

FALL/WINTER MENU - 2018 - 2019

WEEK 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Nov-5,Nov-26,Dec-17,Jan-7, Jan-28, Feb-18, Mar-10,Apr-1, Apr-22	Nov-6,Nov-27,Dec-18,Jan-8, Jan-29, Feb-19, Mar-11,Apr-2, Apr-23	Nov-7,Nov-28,Dec-19,Jan-9, Jan-30, Feb-20, Mar-12, Apr-3, Apr-24	Nov-8,Nov-29,Dec-20,Jan-10, Jan-31, Feb-21, Mar-13, Apr-4, Apr-25	Nov-9,Nov-30,Dec-21,Jan-11, Feb-1, Feb-22, Mar-14, Apr-5, Apr-26	Nov-10,Dec-1,Dec-22,Jan-12, Feb-2, Feb-23, Mar-15, Apr-6, Apr-27	Nov-11,Dec-2,Dec-23,Jan-13, Feb-3, Feb-24, Mar-16, Apr-7, Apr-28
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 Barley Soup Hot Dog Pasta Salad Diced Cantalope OR Assorted Sandwiches	Beef Vegetable Soup Potato Pancakes with Sour Cream Garlic Sausage Fruit Cocktail OR Assorted Sandwiches	Cream of Tomato Basil Soup Grilled Cheese Sandwich Bread & ButterPickles Mango OR Assorted Sandwiches	Scotch Broth Soup Tuna Melt Bean Salad Pineapple Coconut Whip OR Assorted Sandwiches	Italian Wedding Soup Pepperoni Pizza Caesar Salad Mandarin Oranges OR Assorted Sandwiches	Creole Rice Soup Belgium Waffles Strawberries & Whipped Topping Diced Pears OR Assorted Sandwiches	Corn Chowder Chicken Nuggets/ Plum Sauce Home Fries Tossed Salad Frozen Yogurt OR Assorted Sandwiches
LUNCH		Amish Sugar Cookie Beverage as Requested	Cherry Pound Cake Beverage as Requested	Baked Assortment Beverage as Requested	Double Choc Cookie Beverage as Requested	Angel Cookies Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested
DINNER		Fettuccine Alfredo with Baby Shrimp Kale Vegetable Blend Cinnamon Coffee Cake OR Veal	Turkey Meatloaf Spanish Sauce Boiled Potatoes Sunrise Vegetables Impossible Pie OR Liver & Onions	Chicken a la King on Puff Pastry Bowl Mexican Corn Apple Custard Tart OR Polish Sausage	Beef Stew Tea Biscuit Frosted Chocolate Cake OR Pork Ribette	Salmon in Dill Sauce Steamed Rice Italian Mixed Vegetables Broken Glass/Topping OR Salisbury Steak	BBQ Chicken Legs Oven Roasted Potatoes Savory Carrots Crème Caramel Pudding OR Veal Roulade	Rosemary Pork Roast Mashed Potatoes Broccoli Florets Pumpkin Pie/Topping OR Turkey Schnitzel
		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
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	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