

2024 Spring/Summer Menu - Week 4

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
OATMEAL	CREAM OF WHEAT WITH BRAN	OATMEAL	CREAM OF WHEAT WITH BRAN	OATMEAL	CREAM OF WHEAT	OATMEAL
POACHED EGG	HARD BOILED EGG	BREAKFAST SAUSAGE	POACHED EGG	CHEESEY SCRAMBLED EGG	HARD BOILED EGG	OMELETE
BLUEBERRY MUFFIN	RAISIN TOAST	HASHBROWN	LEMON CRANBERRY 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						
CREAM ASPARAGUS SOUP	CREAM MUSHROOM SOUP	VEG FLORENTINE SOUP	TOMATO & RICE SOUP	CHICKEN NOODLE SOUP	CREAM OF BROCCOLI SOUP	TOMATO BASIL SOUP
TURKEY BURGER ON A BUN	SALMON SALAD ON -	PULLED PORK ON BUN	BREAKFAST SAUSAGE	TUNA MELT ON WHEAT	ROASTED BEEF DIP	TURKEY SALAD ON WHEAT
CRANBERRY MAYO	EVERYTHING BREAD	RAINBOW COLESLAW	PANCAKES	PICKLED BEETS	SPINACH ORANGE SALAD	CAESAR SALAD
TOMATO SLICES	MUSHROOM & SPINACH	FRUIT COCKTAIL	MAPLE SYRUP	PINEAPPLE TIDBITS	ORANGE GELATIN -WHIPPED	MANDARIN ORANGES
FRESH WATERMELON	SALAD		HOT SPICED APPLES		TOPPING	
	BUTTERSCOTCH PUDDING		STRAWBERRY ICE CREAM			
VEGETABLE PIZZA	HOT DOG ON A BUN	SLICED TURKEY ON RYE	CHICKEN SALAD ON WHITE	PASTRAMI ON WHEAT	CHEESE FRUIT PLATE	VEG & CHEESE FRITTATA
	SAVOURY DICED POTATOES	MAYO	SLICED TOMATO	MUSTARD	CHEDDAR CHEESE SLICE	TOAST POINTS
					FRESH FRUIT	
					MULTI GRAIN ROLL	
HAMBURGER & SAUSAGE -	TURKEY MEATBALLS IN -	CRUNCHY ITALIAN FISH	BREADED VEAL CUTLET	TURKEY TETRAZZINI	CUBAN MOJO CHICKEN	PORK ROAST
CASSEROLE	YOGURT SAUCE	SUNRISE VEGETABLES	MASHED POTATOES	MULTI GRAIN ROLL	SAVOURY DICED POTATOES	BROWN GRAVY
MASHED POTATO	MASHED POTATOES	MASHED POTATOES	BROCCOLI FLORETS	DICED SQUASH	BRUSSELS SPROUTS	PARISIENNE POTATOES
STEAMED ASPARAGUS	CALIFORNIA VEGETABLE	MULTI GRAIN ROLL	MULTI GRAIN ROLL	MACAROON MADNESS BAR	MULTI GRAIN ROLL	PRINCE EDWARD VEG
MULTI GRAIN ROLL	MULTI GRAIN ROLL	APPLE CRISP	CHILLED DICED PEARS		FRUIT COCKTAIL	MULTI GRAIN ROLL
DATE SQUARE	CHILLED TROPICAL FRUIT					STRAWBERRY RHUBARB PIE
GREEK CHICKEN THIGHS	SPANISH PORK CHOP	CHEESE TORTELLINI	MEAT LASAGNA	KOREAN BEEF SHORT RIBS	BOMBAY COD CURRY	ROTINI PRIMAVERA ALFREDO
TZATZIKI SAUCE	BAKED POTATO	GARLIC BREAD	GARLIC BREAD	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES
MINI PITA BREAD	SOUR CREAM	PARMESAN CHEESE	PARMESAN CHEESE			

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