

Summer Fall 2018 - WEEK 1

Regular/Regular Service for the Week of : 06/18/2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Oatmeal Salted Caramel Cottage Cheese Mini Fruit Danish Margarine ----- Special K Cereal Peanut Butter Raisin Toast Raspberry Jam	Cream of Wheat Pancakes xSausage Links Margarine Syrup ----- Bran Flakes Peanut Butter Whole Wheat Toast Grape Jelly	Cinnamon Oatmeal Scrambled Eggs White Toast Margarine Strawberry Jam ----- xRice Krispies Cereal Peanut Butter Whole Wheat Toast	Cream of Wheat Creamy Field Berry Yogurt Apple Spice Muffin Margarine ----- Raisin Bran Cereal Peanut Butter Whole Wheat Toast Apple Jelly	Oatmeal Poached Egg Whole Wheat Toast Margarine Raspberry Jam ----- Special K Cereal Peanut Butter White Toast	Cream of Wheat Havarti Cheese Rye Toast Margarine Grape Jelly ----- Bran Flakes Peanut Butter Whole Wheat Toast	Oatmeal Bacon Scrambled Eggs Whole Wheat Toast Margarine Strawberry Jam ----- xRice Krispies Cereal Peanut Butter White Toast
L U N C H	Soda Crackers Navy Bean & Ham Soup Pulled Pork on WW Bun Green Peas Diced Fresh Melon ----- Deviled Egg Macaroni Salad Homemade Pickled Beets Whole Wheat Bread Margarine German Chocolate Cake	Soda Crackers Carrot Ginger Soup Macaroni & Cheese Steamed Broccoli Soft Garlic Stick Margarine Strawberries ----- Pastrami Sandwich on Rye Sliced Dill Pickle Dijonnaise Mustard Mixed Green Italian Salad Neapolitan Ice Cream	Soda Crackers Pepper Pot Soup Hamburger w/ Lettuce & Tomato Potato Salad Pineapple Tidbits ----- Chicken Caesar Salad Garlic Bread Ice Cream Sandwich	Soda Crackers Fall Harvest Soup Turkey Meatloaf Green Peas Whole Wheat Bread Margarine Mandarin Oranges ----- Shaved Ham Sandwich on WW Cucumber & Red Onion Salad Black Cherry Ice Cream	Soda Crackers Corn Chowder Tuna Salad Sandwich on WW Spinach Onion Salad Stewed Prunes ----- Beef Pie Prince Edward Vegetables White Roll Margarine Cupcake Lemon	Soda Crackers Turkey Noodle Soup Pork Tourtiere Fancy Blend Vegetables Multigrain Bread Margarine Chilled Peach Slices ----- Egg Salad Sandwich on Wheat Tomato Onion Salad Tripleberry Crumble Bar	Soda Crackers Cream of Celery Soup Chicken Fingers with Plum Sauce Sweet Potato Puff RTB Plum Sauce Mango ----- Stuffed Green Pepper Romaine with Mustard Vinaigrette Whole Wheat Bread Margarine Vanilla Fruit Pudding
D I N N E R	Iron Steak w/Red Wine Sauce Mashed Potatoes Parsley Carrots Wheat Roll Margarine Fruit Cocktail ----- Breaded Style Chicken Red Potato Salad Cucumber Slices Vanilla Bean Cake	Turkey a la King Puff Pastry Shell Buttered Brussels Sprouts Whole Wheat Bread Margarine Chilled Plums ----- Multigrain Tilapia Lemon Wedge Au Gratin Potatoes Wax Beans Raspberry White Chocolate Cake	Pork Roast Chive Whipped Potatoes Orange-Glazed Beets Wheat Roll Margarine Brown Gravy Blushing Pears ----- Veal Roulade Egg Noodles Diced Squash Lemon Meringue Pie	Spinach Cheese Penne Seasoned Green Beans Garlic Bread Margarine Sliced Apricots ----- Hungarian Goulash Mashed Potatoes Buttered Corn Iced Brownie	Chicken Fricassee Rice Pilaf Steamed Asparagus Marble Rye Bread Margarine Hot Spiced Apples ----- Farmers Sausage Boiled Red Potato Sautéed Red & Green Peppers Butter Tart	Lemon Pepper Cod Lemon Wedge Baked Sliced Potatoes Peas & Carrots Wheat Roll Margarine ----- Fresh Berries ----- Beef Mushroom Ragout Tri-Color Rotini Steamed Broccoli & Cauliflower Pound Cake Whipped Topping	Roast Beef Mashed Potatoes Lima Beans Wheat Roll Margarine Stewed Rhubarb ----- Pineapple Pork Chop Roasted New Potatoes Zucchini Medley Apple Crumble Cake

NOTE: 125 ml juice 250 ml water 250 ml milk 180 ml hot beverages available at all meals.

Summer Fall 2018 - WEEK 2

Regular/Regular

Service for the Week of : 06/25/2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat
	Scrambled Eggs	Cottage Cheese	Poached Egg	Marble Cheese Slice	Vanilla Yogurt	Ham & Cheese	Bacon
	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Whole Wheat Toast	Blueberry Muffin	Western Wrap	Scrambled Eggs
	Margarine	Margarine	Margarine	Margarine	Margarine	Whole Wheat Toast	Whole Wheat Toast
	Grape Jelly	Apple Jelly	Raspberry Jam	Strawberry Jam	-----	Margarine	Margarine
	-----	-----	-----	-----	Raisin Bran Cereal	Raspberry Jam	Apple Jelly
	Raisin Bran Cereal	Special K Cereal	Bran Flakes	xRice Krispies Cereal	Peanut Butter	-----	-----
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Special K Cereal	Bran Flakes
	White Toast	White Toast	Whole Wheat Toast	White Toast	Grape Jelly	Peanut Butter	Peanut Butter
						White Toast	White Toast
L U N C H	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers
	Ca rrot Ginger Soup	Cream of Broccoli	Minestrone Soup	Garden Vegetable	French Onion Soup	Scotch Broth	Potat o Vegetable
	Seafood Primavera	Soup	Turkey & Swiss on	Soup	Spinach & Swiss	Chicken Burger on	Soup
	with Mushrooms	Shaved Beef Sndw on	Croissant	Beef Cabbage Roll	Quiche	Bun	Steak & Mushroom
	Rainbow Coleslaw	Wheat	Triple Bean Salad	w/Tomato Sauce	Garden Salad	Creamy Cucumber	Pie
	Corn Muffin	Mixed Salad with	Cantaloupe Wedges	Zucchini Medley	Multigrain Bread	Salad	Wax Beans
	Margarine	French Dressing	-----	Rye Bread	Margarine	Mandarin Oranges	w/Tarragon
	Fruit Salad	Chilled Pineapple	Oktoberfest Sausage	Margarine	Strawberries	-----	White Bread
	-----	-----	Potato Pancakes	Chilled Pear Halves	-----	Cheddar Cheese &	Margarine
	B L T on Wheat	Mixed Veg & Cheese	Sauerkraut	-----	Italian Deli Meat on	Fruit	Peach Pinwheel
Onion Rings	Frittata	Sour Cream	Eggs Benedict	Baguette	Whole Wheat Bread	-----	
Cherry Cheesecake	Marinat ed Tomatoes	Ic e Cream Novelty	w/Hollandaise Sc	Copper Penny Salad	Margarine	Salmon Salad on	
	White Roll		Romaine & Onion	Butterscot ch	Frosted Eclair	WW	
	Margarine		Salad	Pudding		Green Pea & Onion	
	Iced Orange Cake		Rainbow Sherbet			Salad	
D I N E R	Liver & Onions	I talian Baked Fish	Ginger Beef	Lemon Pepper	Baked Fish & Dill	BBQ Pork Loin	Roast Turkey
	Whipped Potatoes	Lemon Wedge	Rice Pilaf	Chicken Leg	Sauce	Baked Beans	Mashed Potatoes
	Minted Peas	Parslied New Potatoes	Steamed Baby	Garlic Mashed	Lemon Wedge	Fancy Blend	Seasoned Bread
	Wheat Roll	Niagara Mix	Carrots	Potatoes	Herb Roasted	Vegetables	Stuffing
	Margarine	Vegetables	Multigrain Bread	Green Beans	Potatoes	White Roll	Turnips & Carrots
	Chilled Plums	Garlic Bread	Margarine	Wheat Roll	Steamed Broccoli	Margarine	Turkey Gravy
	-----	Margarine	Rosy Applesauce	Margarine	Wheat Roll	-----	Cranberry Sauce
	Glazed Ham	Blueberries	-----	Fresh Watermelon	Margarine	Bavarian Veal	Chilled Sweet
	-----	-----	Tomato Sauce	-----	Sliced Apricots	Mashed Potatoes	Cherries
	Roasted Red Skin	Mustard Chicken	Stuffed Manicotti	Sweet-N-Sour Pork	-----	Buttered Brussels	-----
Potatoes	Garlic Noodles	Local Caesar Salad	Bites	Turkey Schnitzel	Sprouts	Roasted Vegetable	
Cauliflower Polanaise	Braised Red Cabbage	Banana Bread	Vegetable Fried Rice	Lyonnais e Potatoes	Coconut Cream Pie	Lasagna	
Peanut Butter Bar	& Bacon		Asian Vegetable Mix	Baked Tomato au		Mixed Green Salad	
	Chocolate Cream Mint		Cherry Crisp	Gratin		Wheat Roll	
	Layer Pie			Frosted Chocolate		Margarine	
				Cake		Strawberry Rhubarb	
						Pie	

NOTE : 125 ml juice 250 ml water 250 ml milk 180 ml hot beverage available at all meals.

Summer Fall 2018 - WEEK 3

Regular/Regular

Service for the Week of : 07/02/2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Cranberry Juice	Pineapple Juice	Apple Juice	Orange Juice	Grape Juice	Pineapple Juice	Cranberry Juice
	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal
	Cheddar Cheese	Scrambled Eggs	Peanut Butter	Poached Egg	Omelet	Butter Egg Bistro	Bacon
	Slice	Whole Wheat Toast	Carrot Muffin	Whole Wheat Toast	Raisin Toast	Pastry	Scrambled Eggs
	White Mini Bagel	Margarine	Margarine	Grape Jelly	Margarine	Whole Wheat Toast	Whole Wheat Toast
	Margarine	Apple Jelly	-----	-----	Strawberry Jam	Margarine	Margarine
	Raspberry Jam	-----	Special K Cereal	Bran Flakes	-----	Apple Jelly	Raspberry Jam
	-----	Raisin Bran Cereal	Vanilla Yogurt	Peanut Butter	xRice Krispies Cereal	-----	-----
	xRice Krispies Cereal	Peanut Butter	Whole Wheat Toast	White Toast	Peanut Butter	Raisin Bran Cereal	Special K Cereal
	Peanut Butter	White Toast	Strawberry Jam		Whole Wheat Toast	Peanut Butter	Peanut Butter
Whole Wheat Toast					White Toast	White Toast	
L U N C H	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers
	Country Bean & Vegetable Soup	Beef Vegetable & Noodle Soup	Turkey Vegetable Soup	Cream of Mushroom Soup	Creamy Tomato Soup	Split Pea Soup	Harvest Vegetable Soup
	Sliced Ham Sndw on WW	Vegetarian Chili	Salm on Salad on Croissant	Beef Roast	Grilled Cheese on Wheat	Tartar Sauce	Grilled Chicken Sndw on Bun
	Tossed Ranch Salad	Pickled Beets	Mixed Green Italian	Sandwich on Wheat	Marinated	Creamy Coleslaw	Spinach Orange Salad
	Blushing Pineapple	Margarine	Salad	Dill Potato Salad	Vegetables	So Garlic Stick	Spinach Orange Salad
	-----	Chilled Plums	Orange Sections	Stewed Prunes	-----	Margarine	Fresh Watermelon
	Chick n Rice	-----	-----	Pizza Stick	-----	Sliced Apricots	-----
	Casserole	Sliced Turkey on Wheat	Hot Dog on White Bun	Garden Salad	Chicken Salad Plate	Turkey Caesar Wrap	Macaroni & Beef Casserole
	Dill Carrot Coins	Wheat		Strawberry	Multigrain Dinner Roll	Cucumber & Red Onion Salad	Casserole
	Whole Wheat Bread	Lettuce Tomato Salad	Poutine W/Cheese	Shortcake Cupcake	Marble Pudding Cake	Chocolate Ice Cream	Country Vegetable Trio
Margarine	Chocolate Silk Truffle Bar	Curds & Gravy				White Bread	
Caramel Bread						Margarine	
Pudding		Ketchup/ Mustard/ Relish				Lemonicious Bar	
		Ice Cream Novelty					
D I N N E R	Spaghetti & Meat Sauce	Pork Cutlet Parmesan	Baked Chicken with Chalet Sauce	Ginger Roast Pork	Beef Strips & Gravy	Lemon Veal	Rubbed Pork Loin
	LoCal Caesar Salad	Oven-Browned Potatoes	Parisienne Potatoes	Mashed Potatoes	Chive Whipped Potatoes	Lemon Pepper	Boiled Red Potato
	Garlic Bread	Creamy Spinach	Steamed Broccoli	Lemon Pepper	Seasoned Zucchini	Mashed Potatoes	Harvard Beets
	Margarine	Wheat Roll	Marble Rye Bread	Glazed Carrots	Wheat Roll	Steamed Asparagus	Wheat Roll
	Strawberries & Topping	Margarine	Margarine	Wheat Roll	Margarine	White Roll	Margarine
	-----	Mango	Banana Half	Margarine	Margarine	Margarine	Chilled Tropical Fruit
	Battered Pollock	-----	-----	Peach Halves	Chilled Sweet Cherries	Cinnamon Pears	-----
	Lemon Wedge	Rosemary Lamb & Mint Sauce	Salisbury Steak & Gravy	-----	-----	-----	Garlic Shrimp
	Roasted New Potatoes	Yellow Rice	Savoury Baked Potato Wedges	Dijon Haddock	Spinach & Cheese	Farmers Sausage	Buttered Egg
	Corn Cobbette	Cauliflower	Potato Wedges	Lemon Wedge	Cannelloni	Potatoes & Onions	Noodles
Frosted Marble Cake	Apple Pie Slice	Wax Beans & Pimento	Parslied Sliced Potatoes	Sauteed Red & Green Peppers	Sunrise Vegetables	Peas & Carrots	
		Nanaimo Bar	Stewed Tomatoes	Frosted Brownie	Strawberry Shortcake	Lemon Wedge	
			Chocolate Butter			Blueberry Pie Slice	
			Tart				

NOTE: 125 ml juice 250 ml water 250 ml milk 180 ml hot beverage available at all meals.