2024 Spring/Summer Menu - Week 2 Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			BREAKFAST			
OATMEAL	**CREAM OF WHEAT WITH BRAN**	**OATMEAL**	**CREAM OF WHEAT**	**OATMEAL**	**CREAM OF WHEAT WITH BRAN**	**OATMEAL**
POACHED EGG	**HARD BOILED EGG**	**BREAKFAST SAUSAGE**	**POACHED EGG**	**CHEESEY SCRAMBLED EGG**	**HARD BOILED EGG**	**OMELETTE**
BLUEBERRY MUFFIN	**RAISIN TOAST**	**HASHBROWN**	**FRUIT MUFFIN**	**RAISIN TOAST**	**BANANA MUFFIN**	**RAISIN TOAST**
						FRESH FRUIT
						BACON
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 SOUP**	**CHICKEN NOODLE SOUP**	**LEEK/MUSHROOM SOUP**	**GARDEN VEGETABLE SOUP**	**SPLIT PEA SOUP**	**CHICKEN MULLIGATAWNY**
BROC/CAUL/SWISS QUICHE	**PEPPERONI PIZZA**	**SWEET/SOUR CHICKEN BALLS**	**BEEF POT PIE**	**OKTOBERFEST ON BUN**	**BREADED CHICKEN STRIP**	**COD NUGGETS**
MULTI GRAIN ROLL	**CARROT & APPLE SLAW**	**POTATO SALAD**	**BEEF GRAVY**	**MUSTARD SAUCE**	**PLUM SAUCE**	**TARTAR SAUCE**
TOMATO RED ONION SALAD	**CHILLED DICE PEACHES**	**BEET & ONION SALAD**	**TOMATO & BASIL SALAD**	**SPINACH MUSHROOM SALAD**	**SWEET POTATO FRIES**	**TATAR TOTS**
BUTTERTART BAR		**BAKED PINEAPPLE CUSTARD**	**MANGO**	**VANILLA MOUSSE**	**MANDARIN ORANGES**	**ARTISAN LETTUCE SALAD**
						BUTTERSCOTCH SUNDAE
HAM SANDWICH ON WHEAT	ROAST BEEF SANDWICH	PULLED PORK ON A BUN	TUNA SALAD SANDWICH ON	ENGLISH MUFFIN	CHEDDAR CHEESE PLATE	CORNED BEEF SANDWICH
MUSTARD	MAYO & MUSTARD		WHEAT	POACHED EGG	CHEDDAR CHEESE SLICE	ON RYE
				HOLLANDAISE SAUCE	STRAWBERRIES/APPLE	
					PINEAPPLE TIDBITS	
					CARROT LOAF	
TURKEY SCHNITZEL	**BAKED POLLOCK**	**SPINACH & CHEESE -**	**ROASTED SAGE CHICKEN**	**BAKED SALMON FILLET**	**MUSTARD PRETZEL CRUSTED**	**ROAST TURKEY**
POULTRY GRAVY	**PARMESAN POTATOES**	**CANNELLONI**	**STEAMED ASPARAGUS**	**LEMON WEDGE**	**PORK CHOP**	**CRANBERRY SAUCE**
MASHED POTATOES	**TARTAR SAUCE**	**GARLIC BREAD**	**MASHED POTATOES**	**LYONNAISE POTATOES**	**SCALLOPED POTATOES**	**POULTRY GRAVY**
WHIPPED SQUASH	**WHITE RICE**	**BISTRO VEGETABLES BLEND**	**MULTI GRAIN ROLL**	**PARSLIED CAULIFLOWER**	**CREAMED CORN**	**MASHED POTATOES**
MULTI GRAIN ROLL	**BRUSSELS SPROUTS**	**PARMESAN CHEESE**	**CINNAMON PEARS**	**MULTI GRAIN ROLL**	**MULTI GRAIN ROLL**	**NEW ENGLAND VEGETABLES**
CHERRY CHEESECAKE	**MULTI GRAIN ROLL**	**FRUIT AMBROSIA**		**MAPLE CHOCLATE CAKE**	**BANANAS & CREAM**	**LEMON MERINGUE PIE**
	MIXED BERRIES					
BEEF CURRY	PANKO CRUSTED CHICKEN	SALISBURY STEAK WITH -	CHANA MASALA (CHICKPEA-	TERIYAKI BEEF & BROCCOLI	BALSAMIC TOMATO VEAL -	BROCCOLI CHEESE FRITTATA
BASMATI RICE	MASHED POTATOES	FAJITA BLEND	CURRY)	MASHED POTATOES	SCHNITZEL	MULTI GRAIN ROLL
		WHIPPED POTATOES	NAAN BREAD		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