



# RIVER EAST SPRING & SUMMER MENU 2015

## WEEK 1

|           | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|-----------|---|---|---|---|---|---|---|
|           | May-4, May-25, Jun-15, Jul-6, Jul-27, Aug-17, Sep-7, Sep-28, Oct-19   | May-5, May-26, Jun-16, Jul-7, Jul-28, Aug-18, Sep-8, Sep-29   | May-6, May-27, Jun-17, Jul-8, Jul-29, Aug-19, Sep-9, Sep-30   | May-7, May-28, Jun-18, Jul-9, Jul-30, Aug-20, Sep-10, Oct-1   | May-8, May-29, Jun-19, Jul-10, Jul-31, Aug-21, Sep-11, Oct-2  | May-9, May-30, Jun-20, Jul-11, Aug-1, Aug-22, Sep-12, Oct-3   | May-10, May-31, Jun-21, Jul-12, Aug-2, Aug-23, Sep-13, Oct-4  |
| BREAKFAST | <b>RELAXED BREAKFAST</b>  | <b>RELAXED BREAKFAST</b>  | <b>RELAXED BREAKFAST</b>  | <b>RELAXED BREAKFAST</b>  | <b>RELAXED BREAKFAST</b>  | <b>RELAXED BREAKFAST</b>  | <b>RELAXED BREAKFAST</b>  |
|           | Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Variety Cold Cereal<br>Toast/Muffins<br>Egg<br>Fruit/Yogurt | Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Variety Cold Cereal<br>Toast/Muffins<br>Egg<br>Fruit/Yogurt | Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Variety Cold Cereal<br>Toast/Muffins<br>Egg<br>Fruit/Yogurt | Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Variety Cold Cereal<br>Toast/Muffins<br>Egg/Bacon<br>Fruit/Yogurt | Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Variety Cold Cereal<br>Toast/Muffins<br>Egg<br>Fruit/Yogurt | Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Variety Cold Cereal<br>Toast/Muffins<br>Egg<br>Fruit/Yogurt | Assorted Pure Juices<br>Oatmeal/Cream of Wheat<br>Variety Cold Cereal<br>Toast/Muffins<br>Egg/Sausage<br>Fruit/Yogurt |
| LUNCH     | Cream of Cauliflower Soup   | Beef Barley Soup  | Creole Rice Soup  | Chicken Noodle Soup   | Summer Borscht  | Hamburger Soup  | Cream of Leek Soup  |
|           | Mini Burger on a Bun  | Spanish Omelet  | Battered English Style Fish with Tartar Sauce   | Hot Dog   | Perogies with Sour Cream & Fried Onions   | Belgium Waffles   | Roast Beef Sandwich   |
|           | Potato Salad  | Ciabatta Bun  | Potato Tots   | Baked Beans   | Garlic Sausage  | Strawberry Compote served with Whipped Toppina  | Bread & Butter Pickles  |
|           | Diced Watermelon  | Apple Cranberry Bake  | Apricot Whip  | Diced Peaches   | Diced Fruit Salad   | Rainbow Jello   | Mandarin Orange Sections  |
|           | OR<br>Assorted Sandwiches   | OR<br>Assorted Sandwiches   | OR<br>Assorted Sandwiches   | OR<br>Assorted Sandwiches   | OR<br>Assorted Sandwiches   | OR<br>Assorted Sandwiches   | OR<br>Assorted Sandwiches   |
| PM        | Glazed Lemon Loaf<br>Beverage as Requested  | Chocolate Chip Cookie<br>Beverage as Requested  | Baked Assortment<br>Beverage as Requested   | Cinnamon Bun<br>Beverage as Requested   | Blueberry Scone<br>Beverage as Requested  | Turnover Cookie<br>Beverage as Requested  | Baked Assortment<br>Beverage as Requested   |
| DINNER    | Sliced Turkey Breast  | Baked Ham Slices  | BBQ Chicken Breast  | Beef Burgundy   | Salmon Boats  | Meat Lasagna  | Roast Turkey served with Gravy and Cranberry Sauce  |
|           | Garlic Mashed Potato  | Scalloped Potatoes  | Rice Pilaf  | Baked Potato with Sour Cream  | Parsley Potatoes  | Caesar Salad  | Whipped Potatoes  |
|           | Buttered Corn   | Broccoli Florets  | Julienne Carrots with Dill Seasoning  | Pick Of The Day Vegetable Blend   | Green Peas  | Garlic Toast  | Dressing  |
|           | 2 Bite Brownies   | Lemon Buttermilk Cake   | Cherry Tart   | Coconut Cream Pie   | Ice Cream   | Tapioca Pudding   | Lattice Peach Pie   |
|           | OR<br>Baked Fish  | OR<br>Veal Roulade  | OR<br>Pork & Cheese Meatballs   | OR<br>Turkey Schnitzel  | OR<br>Greek Style Chicken Legs  | OR<br>Tortierre Meat Pie  | OR<br>Oven Baked Meatloaf   |
| HS        | Assorted Sandwiches<br>Beverage as Requested  | Assorted Sandwiches<br>Beverage as Requested  | Assorted Sandwiches<br>Beverage as Requested  | Assorted Sandwiches<br>Beverage as Requested  | Assorted Sandwiches<br>Beverage as Requested  | Assorted Sandwiches<br>Beverage as Requested  | Assorted Sandwiches<br>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

