

2024 Spring/Summer Menu - Week 1

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
CINNAMON OATMEAL	CREAM OF WHEAT WITH BRAN	OATMEAL	CREAM OF WHEAT WITH BRAN	OATMEAL	CREAM OF WHEAT WITH BRAN	OATMEAL
POACHED EGGS	HARD BOILED EGG	BREAKFAST SAUSAGE	CHEESY SCRAMBLED EGG	BOILED EGG	POACHED EGG	HAM & CHEDDAR OMELETTE
BRAN MUFFIN	RAISIN TOAST	HASHBROWN PATTY	RYE TOAST	RAISIN TOAST	LEMON POPPYSEED MUFFIN	BACON
						RAISIN TOAST
						FRESH FRUIT
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						
ROASTED CAULIFLOWER SOUP	CREAM OF CHICKEN SOUP	THAI SQUASH SOUP	MINISTRONE SOUP	POTATO & LEEK SOUP	LENTIL & VEGETABLE SOUP	CORN CHOWDER
CAPTAIN BURGER ON BUN	MACARONI & CHEESE	CHICKEN SALAD S/W ON WW	SAUSAGE PATTY	BBQ MEAL	SPANISH OMELETTE	BBQ PORK RIBETTE ON BUN
GREEN ITALIAN SALAD	GARDEN SALAD	GREEK SALAD	BROWN GRAVY	BEEF BURGER ON BUN OR	ROMAINE & ONION SALAD	CREAMY COLESLAW
TARTAR SAUCE	WHIPPED TOPPING	PINEAPPLE TIDBITS	PARSLIED RICE	HOT DOG ON A BUN	CREAME CARAMEL	MANGO
FRESH WATERMELON	LIME GELATIN		CAESAR SALAD	SLICED TOMATO/LETTUCE		
			STRAWBERRY ICE CREAM	FRENCH FRIES		
				MACARONI SALAD		
				BANANA HALF		
BEEF ROAST ON WHEAT	CHICKEN QUESADILLA	SALMON CROQUETTES	EGG SALAD ON WHEAT		TURKEY & SWISS ON WHEAT	POTATO & CHEESE PEROGIES
MAYO & MUSTARD	SOUR CREAM & SALSA	TARTAR SAUCE			MAYO	SOUR CREAM
		LEMON WEDGE				
		MULTI GRAIN ROLL				
DINNER						
SALISBURY STEAK & GRAVY	BANGERS AND MASH	BREADED VEAL CUTLET	MEATLOAF	LEMON PEPPER COD	BROCCOLI CHEESE PASTA	ROAST BEEF
MASHED POTATOES	GREEN BEANS	CHIVE WHIPPED POTATOES	BROWN GRAVY	BAKED SLICED POTATOES	BAKE	HORSERADISH
PARSLEY CARROTS	MULTI GRAIN ROLL	CALIFORNIA VEGETABLES	MULTI GRAIN ROLL	MULTI GRAIN ROLL	PEPPERS AND ONIONS	BEEF GRAVY
MULTI GRAIN ROLL	FRUIT COCKTAIL	MULTI GRAIN ROLL	MASHED POTATOES	ASIAN VEGETABLES	MULTI GRAIN ROLL	BAKED TOMATO AU GRATIN
MISSISSIPPI MUD PIE		CHERRY CRISP	GREEN PEAS	CINNAMON CRUMBLE CAKE	CHILLED APRICOT	MASHED POTATOES
			ROSY APPLESAUCE			PECAN PIE
						MULTI GRAIN ROLL
SPICED CHICKEN THIGH	BAKED TILAPIA	SPAGHETTI & MEATBALLS	LAMB CURRY	ASIAN PORK CHOP	BEEF TACO CASSEROLE	ROASTED CHICKEN THIGH
BUTTERED PENNE	LEMON WEDGE	GARLIC BREADSTICK	ROASTED RED SKIN POTATOES	MASHED POTATOES	MASHED POTATOES	BUTTERD EGG NOODLES
MARINARA SAUCE	DILL SAUCE	PARMESAN CHEESE				
	BAKED POTATO					
	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