



# RIVER EAST SPRING & SUMMER MENU 2015

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-11, Jun-1, Jun-22, Jul-13, Aug-3, Aug-24, Sep-14, Oct-5	May-12, Jun-2, Jun-23, Jul-14, Aug-4, Aug-25, Sep-15, Oct-6	May-13, Jun-3, Jun-24, Jul-15, Aug-5, Aug-26, Sep-16, Oct-7	May-14, Jun-4, Jun-25, Jul-16, Aug-6, Aug-27, Sep-17, Oct-8	May-15, Jun-5, Jun-26, Jul-17, Aug-7, Aug-28, Sep-18, Oct-9	May-16, Jun-6, Jun-27, Jul-18, Aug-8, Aug-29, Sep-19, Oct-10	May-17, Jun-7, Jun-28, Jul-19, Aug-9, Aug-30, Sep-20, Oct-11
BREAKFAST	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Variety Cold Cereal Toast/Muffins Egg Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Variety Cold Cereal Toast/Muffins Egg Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Variety Cold Cereal Toast/Muffins Egg Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Variety Cold Cereal Toast/Muffins Egg/Bacon Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Variety Cold Cereal Toast/Muffins Egg Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Variety Cold Cereal Toast/Muffins Egg Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Variety Cold Cereal Toast/Muffins Egg/Bacon Fruit/Yogurt
	<b>LUNCH</b>	Vegetable Soup Deli Cold Meat Plate Pasta Salad Tomato/Cucumber Slices  Strawberries/Whipped Topping  OR Assorted Sandwiches	Herbed Lentil and Barley Soup Captain Fish Burger on a Bun Creamy Coleslaw  Crushed Pineapple  OR Assorted Sandwiches	Chicken Gumbo Soup Pizza Caesar Salad  Diced Pear  OR Assorted Sandwiches	Plantation Vegetable Soup Cottage Cheese Fruit Plate Muffin  Pudding/Whipped Topping  OR Assorted Sandwiches	Cream of Broccoli Soup Chicken Dippers Honey Mustard Sauce Potato Salad  Mandarin Orange Sections  OR Assorted Sandwiches	Vegetable Florentine Soup Pepper & Onion Quiche Greek Salad  Diced Peaches  OR Assorted Sandwiches
PM	Zucchini Loaf Beverage as Requested	Oatmeal Chocolate Chip Cookie Beverage as Requested	Baked Assortment Beverage as Requested	Shortbread Cookie Beverage as Requested	Morning Glory Muffin Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested
DINNER	Swiss Steak Oven Browned Potatoes Butternut Squash  Carrot Cake  OR Baked Fish Fillets	Pork Chop in Mushroom Sauce Mashed Potatoes Vegetable Medley  Ice Cream Sandwich  OR Chicken Cutlet	Chicken Kiev Seasoned Baby Potatoes Broccoli Florets  Apple Crisp  OR Liver & Onions	Sweet & Sour Pork Steamed Rice Oriental Vegetable Mix Egg Roll/Plum Sauce  Butter Tart  OR Sweet & Sour Chicken Balls	Shrimp Fettuccine Alfredo Peas & Mushrooms Garlic Bread  Cherry Cha Cha  OR Meatballs/Barbeque Sauce	Barbequed Chicken Legs Au Gratin Potatoes Mixed Vegetables  Chocolate Mousse  OR Veal Cutlet	Roast Beef/Gravy Mashed Potato Yorkshire Pudding PEI Vegetable Medley  Blueberry Pie  OR Pork Chop
	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  
MILK (3.5 CUPS / 875 ML) PLUS TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS

(AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED  
(AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG) UNLESS NOTED

