

2024 Menu - Week 3

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
CREAM OF WHEAT	OATMEAL	CREAM OF WHEAT	OATMEAL	CREAM OF WHEAT	OATMEAL	CREAM OF WHEAT
SCRAMBLED EGG	HARD BOILED EGG	BREAKFAST SAUSAGE	CHEESY SCRAMBLED EGG	HARD BOILED EGG	POACHED EGG	HAM & CHEESE OMELETTE
BANANA 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						
CREAM OF ASPARAGUS SOUP	VEGETABLE SOUP	BEEF BARLEY SOUP	ROASTED RED PEPPER SOUP	CREAMY SWEET POTATO SOUP	TOMATO SOUP	CHICKEN NOODLE SOUP
ROAST BEEF SW ON WHITE	SLICED TURKEY ON WHEAT	SALMON SALAD ON WW	ROAST BEEF SANDWICH	CHEESE PEROGIES	CORNED BEEF SW ON WW	SLOPPY JOE ON WHEAT BUN
TOSSED RANCH SALAD	CARROT APPLE SALAD	CREAMY CUCUMBER SALAD	MIXED GREEN ITALIAN SALAD	SOUR CREAM	CREAMY COLESLAW	DICED MELON
STRAWBERRIES	CHOCOLATE MOUSSE	MANDARIN ORANGES	STRAWBERRY GELATIN	TOMATO & ONION SALAD	CHOCOLATE PUDDING	
				JELLY POKE CAKE		
						TURKEY & POTATO SALAD PLATE
				HAM & TURKEY SALAD PLATE		(Slice Turkey, Potato Salad, Pickle
GRILLED CHEESE SANDWICH	VEGETARIAN MEATBALL SUB	BLT SANDWICH	VEGETARIAN GARDEN CHILI	(Slice Ham, Slice Turkey, Lettuce	BACON EGG MINI QUICHE	Slices, Lettuce Garnish & Dinner
		MAYONNAISE	CORN MUFFIN	Garnish & Dinner Roll)		Roll)
DINNER						
BREADED PORK CUTLET	CHEESE RAVIOLI & SAUCE	BAKED CHICKEN	SWEET & SOUR PORK RIBS	BEEF STROGANOFF	VEAL PARMESAN	BAKED HAM IN PINEAPPLE JUICE
MASHED POTATOES	PARMESAN CHEESE	CHALET SAUCE	VEGETABLE FRIED RICE	BUTTERED EGG NOODLES	MASHED SWEET POTATO	SCALLOPPED POTATOES
SLICED BEETS	GREEN PEAS	FRENCH FRIES	SLICED CARROTS	BUTTERED CORN	MARINARA SAUCE	PRINCE EDWARD VEGETABLES
MULTIGRAIN DINNER ROLL	MULTIGRAIN DINNER ROLL	MULTIGRAIN DINNER ROLL	MULTIGRAIN DINNER ROLL	CHILLED TROPICAL FRUIT	VEGETABLE PICK OF THE DAY	MULTIGRAIN DINNER ROLL
BLACK FOREST TART	MANGO SLICES	BROCCOLI FLORETS	CHILLED PEACH SLICES		MULTIGRAIN DINNER ROLL	APPLE PIE SLICE
		CARROT CAKE			CRUSHED PINEAPPLE	
SOLE FLORENTINE	SOUTHWEST CHICKPEA STEW	LEMON PEPPER TILAPIA	VEG/SWISS/MUSHROOM QUICHE	CREOLE BAKED FISH	MAPLE BALSAMIC CHICKEN THIGH	ROTINI PRIMAVERA WITH ALFREDO
FLUFFY RICE	GARLIC MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES
LEMON WEDGE	BEEF 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