	Entrée	BBQ Ribettes	Sweet and Sour Pork	Salisbury Steak With Gravy	Turkey and Gravy	Breaded Pollock
Feb 19-23	Alt. Entrée				0	0 Chicken Tenders
March 18-22	Vegetable	Broccoli	Asian Mixed Vegetables	Montego Vegetables	Baby Carrots	Peas
April 15-19	Starch	Buttered Rotini/ Rice	Vegetable Fried Rice	Mushroom Rice	Mashed Potatoes	Potatoe Wedges
May 13-17	Bread	Brown Bread	Dinner Roll	Crackers	White Bread	Croissant
	Dessert	Diced Peaches	Muffin	Yogurt Cups	Chocolate Square	Jello
	Sugar Sub.	SSD Diced Peaches	SSD Loaf	Yogurt Cups	SSD Chocolate Square	SSD Jello
	Juice	Cranberry	Apple	Cranberry	Apple	Cranberry