

GPH Spring/Summer 2021 - WEEK 2

Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices
Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran
Hard Boiled Egg	Breakfast Sausage	Poached Egg	Scrambled Egg	Boiled Egg	Poached Egg	Spanish Omelet
Raisin Toast	English Muffin	Rye Toast	Bran Muffin	Blueberry Muffin	Raisin Toast	Bacon
Fresh Fruit or Fruit Cup	Fresh Fruit or Fruit Cup	Fresh Fruit or Fruit Cup	Fresh Fruit or Fruit Cup	Fresh Fruit or Fruit Cup	Fresh Fruit or Fruit Cup	Fresh Fruit or Fruit Cup
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
Vanilla Yogurt	Vanilla Yogurt	Vanilla Yogurt	Vanilla Yogurt	Vanilla Yogurt	Vanilla Yogurt	Vanilla Yogurt
Whole Wheat Toast	White Toast	Whole Wheat Toast	Whole Wheat Toast	White Toast	White Toast	Whole Wheat Toast
Lunch						
Cream of Leek & Sweet Potato	Roasted Cauliflower Soup	Chicken Noodle Soup	Italian Bean & Veg Soup	Corn Chowder	Fall Harvest Soup	Cream of Carrrot Soup
Chicken Souvlaki	Egg Salad Sandwich	Sweet & Sour Pork Bites	Sliced Beef Sandwich on WW	Pulled Pork on a Bun	Fish 'n Chips	Chicken Kiev
Roasted Mediterranean Veg	Mixed Green Italian Salad	Fluffy Rice	Dill Cucumber & Red Onion Salad	Creamy Coleslaw	Green Peas	Wax Beans
Pita Bread & Tzatziki Sauce	Mango	Broccoli Florets	Chilled Tropical Fruit	Strawberries	Hot Fruit Compote	Dinner Roll
Fruit Cocktail		Chiled Apricots				Chilled Dice Peaches
Shaved Ham Sandwich	Turkey Pot Pie	Chicken Burger on WW Bun	Fish Cakes	Spanish Omelet	Sliced Turkey on Wheat	Salmon Salad Sandwich
Tomato & Onion Salad	Poultry Gravy	Mexican Corn	Parsley Carrots	Pickled Beets	Romaine & Onion Salad	Dilled Potato Salad
Vanilla Frozen Yogurt	Sauteed Zucchini	Panna Cotta with Blueberries	Lemon Wedge	Dinner Roll	Cheesecake	Cherry Gelatin
	Lime Gelatin		Chocolate Mousse	Bread Pudding & Caramel Sauce		
Dinner						
Southwest Beef	Baked Chicken with Chalet Sauce	Crunchy Baked Cod	Turkey Divan	Cornflake Crusted Chicken	Honey Garlic Pork Chop	Roast Beef
Mashed Potatoes	Mashed Potatoes	Lemon Pepper Mashed Potatoes	Parslied Rice	Poultry Gravy	Mashed Potatoes	Beef Gravy
Green Beans	Diced Carrots	Butternut Squash	Green Peas	Mashed Potatoes	Buttered Corn	Mashed Potatoes
Dinner Roll	Dinner Roll	Tartar Sauce	Dinner Roll	Green Beans	Dinner Roll	California Vegetables
Tiramisu Cake	Cherry Tart	Dice Pear Crisp	Buttertart Square	Banana & Chocolate Sauce	Iced Orange Cake	Dinner Roll
						Pumpkin Pie with Whipped Topping
Salmon with Cucumber Lime Chile	Veal Scallopini	Spinach & Cheese Cannelloni	Lamb Curry	Liver & Onions	Moroccan Stew	Spinach & Cheddar Quiche
Roasted Red Potatoes	Mushroom Sauce	Garlic Bread	Mashed Potatoes	Roasted Red Skin Potatoes	Brown Rice	Cauliflower
Butter Brussels Sprouts	Baked Potato	Caesar Salad	Fall Medley Vegetables	Buttered Brussel Sprouts	Steamed Broccoli	Tea Biscuit
Lemon Wedge	Prince Edward Vegetables	Stewed Rhubarb	Honeydew Melon	Dinner Roll	Pineapple Tidbits	Mandarin Oranges
Chilled Apricots	Sour Cream			Cranberry Loaf		
	Chilled Apple Slices					

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