

GPH Spring/Summer 2021 - WEEK 3

Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Assorted Juices High Fibre Oatmeal Scrambled Egg Mini Bagel Fresh Fruit or Fruit Cup	Assorted Juices Cream of Wheat with Bran Boiled Egg Raisin Toast Fresh Fruit or Fruit Cup	Assorted Juices High Fibre Oatmeal Scrambled Eggs Bran Muffin Fresh Fruit or Fruit Cup	Assorted Juices Cream of Wheat with Bran Poached Egg Fruit Extreme Muffin Fresh Fruit or Fruit Cup	Assorted Juices High Fibre Cinnamon Oatmeal Hard Boiled Egg Raisin Toast Fresh Fruit or Fruit Cup	Assorted Juices Cream of Wheat with Bran Poached Egg English Muffin Fresh Fruit or Fruit Cup	Assorted Juices High Fibre Oatmeal Western Omelet Bacon Fresh Fruit or Fruit Cup
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	Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Assorted Cold Cereal Peanut Butter White Toast	Assorted Cold Cereal Peanut Butter White Toast
Lunch						
Vegetable Soup Pork Stir Fry Egg Noodles Romaine & Onion Salad Stewed Rhubarb	Cream of Squash Soup Beef Pot Pie Beef Gravy Buttered Brussels Sprouts Chilled Apricots	Beef Barley Soup Egg Salad Plate (Devilled Eggs, Potato Salad, Tomato Slices & Dinner Roll Chilled Apple Slices	Tomato Soup Grilled Cheese on Wheat Creamy Cucumber & Onions Chilled Tropical Fruit	Creamy Chicken & Bean Soup Chicken Salad Sandwich Rainbow Coleslaw Dinner Roll Chilled Dice Pears	Cream of Broccoli Soup Deli Meat Salad Plate Sliced Ham & Turkey, Sliced Tomato & Dinner Roll Apricot Halves	French Onion Soup Sweet & Sour Chicken Balls Buttered Corn Dinner Roll Strawberries & Topping
Corned Beef on Rye Buttered Red Cabbage Pickle Spear Crème Caramel	Captain Burger Mixed Greens Salad Tartar Sauce Chocolate Pudding	Hot Turkey Sandwich w/Gravy Green Peas Neapolitan Ice Cream	Chicken Caesar Salad Dinner Roll Strawberry Mousse	Veg & Bean Sew Candied Carrots French Toast Sponge Cake	Tuna Salad Sandwich Greek Salad Orange Gelatin	Turkey Salad on Wheat Four Bean Salad Vanilla Ice Cream
Dinner						
Meat Lasagna Diced Carrots Garlic Bread Stick Banana Custard Choco Cake	Turkey Vegetable Stew Parslied Noodles Green Beans Dinner Roll Lemon Buttermilk Cake	Honey Roast Pork Chop Mashed Potatoes Broccoli Florets Dinner Roll Butterscotch Square	Beef Shepherd's Pie Beef Gravy Mashed Potatoes Buttered Corn Apple Pie Slice	Roast Turkey Poultry Gravy & Cranberry Sauce Sage Bread Stuffing Mashed Potatoes Seasoned Diced Turnips Blonde Bars	Meatloaf Mashed Potatoes Green Beans Dinner Roll Cherry Cheesecake	Baked Ham Scalloped Potatoes Broccoli Floret Dinner Roll Key Lime Pie
Herb Baked Chicken Thigh Poultry Gravy & Sour Cream Mashed Potatoes Zucchini Medley Chilled Tropical Fruit	Swedish Meatballs Mashed Potatoes Steamed Asparagus Mango	Macaroni & Cheese Baked Tomato au Gratin Mandarin Oranges	Sole w/ Lemon Pepper Brown Rice Monteo Vegetables Honeydew Melon	Pork with Dijon Sauce Parmesan Potatoes Buttered Brussel Sprouts Dinner Roll Hot Fruit Compote	Broccoli Cheddar Pasta Bake Roasted Root Vegetables Pineapple Tidbits	Cabbage Rolls Mashed Potatoes Wax Beans Diced 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