

Fall/ Winter Menu 2018

WEEK 1

	MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5	SATURDAY DAY 6	SUNDAY DAY 7
Breakfast	Orange Oatmeal Cold Cereal Toast Scrambled Egg	Honeydew Melon Oatmeal Cold Cereal Toast Pancakes Syrup	Kiwi Oatmeal Cold Cereal Toast Poached Egg Sausage Patty	Orange Oatmeal Cold Cereal Toast Boiled Egg	Cantaloupe Oatmeal Cold Cereal Toast Waffles/Blueberry Whip Topping Syrup	CONTINENTAL <u>10:00am</u> Kiwi Yogurt Cold Cereal Toast Oatmeal Strudel	BRUNCH <u>10:00am</u> Canned Mandarins Yogurt Cold Cereal Toast Omelet- cheese Bacon Hashbrowns
Snack	Blueberry Muffin	Bran & Raisin Muffin	Chocolate Chip Muffin	Chef's Choice Muffin	Assorted Muffin	****	****
Lunch	Tuna Melt Soup OR Salad	Grilled Lemon Chicken Cous cous salad Cream of Mushroom ****	<u>Soup & Salad</u> Lentil Soup Multigrain Roll Spinach Salad	Chicken & Vegetable Stew Focaccia Bread Tossed Salad	Grilled Burger Vegetable Soup ***	<u>1:00pm</u> Egg salad on Crustini Bun ****	<u>1:00pm</u> Salmon salad on Crustini Bun ****
Snack	Oatmeal Raisin Cookie Veg Sticks	Hummus & Pita Veg Sticks	Blueberry Smoothie Veg Sticks	Black Bean Salsa & Tortilla Chips Veg Sticks	Gratitude Cake Veg sticks	**** Veg Sticks	**** Veg Sticks
Dinner	Chicken Fajitas Starch Veg Dessert	Cabbageroll Casserole (Brown Rice) (Cabbage) Dinner Rolls Tossed Salad Vanilla Yogurt	Roast Turkey Gravy Mashed Potato Roasted Beets Dinner Rolls Tossed Salad Strawberry/ Rhubarb Crisp	Lemon Pepper Breaded Cod Potato Wedges California Mix Veg Dinner Rolls Tossed Salad Chocolate Pudding	Chef's Choice Chicken breast Spanish Rice Corn Dinner Rolls Tossed Salad Orange Jell-O & Whipped Topping	Beef & Mushroom Pot Pie (Potato) Carrot Dinner Rolls Tossed Salad Canned Fruit Cocktail	Roast Pork Sweet Potato Zucchini Dinner Rolls Tossed Salad Vanilla Ice Cream
Snack	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast

Always available: milk, juice (apple, orange, other), water, coffee, tea, fresh fruit

14-Sep-18