

2024 Spring/Summer Menu - Week 3

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
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	OMELETE
BLUEBERRY MUFFIN	RAISIN TOAST	HASHBROWN	GOLDEN RAISIN MUFFIN	RAISIN TOAST	BANANA MUFFIN	RASIN TOAST
						BACON
						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
<b>LUNCH</b>						
CREAM OF TOMATO SOUP	COUNTRY BEAN SOUP	BEEF VEG NOODLE SOUP	ROASTED RED PEPPER	SWEET POTATO SOUP	TUSCAN BEAN & KALE SOUP	HARVEST VEGETABLE
SHAVED BEEF S/W ON WW	VEGETARIAN MEATBALL SUB	B L T ON WHEAT	BBQ BEEF RIBETTE ON BUN	CHICKEN BURGER ON BUN	TUNA SALAD ON RYE	TURKEY SALAD ON WHEAT
TRIPLE BEAN SALAD	SPINACH ONION SALAD	CORN & PEPPER SALAD	MIXED GREEN ITALIAN SALAD	MAYONNAISE	CAESAR SALAD	POTATO & EGG SALAD
STRAWBERRIES	CHOCOLATE MOUSSE	MANDARIAN ORANGES	STRAWBERRY GELATIN	POTATO SALAD	CHILLED APRICOTS	ICE CREAM OF THE WEEK
				BAKED CUSTARD		
GRILLED CHEESE ON WHEAT	SLICED TURKEY ON WHEAT	SALMON SALAD ON WHEAT	COTTAGE CHEESE FRUIT PLATE	BOLOGNA SANDWICH ON WW	PEAMEAL BACON	SLOPPY JOE ON WW BUN
	MAYO		COTTAGE CHEESE	MUSTARD	TOASTED ENGLISH MUFFIN	
			BRAN MUFFIN		MUSTARD	
			FRESH FRUIT SALAD			
SOLE FLORENTINE	SHEPHERD'S PIE	BAKED CHICKEN WITH -	GERMAN SAUSAGE	CREOLE BAKED FISH	VEAL PARMESAN	BAKED HAM IN PINEAPPLE
MASHED POTATOES	BEEF GRAVY	CHALET SAUCE	SAUERKRAUT	O'BRIEN POTATOES	BUTTERED SPAGHETTI	SCANDINAVIAN VEGETABLE
LEMON WEDGE	GRALIC MASHED POTATOES	SOUR CREAM	SLICED CARROT	BUTTERED SLICED BEETS	MARINARA SAUCE	SCALLOPED POTATOES
MULTI GRAIN ROLL	GREEN PEAS	BAKED POTATO	MASHED POTATOES	LUSCIOUS LEMON SQUARE	PARSLIED CAULIFLOWER	MULTI GRAIN ROLL
SLICED BEETS	MULTI GRAIN ROLL	BROCCOLI FLORETS	MULTI GRAIN ROLL		MULTI GRAIN ROLL	BLUEBERRY PIE
BLACK FOREST TART	MANGO	MULTI GRAIN ROLL	CHILLED PEACH SLICES		CRUSHED PINEAPPLE	
		CARROT CAKE				
BREADED PORK CUTLET	CHEESE RAVIOLI & SAUCE	BEEF & VEGETABLE STEW	QUICHE LORRAINE	BEEF STROGANOFF	MAPLE BALSAMIC CHICKEN TH	ENGLISH STYLE FISH
PORK GRAVY	GARLIC BREAD	MASHED POTATOES		BUTTERED EGG NOODLES	MASHED POTATOES	MASHED POTATOES
ROASTED NEW POTATOES	PARMESAN CHEESE					TARTAR SAUCE

**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