

**GPH Spring/Summer 2021 - WEEK 1**

**Menu**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>						
Assorted Juices Cinnamon Oatmeal Scrambled Eggs Raisin Toast Fresh Fruit or Fruit Cup	Assorted Juices Cream of Wheat with Bran Pancakes Syrup Fresh Fruit or Fruit Cup	Assorted Juices High Fibre Oatmeal Hard Boiled Egg English Muffin Fresh Fruit or Fruit Cup	Assorted Juices Cream of Wheat with Bran Scrambled Eggs with Cheese Bran Muffin Fresh Fruit or Fruit Cup	Assorted Juices High Fibre Oatmeal Scrambled Eggs Raisin Toast Fresh Fruit or Fruit Cup	Assorted Juices Cream of Wheat with Bran Poached Egg Banana Muffin Fresh Fruit or Fruit Cup	Assorted Juices High Fibre Oatmeal Cheese Omelet Bacon Fresh Fruit or Fruit Cup
Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Assorted Cold Cereal Peanut Butter White Toast	Assorted Cold Cereal Peanut Butter White Toast	Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Assorted Cold Cereal Peanut Butter White Toast
<b>Lunch</b>						
Split Pea Soup Chicken Quesadilla Sour Cream & Salsa Sauteed Garlic Mushrooms Blueberries	Squash Vegetable Soup BBQ Pork Ribette on WW Bun Mustard Sauce Couscous Fruit Cocktail	Minestrone Soup Cod Nuggets Tartar Sauce Baked Potato Wedges Fancy Blend Vegetables Chilled Dice Pears	Cream of Celery Soup Cheese Burger on WW Bun Ketchup/Mustard/Relish Onion Rings Mixed Green Italian Salad Mango	Creamy Broccoli Rotini Soup French Toast Maple Syrup & Vanilla Yogurt Strawberry Compote Scalloped Cinnamon Apples	Italian Wedding Soup Chicken Strips & Plum Sauce Coleslaw Chilled Tropical Fruit	Hearty Chicken & Veg Chowder Macaroni & Cheese Baked Tomato au Gratin Mixed Berries
Bacon Lettuce & Tomato SW Dill Cucumber & Red Onion Salad Creamsicle Parfait	Sliced Egg & Salad Plate (Sliced Egg, Potato Salad, Diced Beets & Dinner Roll) Caramel Pudding	Turkey & Swiss Sandwich Ceasar Salad Chocolate Ice Cream	Herbed Omelet Steamed Asparagus Dinner Roll Raspberry Gelatin	Corned Beef SW on Rye Spinach & Mushroom Salad Baked Custard with Caramel Sauce	Sliced Bologna Sandwich Tomato & Onion Salad White Chocolate Mousse	Cottage Cheese Plate (Cottage Cheese, Fruit & Dinner Roll) Fruit Ambroisa Tapioca Pudding
<b>Dinner</b>						
Lemon Herb Panko Pollock Mashed Potatoes California Vegetables Lemon Wedge Carrot Cake	Salisbury Steak Beef Gravy Mashed Potatoes Green Peas Dinner Roll Date Square	Asian Pork Chop Mashed Potatoes Steamed Broccoli Chilled Tropical Fruit	Five Spice Baked Chicken Thigh Mashed Potatoes Buttered Brussels Sprouts Maple Cream Cheesecake	Turkey a la King Brown Rice Buttered Corn Dinner Roll Nanaimo Bar	Veal Marsala Mashed Potatoes Green Beans Dinner Roll Rhubarb & Cherry Crumble	Pork Roast Pork Gravy Mashed Potatoes Roasted Parsnips Dinner Roll Boston Cream Pie
Turkey Cranberry Casserole Mashed Turnips Dinner Roll Pineapple Tidbits	Beef Chili Seasoned Zucchini Toast Points Apricot Halves	Lamb & Vegetable Stew Cauliflower Dinner Roll Lemon Tart	Cheese Ravioli & Sauce Sliced Carrots Mandarin Oranges	Chipotle Chicken Mashed Potatoes Roasted Root Vegetables Fresh Berries	Broccoli Feta & Dill Quiche Butternut Squash Honeydew Melon	Turkey Schnitzel Parslied New Potatoes Buttered Red Cabbage Dice Peaches & Cream

**NOTE:**

Whole wheat bread available everyday at Lunch and Dinner. Crackers served everyday at Lunch with Soup

250 ml Assorted Juices & Diet Drinks are offered every meal

250 ml Milk is offered everyday at Breakfast, Lunch & Dinner

Regular Coffee available at Breakfast and as requested, Decaf coffee available throughout the day