

2024 Menu - Week 1

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
MAPLE OATMEAL	CREAM OF WHEAT	OATMEAL	OATMEAL	CREAM OF WHEAT	OATMEAL	CREAM OF WHEAT
POACHED EGG	HARD BOILED EGG	BREAKFAST SAUSAGE	CHEESY SCRAMBLED EGG	HARD BOILED EGG	POACHED EGG	OMELET
BRAN MUFFIN	RAISIN TOAST	HASHBROWN PATTY	RYE TOAST	RAISIN TOAST	BRAN MUFFIN	BACON SLICES
						FRUIT SALAD
						RAISIN BREAD
CREAMY YOGURT	CREAMY YOGURT	CREAMY YOGURT	CREAMY YOGURT	CREAMY YOGURT	CREAMY YOGURT	CREAMY YOGURT
WHOLE WHEAT TOAST	WHOLE WHEAT TOAST	WHOLE WHEAT TOAST	WHOLE WHEAT TOAST	WHOLE WHEAT TOAST	WHOLE WHEAT TOAST	WHOLE WHEAT TOAST
COLD CEREAL	COLD CEREAL	COLD CEREAL	COLD CEREAL	COLD CEREAL	COLD CEREAL	COLD CEREAL
APPLESAUCE OR FRESH FRUIT	APPLESAUCE OR FRESH FRUIT	APPLESAUCE OR FRESH FRUIT	APPLESAUCE OR FRESH FRUIT	APPLESAUCE OR FRESH FRUIT	APPLESAUCE OR FRESH FRUIT	APPLESAUCE OR FRESH FRUIT
LUNCH						
THREE SISTERS SOUP	TOMATO SOUP	THAI SQUASH SOUP	MINISTRONE SOUP	POTATO & LEEK SOUP	CREAM OF MUSHROOM SOUP	CORN CHOWDER
CHICKEN SALAD SW ON WW	ROAST BEEF SANDWICH ON WW	SALMON SALAD ON RYE	EGG SALAD ON WW	CHEDDAR & TOMATO SW	TURKEY & SWISS SW ON WW	BBQ PORK RIB ON HD BUN
CREAMY COLESLAW	HERITAGE BLEND SALAD	MEXICAN CORN	MARINATED CUCUMBERS	SPINACH & MUSHROOM SALAD	GREEN ITALIAN SALAD	TRIPLE BEAN SALAD
TIRAMISU MOUSSE	FRENCH DRESSING	CHAI TEA PUDDING	MANDARIN ORANGES	LEMON BLUEBERRY TART	CHILLED PEACH SLICES	ICE CREAM SANDWICH
	STRAWBERRIES					
ENGLISH STYLE FISH	MACARONI & CHEESE	HAM & CHEESE OMELETTE	BEANS AND WEINERS	BEEF BURGER ON WHITE BUN	CHEESE DREAMS ON BUN	SLICED EGG SALAD PLATE
TARTAR SAUCE				LETTUCE/TOMATO/MAYO/PICKLE		(Egg Salad, Potato Salad, Lettuce
TATER TOTS						Leaf & Dinner Roll)
SALISBURY STEAK	BANGERS AND MASH	SPAGHETTI & MEATBALLS	HONEY GARLIC MEATBALLS	ASIAN PORK CHOP	LIME CHICKEN	ROAST BEEF
MASHED POTATOES	GREEN BEANS	CAESAR SALAD	GREEN PEAS	ASIAN VEGETABLES	BROCCOLI FLORETS	MASHED POTATOES
BROWN GRAVY	MULTIGRAIN DINNER ROLL	PARMESAN CHEESE	BROWN RICE WITH VEGETABLES	BAKED SLICED POTATOES	ROSEMARY WHIPPED POTATOES	BEEF GRAVY
PARSLEY CARROTS	BREAD PUDDING & BERRIES	GARLIC BREAD	ICED BROWNIE	MULTIGRAIN DINNER ROLL	MULTIGRAIN DINNER ROLL	HORSERADISH SAUCE
MULTIGRAIN DINNER ROLL		CHILLED DICE PEARS		CHILLED TROPICAL FRUIT	BLACK FOREST CAKE	BRUSSELS SPROUTS & CARROTS
PEACH SLICES						MULTIGRAIN DINNER ROLL
						COCONUT PIE
BAKED SALMON FILLET	BAKED TILAPIA WITH DILL SAUCE	VEAL PAPRIKA	BEEF BOURGUIGNONNE	LEMON PEPPER COD	BEEF TACO CASSEROLE	BUTTER CHICKEN
SAVOURY DICED POTATOES	LEMON WEDGE	CHIVE MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	BAKED POTATO	BASMATI RICE
	RICE WITH VEGETABLES			TARTAR SAUCE	SOUR 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 at every meal

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

Alternatives for breakfast and dessert include; yogurt, applesauce, fruit cup, pudding

All dinner meals service with mashed potatoes and gravy