

# FALL/WINTER MENU 2018 - 2019

## WEEK 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Oct-29,Nov-19,Dec-10,Dec-31, Jan-21, Feb-11, Mar-3,Mar-25, Apr-15	Oct-30,Nov-20,Dec-11,Jan-1, Jan-22, Feb-12, Mar-4,Mar-26, Apr-16	Oct-31,Nov-21,Dec-12,Jan-2, Jan-23, Feb-13, Mar-5,Mar-27, Apr-17	Nov-1,Nov-22,Dec-13,Jan-3, Jan-24, Feb-14, Mar-6,Mar-28, Apr-18	Nov-2,Nov-23,Dec-14,Jan-4, Jan-25, Feb-15, Mar-7,Mar-29, Apr-19	Nov-3,Nov-24,Dec-15,Jan-5, Jan-26, Feb-16, Mar-8,Mar-30, Apr-20	Nov-4,Nov-25,Dec-16,Jan-6, Jan-27, Feb-17, Mar-9,Mar-31, Apr-21
<b>BREAKFAST</b>		<b>RELAXED BREAKFAST</b> Assorted Pure Juices Cinnamon Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/ <b>Bacon</b> Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Cinnamon Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/ <b>Sausage</b> Fruit/Yogurt Selection
		Beef Barley Soup Broccoli & Cheese Quiche Spring Mix Salad with Balsamic Dressing  Diced Honeydew  OR Assorted Sandwiches	Cream of Mushroom Soup Chili Con Carne Cornbread Muffin  Jell-O Whip  OR Assorted Sandwiches	Chicken Gumbo Macaroni & Cheese Tomato Salsa Sauce  Berry Mix/Vanilla Yogurt Topping  OR Assorted Sandwiches	Country Bean & Vegetable Soup Hamburger on a Bun Caesar Salad  Diced Peaches  OR Assorted Sandwiches	Cream of Spinach Soup Cod Nuggets/Tartar Sauce French Fries Creamy Coleslaw Mandarin Oranges  OR Assorted Sandwiches	Garden Vegetable Soup Roast Beef Sandwich Broccoli Salad Poached Spiced Pear  OR Assorted Sandwiches	Cream of Broccoli Soup Tortierre Seasoned Green Peas  Stewed Rhubarb  OR Assorted Sandwiches
<b>PM</b>	Peanut Butter Cookie Beverage as Requested	Apple Danish Beverage as Requested	2 Bite Brownie Beverage as Requested	Hermit Cookie Beverage as Requested	Zucchini Loaf Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested	
<b>DINNER</b>	Hot Turkey Sandwich with Dressing Mixed Vegetables  Date Square  OR Liver & Onions	Farmer's Sausage Parsley Boiled Potato Pick of the Day Vegetable Variety  Mango Ice  OR Crunchy Baked Cod	Baked Chicken Breast with Sour Cream Gravy Mashed Potatoes Fall Medley Vegetable Mix  Raspberry Jelly Roll  OR Pork Ribette	Baked Ham with Brown Sugar & Cloves Scalloped Potatoes Honey Dill Glazed Carrots  Butter Tart Slice  OR Veal Cutlet	Beef Stroganoff Buttered Broad Noodles New England Vegetable Mix  Gingerbread with Hot Lemon Sauce  OR Chicken Pot Pie	Parsley & Parmesan Pork Tenderloin Lemon Potatoes California Vegetable Blend  Rice Pudding  OR Turkey Schnitzel	Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Prince Edward Vegetable Mix  Apple Pie  OR Salisbury Steak with Gravy	
	<b>HS</b>	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	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