

Spring/Summer 2023 - WEEK 1

BREAKFAST - WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
	Assorted Juice/Fresh Fruit Cup	Assorted Juice/Banana	Assorted Juice/Banana	Assorted Juice/Fruit Cocktail	Assorted Juice/Apple Slices	Assorted Juice/Pear Wedges	Assorted Juice/Orange Wedges
	Oatmeal/cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of Wheat
	French Toast/Syrup	Boiled Egg	Scrambled Egg	Cottage Cheese	Poached Egg	Boiled Eggs	Sliced Cheese
	Breakfast Sausage			Raisin Toast	English Muffin		Muffin
	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams

LIGHT MEAL - WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
Choice 1	Minestrone Soup Sliced Roast Beef Sandwich Onion Bun Cabbage and Apple Salad Chocolate Silk Truffle Bar	Italian Wedding Soup Hashbrown Casserole Sunrise Vegetable Mix Mandarin Oranges	Navy Bean Soup Pizza Caesar Salad Lemon Pudding	Chicken Vegetable Soup Hot beef Sandwich Gravy Green Peas Grapes	Beef Barley Soup Cream Cheese and Tomato on Multi Grain Bread Mixed Green Salad Lemon Mousse Cake	Vegetable Soup Hot Dog on a Bun Ketchup, Mustard, Relish Baked Beans Pineapple	Ham and Potato Soup French Toast Casserole Syrup/Strawberry coulis Breakfast Sausage Fruit Compote
Choice 2	Egg & Cheese on an English Muffin Tomato Slices Savory Diced Potatoes Banana	Tuna Salad plate/W Potato Roll Creamy Cucumber Salad Ice Cream Bar	Turkey Salad Sandwich Sweet Pickle slices Pickled Beets Diced Pears	Egg Salad Sandwich Greek Salad Rice Pudding	Breaded Chicken Strip Dipping Sauce Tater Tots PEI Mixed Vegetables Strawberries	Cottage Cheese Fruit Plate Cottage Cheese Carrot Loaf Melon Citrus Cake	Chicken Breast Caesar Salad Garlic Bread Stick Chocolate Pudding

HEAVY MEAL - WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
Choice 1	Roast Turkey Gravy Mashed Potatoes Turnip	Baked Chicken Oven Browned Potatoes Squash	Roast Pork tenderloin Onion Gravy Mashed Potatoes Carrot Coins	Chicken-a-la-King Noodles Four Way Vegetables	Homestyle Ham Honey Mustard Sauce Scalloped Potatoes Cream Corn	Battered Fish Tartar Sauce French Fries Creamy Coleslaw	Roast Pork Mashed Potato Peas
	Blueberry Pie	Mousse	Strawberry Shortcake	Apple Crisp	Yogurt	Jello Bavarian	Lemon Tart
	Herb Crusted Cod Filet	Broccoli Quiche	Beefaroni	Baked Pollock Tartar Sauce Mashed Potatoes Asparagus	Veal Parmesan Mashed Potatoes Garden Salad	Turkey Meatloaf Mashed Potatoes Broccoli	Lasagna Italian Mix Vegetables
Choice 2	Mashed Potatoes Green Beans Crushed Pineapple	Mashed Potatoes Stewed Tomatoes Fruit Cocktail	Zucchini Peach Slices	Honeydew Melon	Peaches & Pears	Tropical Fruit Salad	Baked Apples

SNACK CHOICES

[illegible]

Spring/Summer 2023 - WEEK 2

BREAKFAST - WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Coffee, Tea, Milk, Water Assorted Juice/Banana Oatmeal/Cream of Wheat Fried Eggs Peameal Bacon Whole Wheat Toast & Jams	Coffee, Tea, Milk, Water Assorted Juice/Diced Melon Oatmeal/Cream of Wheat Paoched Eggs Whole Wheat Toast & Jams	Coffee, Tea, Milk, Water Assorted Juice/Orange Wedges Oatmeal/cream of Wheat Fruit Yogurt Raisin Toast Whole Wheat Toast & Jams	Coffee, Tea, Milk, Water Assorted Juice/Fresh Fruit Cup Oatmeal/Cream of Wheat Boiled Eggs Whole Wheat Toast & Jams	Coffee, Tea, Milk, Water Assorted Juice/Banana Oatmeal/Cream of Wheat Cheddar Cheese Assorted Muffins Whole Wheat Toast & Jams	Coffee, Tea, Milk, Water Assorted Juice/Pear wedges Oatmeal/cream of Wheat Boiled Egg English Muffin Whole Wheat Toast & Jams	Coffee, Tea, Milk, Water Assorted Juice/Mixed Berries Oatmeal/Cream of Wheat Cottage cheese Whole Wheat Toast & Jams

LIGHT MEAL - WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
Choice 1	Cream of Broccoli Soup	Beef Rice Soup	Cream of Potato Leek Soup	Tomato Soup	Chicken Rice Soup	Cream of Cauliflower Soup	Alphabet Soup
	Sliced Turkey Sandwich	Spinach Alfredo	Egg Salad Sandwich	Loaded Baked Potato	Back Bacon on a Bun	Hamburger on a Bun	Mini Sub
		Zucchini	Deli Coleslaw	Sour Cream, Cheese & Bacon Bits	Mixed Vegetable	Chick Pea Salad	Tomato Slices
	Macaroni Salad		Ice Cream	Broccoli Ambrosia	Pineapple Tidbits	Frozen Yogurt	Homemade Cookies
Choice 2	Tortiere	Sliced Ham Sandwich	Chili Carrot Coins	Tuna Salad Sandwich	Chef Salad with Egg and Cheese	Rotini Cheese Bake	Tomato and Cheese Frittata
			Cornmeal Muffin		Croissant		Spinach Salad
	Brussel Sprouts	Mixed Green Salad		Cucumber Slices		Green Beans	Potato Pancakes
	Cantaloupe Cubes	Banana Cake	Fresh Fruit Salad	Blueberries	Orange Jello	Diced Peaches	Banana

HEAVY MEAL - WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
Choice 1	Roast Beef Beef Gravy Mashed Potatoes Carrots	Oven Fried Chicken Mashed Potatoes Mixed Vegetables	BBQ Rib O Pork Oven Browned Potatoes Parsnips	Meatloaf Gravy Mashed Potatoes Root Vegetables	Turkey Schnitzel Cranberry Sauce Mini Red Potatoes Red Cabbage	Cod Filet Tartar Sauce French Fries Mixed Vegetables	Roast Chicken Garlic Mashed Potatoes Corn
	Strawberry Rhubarb Pie	Homemade cheesecake	Watermelon	Strawberry Shortcake	Apricots	Fruit Cocktail	Melon
Choice 2	Captain Burger on a Bun Tartar Sauce	Veal in Creole Sauce	Salmon	Sweet & Sour Chicken	Beef Pie Mashed potato/gravy	Honey Garlic Sliced Pork	Swedish Meatballs
	Bean Salad	Noodle Wax Beans	Mashed Potatoes Mixed Vegetables Lemon Wedge	Rice Oriental Vegetables	Peas	Mashed Potatoes Diced Squash	Noodles Peppers and Onion
	Peach Slices	Mandarin Oranges	Rice Pudding	Flavoured Applesauce	Maple Mania Cake	Fruit Tart	Pineapple Upside Down Cake

SNACK CHOICES

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Spring/Summer 2023 - WEEK 3

BREAKFAST - WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
	Assorted Juice/Banana	Assorted Juice/Diced Melon	Assorted Juice/Orange Wedges	Assorted Juice/Banana	Assorted Juice/Mixed Berries	Assorted Juice/Banana	Assorted Juice/Pear Wedges
	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat	Oatmeal/Cream of Wheat
	Fried Eggs	Fruit Yogurt	Sliced Cheese	Poached Eggs	Cottage Cheese	Scrambled Eggs	Boiled Egg
	Bacon	Raisin Toast	Assorted Muffin		Assorted Muffin		
	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams

LIGHT MEAL - WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
Choice 1	Beef Vegetable Soup Macaroni & Cheese Stewed Tomatoes Apricots	Cream of Chicken Soup Waffles Sausage Patty Strawberries Jello	Cabbage Soup Vegetable Quiche Broccoli Iced White Cake	Tomato Soup Grilled Cheese Sandwich Marinated Vegetable Salad Raspberry Mini Danish	Chicken with Rice Soup Salmon Salad Sandwich Citrus Beet Salad Cherry Yogurt	Cream of Mushroom Soup Chicken Burger on a Bun Mayo Tomato Slices & Lettuce Escaloped Apples w/Cinnamon	Pea Soup Chicken wingettes Wedge fries Plum Sauce Garden Salad Fruit Salad
Choice 2	Chicken Salad Sandwich Potato Salad Tapioca	Corned Beef on Rye Tomato Salad Sliced Pears	Pulled Pork Sandwich Mixed Greens Salad Sweet Potato Fries Pineapple	Turkey Strips Cranberry Green Salad w/ Raspberry Vinaigrette Mini Croissant Peach Slices	Perogies Sour Cream & Bacon Bits Broccoli Applesauce	Hot Beef on a Bun Carrots Vanilla Ice Cream	Cheddar Cheese Fruit Plate Medium & Aged White Cheddar Grapes Muffin Chocolate Mousse

HEAVY MEAL - WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water	Coffee, Tea, Milk, Water
Choice 1	Roast Pork Gravy	Spaghetti & Meat Sauce	Farmers Sausage Sauerkraut	Cabbage Roll Casserole	Salsa Chicken	Baked Cod Tartar Sauce	Shepherd's Pie Beef Gravy
	Baked Potato PEI Mixed Vegetable	Caesar Salad	Mashed Potatoes Wax Beans	Garlic Bread	Rice Fajita Mixed Vegetables	Oven Roasted Potatoes California Blend Vegetables	Corn
	Apple Pie	Mandarin Oranges	Banana	Butter Tart Bar	Date Square	Stained Glass Jello	Rhubarb Crisp
Choice 2	Beef Stew	Chicken Pie Gravy	Vegetable Lasagna	Cod Bites Tartar Sauce	Baked Omelet	Turkey a la King	S&S Pork Rice Pilaf
	Tea Biscuit	Asparagus	Cucumber Salad	Potato Wedges Coleslaw	Toast Mixed Vegetables	Biscuit Green Beans	Oriental Blend
	Fresh Fruit Salad	Mousse	Vanilla Pudding	Cantaloupe	Fruit Cocktail	Orange Sections	Diced Pears

SNACK CHOICES

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