

Sample Spring/Summer Menu

Date:

<b>WEEK 1</b>	<b>Monday 1</b>	<b>Tuesday 2</b>	<b>Wednesday 3</b>	<b>Thursday 4</b>	<b>Friday 5</b>	<b>Saturday 6</b>	<b>Sunday 7</b>
<b>Breakfast</b>	Cream of Wheat Assorted Cold Cereals Baked Omelet Cranberry Muffin Whole Wheat Toast	Oatmeal & Bran Assorted Cold Cereals Boiled Egg Whole Wheat Toast	Cream of Wheat Assorted Cold Cereals Scrambled Egg Raisin Toast Whole Wheat Toast	Rolled Oats & Bran Assorted Cold Cereals Baked Cheese Omelet Oatmeal Muffin Whole Wheat Toast	Cream of Wheat Assorted Cold Cereal Poached Egg Whole Wheat Toast	Oatmeal & Bran Assorted Cold Cereal Waffles, Strawberry Sauce / Sausage Whole Wheat Toast	Rolled Oats & Bran Assorted Cold Cereal Scrambled Egg Bacon Whole Wheat Toast
<b>10:30am</b>	<b>Beverage Break</b>	<b>Beverage Break</b>	<b>Beverage Break</b>	<b>Beverage Break</b>	<b>Beverage Break</b>	<b>Beverage Break</b>	<b>Beverage Break</b>
<b>Dinner</b>	Baked Country Ham Mild Mustard Sauce Scalloped Potato Buttered Cabbage Baby Carrots <b>Alt:</b> Shepherd's Pie Chocolate Pudding Parfait	West Coast Salmon Hollandaise Sauce Steamed Potato Herb- Baked Tomato Green Peas <b>Alt.</b> Cabbage Rolls Cheesecake w/Cherry Sauce	Chicken Dijon Creamy Mashed Potato PEI Mix  <b>Alt:</b> Liver & Onions  Peach Cobbler	Braised Beef Short Ribs Baked Potato/Sour Cream/Green Onions Corn Broccoli Florets Garnish- Parsley <b>Alt.</b> BBQ Chicken Leg  Jellied Mandarins	Lemon Pepper Cod Fresh Dill Sauce Roasted Potatoes Mexican Mixed Vegetables  <b>Alt:</b> Vegetarian Chili  Banana	Honey Garlic Baked Chicken Thigh Veg Fried Rice Glazed Carrot Cauliflower w/ Parsley Garnish <b>Alt: Baked Cod</b>  Apricots w/ Garnish	Roast Pork Loin Gravy, Applesauce Caramelized Potato Marinated Red Cabbage French Green Beans <b>ALT: Roast Turkey</b> Lemon Meringue Pie
<b>PM Snack</b>	Lemon Square Fruit / Juice	Orange Cranberry Loaf Fruit / Juice	Carrot Cake Fruit / Juice	Pumpkin Loaf Fruit / Juice	Date Square Fruit / Juice	Banana Bread Fruit / Juice	Assorted Squares Fruit / Juice
<b>Supper</b>	Navy Bean Soup  Green Salad Cheese Sandwich <b>OR</b> Chicken Pot Pie Gravy  Diced pears w/ Mint Garnish	Yellow Split Pea Soup  Waldorf Salad Turkey Sandwich <b>OR</b> Broccoli Potato Frittata Dinner Roll  Seasonal Fresh Fruit	Vegetable Chowder  Mixed Green Salad Roast Beef Sandwich <b>OR</b> Baked Beans & Sausage Corn Bread  Butterscotch Ripple Ice Cream	Chicken Rice Soup  Pickled Beet Salad Tuna Sandwich <b>OR</b> Perogies, Caramelized Onions, Sour Cream & Bacon  Strawberry Shortcake	Butternut Squash  Broccoli Slaw Ham Sandwich <b>OR</b> Sweet & Sour Chicken Jasmine Rice  Blueberry Crisp	Beef Barley Soup  Bean Salad Salmon Sandwich <b>OR</b> <b>Cold Plate:</b> Chicken Salad on shredded lettuce, Olives & Pickles Garnish Potato Salad  Bread Pudding	Cream of Celery Soup  Caesar Salad Chicken Sandwich <b>OR</b> Meat Lasagna Garlic Bread  Peaches w/ Mint Garnish
<b>HS Snack</b>	Oatmeal Raisin Assorted Sandwiches	Pumpkin Assorted Sandwiches	Chocolate Chip Assorted Sandwiches	Shortbread Cookies Assorted Sandwiches	Oatmeal Spice Assorted Sandwiches	Assorted Creams Assorted Sandwiches	Peanut Butter Assorted Sandwiches

**Standard Serving: Breakfast** - Tea, Coffee, Milk (250ml), Juice (120ml), Water, Prunes & Assorted Jam & PB

**Dinner/Supper:** Tea, Coffee, Milk (120ml), Water, **Juice** served upon request, Bread, Mashed Potato, Rice, Specials as required / Vegan Option, Dessert Available – Ice-cream, Jell-O, Yogurt , Fruit

**Snack Time** -Tea, Coffee, Water, Juice (120ml), Milk (120ml), Tagged Specials / Diabetic snack options available – fruit, yogurt, Social Tea.

**Audited:**