

Weekly Menu

Week 3

Note: The “Alternative” will include the same vegetables and dessert as the “Main” selection unless otherwise stated.

Ask servers for bread, crackers, butter, fruit juices, milk, tea and coffee.

Day of Week	Breakfast	Lunch	Supper
Monday	<p>Continental Cold cereals, instant porridge, toast, muffins, hard boiled eggs, cheese, cottage cheese, fruit, yogurt, juice, coffee, tea, milk</p>	<p><u>Main</u>, Swiss Steak, Mushroom Gravy, Whipped Potato, Tossed Salad, Cheesecake with Fruit Topping</p> <p><u>Alternative:</u> Chicken Finger Fries, Fish and Fries, Chef Salad</p>	<p><u>Main:</u> Plantation Vegetable Soup, Lazy Cabbage Rolls, Bread, Pears Halves</p>
Tuesday	<p>Continental Cold cereals, instant porridge, toast, muffins, hard boiled eggs, cheese, cottage cheese, fruit, yogurt, juice, coffee, tea, milk</p>	<p><u>Main:</u> Baked Chicken Leg, Whipped Potato, Ceasar Salad, Broccoli, Tripleberry Crumble Cake</p> <p><u>Alternative:</u> Chicken Finger Fries, Fish and Fries, Chef Salad</p>	<p><u>Main:</u> Mediterranean Chicken Soup, Turkey Sandwich, Peach Halves</p>
Wednesday	<p>Continental Cold cereals, instant porridge, toast, muffins, hard boiled eggs, cheese, cottage cheese, fruit, yogurt, juice, coffee, tea, milk</p>	<p><u>Main:</u> Beef Stew, Tea Biscuits, Brussel Sprouts, Tossed Salad, Black Forest Cake</p> <p><u>Alternative:</u> Chicken Finger Fries, Fish and Fries, Chef Salad</p>	<p><u>Main:</u> Vegetable Soup, Chicken Pot Pie, Gravy, Fruit Salad</p>
Thursday	<p>Continental Cold cereals, instant porridge, toast, muffins, hard boiled eggs, cheese, cottage cheese, fruit, yogurt, juice, coffee, tea, milk</p>	<p><u>Main:</u> Shaved Corn Beef, Potato, German Style Red Cabbage, Ceasar Salad, Butterscotch ice cream</p> <p><u>Alternative:</u> Chicken Finger Fries, Fish and Fries, Chef Salad</p>	<p><u>Main:</u> Split Pea Soup, Chili, Bread, Tossed Salad, Baked Apple Slices</p>
Friday	<p>Continental Cold cereals, instant porridge, toast, muffins, hard boiled eggs, cheese, cottage cheese, fruit, yogurt, juice, coffee, tea, milk</p>	<p><u>Main:</u> Oven Baked Fish, Sauce, Mashed Potatoes, California Mixed Vegetables, Coleslaw, Angel food Cake with topping</p> <p><u>Alternative:</u> Chicken Finger Fries, Fish and Fries, Chef Salad</p>	<p><u>Main:</u> Cream of Potato Soup, Egg Salad Sandwich, Fruit Cocktail</p>
Saturday	<p>Continental Cold cereals, instant porridge, toast, muffins, hard boiled eggs, cheese, cottage cheese, fruit, yogurt, juice, coffee, tea, milk</p>	<p><u>Main:</u> Cranberry Glazed Chicken, Gravy, Savoury Potatoes Wedge, Parsnips, Ceasar Salad, Rhubarb Crisp</p> <p><u>Alternative:</u> Chicken Finger Fries, Fish and Fries, Chef Salad</p>	<p><u>Main:</u> Tortellini Vegetable Soup, Salmon Salad Sandwich, Sliced Dill Pickle, Pear Halves</p>
Sunday	<p>Continental Cold cereals, instant porridge, toast, muffins, hard boiled eggs, cheese, cottage cheese, fruit, yogurt, juice, coffee, tea, milk</p>	<p>Sunday Brunch Bacon/Ham/Sausage & Eggs, Hashbrown , Toast</p>	<p><u>Main:</u> Pork Roast, Mashed Potatoes, Gravy, Apple Raisan Stuffing, Tossed Salad, Green Beans, Pie</p>