

FRENCH SCHOOL 2019



Week 1

Monday: pork loin, red potatoes, yogurt

Tuesday: chicken quarters, broccoli, cookies

Wednesday: roast turkey, mashed potatoes, fruit

Thursday: pulled pork, beans, applesauce

Friday: pizza/ salad/ cookies

Week 2

Monday: beef tips, broccoli/rice, bread pudding

Tuesday: cheeseburgers, potato wedges, yogurt

Wednesday: chicken à la provençale, white rice, brownies

Thursday: roast beef, mac & cheese, fruit salad

Friday: baked pork chops, hash brown casserole, baked cinnamon apples



Week 3

Monday: rotisserie chicken quarters, mashed potatoes, cake

Tuesday: bratwurst sausage, roast potatoes, ice cream

Wednesday: oven fried chicken breast, veggie orzo, yogurt

Thursday: roast turkey w/gravy, green beans and potatoes, pie

Friday: nachos, rice, churros

Week 4

Monday: salmon w/ hollandaise, rice, ice cream

Tuesday: ham & cheese wraps, potato wedges, fruit salad

Wednesday: beef stroganoff, egg noodles, yogurt

Thursday: roast pork loin, steamed broccoli, brownies

Friday: cassoulet, salad, pudding

Week 5

Monday: pulled pork sandwich, potato wedges, fruit salad

Tuesday: ham & cheese quiche, salad, pie

Wednesday: smothered pork chops, mashed potatoes, applesauce

Thursday: chicken tenders, mac & cheese, fruit

Friday: baked ziti w/ meat sauce, ice cream

Week 6

Monday: bbq chicken, rice, cheesecake

Tuesday: chili, salad, cornbread

Wednesday: eggs, pancakes, sausage, bacon

Thursday: roast beef, mac & cheese, fruit

Friday: fried pork chops, cauliflower w/ potatoes and cream, yogurt

