

Sample Spring/Summer Menu

Date:

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