

***MENU SUBJECT TO CHANGE**

WEEK 1	MONDAY – Day 1	TUESDAY – Day 2	WEDNESDAY – Day 3	THURSDAY – Day 4	FRIDAY – Day 5	SATURDAY – Day 6	SUNDAY– Day 7
LUNCH							
SOUP	Minestrone	Tomato Macaroni	Beef Barley	Cream of Broccoli	Vegetable	Creole	Mixed Greens Hamburger Soup Warm Cheese Biscuit
SALAD	Mixed Greens	Garden Salad	Tossed Salad	<u>Cold Plate</u> Shaved Corned Beef, Cheddar Cheese, Sliced Tomato Bread & Butter Pickles Vienna Bun Crunchy Salad	Apple Coleslaw	Pickled Beets	
MAIN ENTRÉE	<u>Cold Plate</u> Cottage Cheese or Shaved Turkey	Cod Nuggets with Tartar Sauce	Grilled Ham & Cheese Sandwich OR Grilled Cheese Sandwich		BBQ Beef on a Bun	Chicken Strips with choice of Plum Sauce or Honey Mustard Sauce	
STARCH	Sliced Tomato & Cucumber	French Fries	Dill Pickle Spear		Picnic Ranch Potato Salad		
VEGETABLE	Mini Croissant						
DESSERT	Home Baked Cookie	Ice Cream Novelty	Diced Peaches	Pineapple Upside Down Cake	Mandarin Orange Sections	Fresh Fruit	2 Bite Chocolate Brownie
SUPPER							
MAIN ENTRÉE	Meatloaf with Gravy	Caribbean Chicken or Beef Wieners & Beans	Baked Pasta with Meat Sauce	Roasted Chicken	Pubhouse Battered Fish with Tartar Sauce or Salisbury Steak with Gravy	Sweet & Sour Pork or Garden Vegetable Pattie	Turkey Schnitzel with Gravy
STARCH	Scalloped Potatoes	Mashed Potatoes	Garlic Bread	Mashed Potatoes	French Fries Catalina Parmesan Salad	Steamed Rice	Dill Mashed Potatoes
VEGETABLE	Italian Mixed Vegetables	French Cut Green Beans	Caesar Salad	Garden Peas		Oriental Mixed Vegetables	Julienne Carrots & Peas
DESSERT	Fruit Cocktail	Cherry Mallow Dessert	Fruit Crumble	Coconut Cream Pudding	Jamaican Jewel	Lemon Poppy Seed Cake	Strawberry Rhubarb Pie

Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin). Selections will vary by day.
Assorted Sandwiches offered at Lunch and Supper
Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper

***MENU SUBJECT TO CHANGE**

WEEK 2	MONDAY – Day 8	TUESDAY – Day 9	WEDNESDAY – Day 10	THURSDAY – Day 11	FRIDAY – Day 12	SATURDAY – Day 13	SUNDAY– Day 14
LUNCH							
SOUP	Alphabet	Cream of Mushroom	Turkey Vegetable	Tomato Zucchini	Bean Medley	Cream of Tomato Soup	Beef Noodle
SALAD	Overnight Coleslaw	Tossed Salad	Mixed Greens	Tossed Salad	Carrot Raisin Slaw	Tossed Salad	
MAIN ENTRÉE	Alaskan Battered Fish Bites with Tartar Sauce	<u>Pizza:</u> Choice of Ham & Pineapple or Cheese	Beef & Macaroni Casserole	Picnic Chicken	<u>Cold Plate:</u> Crab Salad on Shredded Lettuce, Vienna Bun, Sliced Tomatoes	Grilled Cheese Sandwich	Grilled Chicken Caesar Salad
STARCH	French Fries		Garlic Bread	Herb Garden Pasta Salad		Dill Pickle Spear	Garlic Bread
VEGETABLE							
DESSERT	Diced Peaches	Mandarin Orange Sections	Pineapple Cloud	Fresh Fruit	Tropical Ambrosia	Diced Peaches	Peanut Butter Confetti Square
SUPPER							
MAIN ENTRÉE	Beef Meatballs with Gravy	Butter Chicken	BBQ Pork Riblet or Vegetable Lasagna	Corned Beef with Braised Cabbage	Chicken Stir Fry	Salisbury Steak with Onion Gravy	Baked Ham with Pineapple Glaze or Beef Cabbage Roll
STARCH	Mashed Potatoes	Steamed Rice	Baked Potato Sour Cream, Bacon, Chives	Roasted Potatoes	Steamed Noodles	Mashed Potatoes	Scalloped Potatoes
VEGETABLE	French Cut Green Beans	Sunrise Mixed Vegetables	Kernel Corn & Peas		Oriental Mixed Vegetables	Italian Mixed Vegetables	French Cut Green Beans
DESSERT	Ice Cream Novelty	Home Baked Cookie	Rice Pudding	Applesauce Cake	Rhubarb with Strawberries	Vanilla Bean Dream Cake	Lemon Meringue Pie
Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper							

***MENU SUBJECT TO CHANGE**

WEEK 3	MONDAY – Day 15	TUESDAY – Day 16	WEDNESDAY – Day 17	THURSDAY – Day 18	FRIDAY – Day 19	SATURDAY – Day 20	SUNDAY– Day 21
LUNCH							
SOUP	Roasted Red Pepper	Mediterranean Vegetable	Italian Chicken	Corn Chowder	Borscht	Mushroom Vegetable	Hearty Lentil
SALAD	Spring Fever Salad	Tossed Salad	Garden Salad	Mixed Greens	Tossed Salad	Coleslaw	Tossed Salad
MAIN ENTRÉE	Beef Hot Dog on a Bun	Bombay Chicken	Rueben Sandwich	Cold Plate	Garlic Sausage	Beef Burger on a Bun with Choice of Cheese,	Macaroni & Cheese
STARCH				Turkey Salad	Pyrogies with Diced Onions, Bacon, Sour Cream	Grilled Onions, Lettuce, Condiments	Garlic Bread
VEGETABLE	Fried Onions	Mashed Potato Salad	Dill Pickle Spear	Vienna Bun	Rice Cabbage Roll		Garden Peas
DESSERT	Diced Pears	Ice Cream	Strawberry Bavarian Cream	Greek Macaroni Salad	Diced Pears	Ice Cream Sundae	Fresh Fruit Cup
SUPPER							
MAIN ENTRÉE	Crunchy Perch with Tartar Sauce or Meatloaf with Gravy	Spaghetti & Meatballs	Old South Pork or Garden Vegetable Pattie	Teriyaki Beef	Lemon Dill Salmon Fillet or Vegetable Lasagna	BBQ Chicken	Roast Beef with Gravy
STARCH	French Fries	Garlic Bread	Swarties Potatoes	Bed of Rice	Favourite Herbed Potatoes	Mashed Potatoes	Mashed Potatoes
VEGETABLE	Coleslaw	Mixed Greens	Kernel Corn	Oriental Mixed Vegetables	Italian Mixed Vegetables	Mexicorn	Julienne Carrots
DESSERT	Tiramisu Mousse	Peach Cake	Home Baked Cookie	Lemon Tart	Mini Cinnamon Bun	Cocoa Deep Chocolate Cake	Coconut Cream Pie
Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper							