

2024 Menu - Week 2

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
CREAM OF WHEAT	MAPLE OATMEAL	CREAM OF WHEAT	OATMEAL	CREAM OF WHEAT	MAPLE OATMEAL	CREAM OF WHEAT
SCRAMBLED EGG	HARD BOILED EGG	BREAKFAST SAUSAGE	CHEESY SCRAMBLED EGG	HARD BOILED EGG	POACHED EGG	HARD BOILED EGG
CARROT 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						
CREAMY CARROT DILL SOUP	TUSCAN BEAN & VEG SOUP	TURKEY & WILD RICE SOUP	GARDEN VEGETABLE SOUP	LEEK, MUSHROOM & PASTA SOUP	SPLIT PEA SOUP	MINESTRONE SOUP
TUNA SALAD SW ON WW	CORNERED BEEF SANDWICH	EGG SALAD SW ON RYE	SALMON SALAD SW ON WW	BOLOGNA SANDWICH ON WW	HAM SALAD SW ON WW	CHICKEN SALAD SW ON WW
CHOPPED SALAD	CAESAR SALAD	ASIAN VEGETABLE BLEND	BUTTERED BROCCOLI	MARINATED 4 BEAN SALAD	TOMATO CUCUMBER SALAD	CREAMY COLESLAW
BALSAMIC DRESSING	CHILLED PEACH SLICES	PEANUT BUTTER PUDDING	MANGO SLICES	VANILLA MOUSSE	MANDARIN ORANGES	STRAWBERRY MOUSSE
DATE SQUARE						
ASPARAGUS & SWISS QUICHE	THREE CHEESE PIZZA	SWEET & SOUR CHICKEN BALLS	CHILI CON CARNE	POACHED EGG	CHICKEN STRIPS	COD NUGGETS
MULTIGRAIN DINNER ROLL		FRIED RICE	CORN MUFFIN	HOLLANDAISE SAUCE	PLUM SAUCE	TARTAR SAUCE
				ENGLISH MUFFIN	POTATO WEDGES	ONION RINGS
DINNER						
TURKEY POT PIE	PANKO CRUSTED CHICKEN	CABBAGE ROLLS	ROASTED CHICKEN	MEAT LASAGNA	PRETZEL CRUSTED PORK CHOP	ROAST TURKEY
MASHED POTATOES	MASHED POTATOES	MULTIGRAIN DINNER ROLL	BAKED POTATO	GARLIC BREAD	SCALLOPPED POTATOES	MASHED POTATOES
TURKEY GRAVY	GREEN BEANS	NEW ENGLAND VEGETABLE	SOUR CREAM	CARROT COINS	CREAMED CORN	TURKEY GRAVY
CAULIFLOWER	CHOCOLATE RICE KRISPIE	PEACHY APPLESAUCE	CAESAR SALAD	CHILLED APRICOTS	MULTIGRAIN DINNER ROLL	CRANBERRY SAUCE
MULTIGRAIN DINNER ROLL			MULTIGRAIN DINNER ROLL		WARM APPLE COMPOTE &	MULTIGRAIN DINNER ROLL
DICED MELON			RHUBARB CRISP		VANILLA ICE CREAM	CALIFORNIA VEGETABLES
						STRAWBERRY PIE
LAMB CURRY	BAKED POLLOCK	ENGLISH BATTERED FISH	LIVER & ONIONS	PARMESAN CRUSTED SALMON	BALSAMIC VEAL SCHNITZEL	BROCCOLI CHEESE FRITTATA
BOILED POTATO	TARTAR SAUCE & LEMON	TARTAR SAUCE	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	
	PARSLIED RICE	MASHED POTATOES	BROWN GRAVY			

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