

FALL/WINTER MENU 2018 - 2019

WEEK 1

FALL/WINTER MENU 2018 - 2019							WEEK 1	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Oct-22, Nov-12, Dec-3, Dec-24, Jan-14, Feb-4, Feb-25, Mar-18, Apr-8, Apr-29	Oct-23, Nov-13, Dec-4, Dec-25, Jan-15, Feb-5, Feb-26, Mar-19, Apr-9, Apr-30	Oct-24, Nov-14, Dec-5, Dec-26, Jan-16, Feb-6, Feb-27, Mar-20, Apr-10, May-1	Oct-25, Nov-15, Dec-6, Dec-27, Jan-17, Feb-7, Feb-28, Mar-21, Apr-11, May-2	Oct-26, Nov-16, Dec-7, Dec-28, Jan-18, Feb-8, Feb-29, Mar-22, Apr-12, May-3	Oct-27, Nov-17, Dec-8, Dec-29, Jan-19, Feb-9, Mar-1, Mar-23, Apr-13, May-4	Oct-28, Nov-18, Dec-9, Dec-30, Jan-20, Feb-10, Mar-2, Mar-24, Apr-14, May-5
BREAKFAST		RELAXED BREAKFAST Assorted Pure Juices Cinnamon Oatmeal /Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	RELAXED BREAKFAST Assorted Pure Juices Cinnamon Oatmeal /Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/ Sausage Fruit/Yogurt Selection	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/ Bacon Fruit/Yogurt Selection
		Vegetable Florentine Soup Pulled Pork Sandwich Creamy Coleslaw Apple Cranberry Bake OR Assorted Sandwiches	Chicken Noodle Soup Turkey Reuben on Rye Dill Pickles Diced Peaches OR Assorted Sandwiches	Cream of Celery Soup Chicken Burger with Lettuce Cucumber & Onion Salad Blueberries & Cream OR Assorted Sandwiches	Beet Borscht Perogies with Bacon & Onions Sour Cream Sauteed Sauerkraut Mandarin Oranges OR Assorted Sandwiches	Parsnip Carrot Soup Skinless Sausage Links Pancakes with Syrup Sliced Oranges Ice Cream OR Assorted Sandwiches	Tomato Rice Soup Turkey Pot Pie Peas Fruit Cocktail Assorted Sandwiches	Cream of Potato Battered Fish Fillet French Fries Coleslaw Vinaigrette Strawberries & Cream Assorted Sandwiches
PM		Oatmeal Chocolate Chip Cookie Beverage as Requested	Fruit Danish Beverage as Requested	Baked Assortment Beverage as Requested	Shortbread Cookie Beverage as Requested	Pumpkin Loaf Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested
DINNER		Lemon Chicken Pan Roasted Potatoes Sunrise Vegetable Mix Chocolate Pudding/Topping OR Crunchy Baked Cod	Apple Braised Pork Chops Garlic Mashed Potatoes Gingery Orange Squash Carrot Cake OR Veal Schnitzel	Spaghetti & Meat Sauce Green Beans Cherry Cha Cha OR BBQ Polish Sausage	Sweet & Sour Pork Rice Pilaf Oriental Mix Vegetables Tiramisu Mousse OR Liver & Onions	Beef Shepherd's Pie Kernel Corn Jellied Fruit OR Turkey Schnitzel	Vegetable Lasagna Garlic Bread Caesar Salad Tapioca Pudding OR Pork Ribette	Beef Pot Roast/Gravy Whipped Potatoes Montego Blend Vegetables Lemon Meringue Pie OR Chicken Kiev
	HS		Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested	Assorted Sandwiches Beverage as Requested

(250 ML OF MILK AT BREAKFAST = 125ML IN CEREAL AND 125ML TO DRINK) (PEANUT BUTTER 30mL OFFERED WITH BREAKFAST DAILY) (SIDE SALAD 125mL WITH DRESSING IS OFFERED AT DINNER)
 1 SLICE BREAD (4 CRACKERS) AND MARGARINE SERVED WITH LUNCH AND DINNER (AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED
 MILK (3.5 CUPS / 875 ML) PLUS TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS (AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG) UNLESS NOTED