

Weekly Menu Fall 2016 Menu - Week 3 - Diet : Regular/Regular



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Juice Stewed Prunes Oatmeal Boiled Egg Whole Wheat Toast	Choice of Juice Stewed Prunes Cream of Wheat w/bran Poached Egg Whole Wheat Toast	Choice of Juice Stewed Prunes Oatmeal Scrambled Egg Whole Wheat Toast	Choice of Juice Stewed Prunes Cream of Wheat w/bran Boiled Egg Whole Wheat Toast	Choice of Juice Stewed Prunes Oatmeal Scrambled Egg Whole Wheat Toast	Choice of Juice Stewed Prunes Cream of Wheat w/bran Poached Egg Whole Wheat Toast	Choice of Juice Stewed Prunes Oatmeal Sliced Bacon Scrambled Egg Whole Wheat Toast
Banana Assorted Cold Cereal	Banana Assorted Cold Cereal	Banana Assorted Cold Cereal French Toast w/ Syrup	Banana Assorted Cold Cereal	Banana Assorted Cold Cereal	Banana Assorted Cold Cereal	Mandarin Oranges Assorted Cold Cereal
Butternut Squash Soup Ciabatta Bun BBQ Pulled Pork Creamy Cucumber Salad Stewed Rhubarb	Vegetable Beef Soup Salmon Salad Sandwich Apple Coleslaw Mixed Melons	Cream of Cauliflower Soup Beef Gravy Steak & Mushroom Pie Diced Turnip Diced Pears	Chef's Choice Soup Crab Salad On A Croissant Creamy Coleslaw Mandarin Oranges	Cream of Tomato Soup Ham & Cheese Sandwich WW Salad Dressing Tossed Salad Applesauce	Lemon Chicken Soup Hamburger w/Condiments Lettuce & Tomato Slices Sliced Peaches	Vegetable and Rice Soup Chicken Nuggets Plum Sauce O'Brien Potatoes Cali Mixed Vegetable Mixed Berries
Spinach & Cheese Strata Peas & Carrots Chocolate Mousse	Perogies w/Cheese Sauteed Onions Two-bite Brownie	Devilled Eggs Whole Wheat Dinner Roll Mixed Greens Peanut Butter Cookie	Poultry Gravy Turkey Schnitzel Baked Potato Wedges Green Peas Assorted Dessert Square	Bean Cassoulet Stew Whole Wheat Dinner Roll Corn Niblets Lemon Streusel Cake	Egg Salad Sandwich WW Kale and Romaine Salad Jello w/Topping	Macaroni and Cheese Stewed Tomato Lemon Poppy Seed Loaf
Beef Stew Tea Biscuit Sauteed Onions & Peppers Fruit Cocktail	Chicken & Dumplings Brussels Sprouts Fresh Fruit	English Style Fish Dollar Chips Sauteed Asian Mixed Veg Crushed Pineapple	Farmer Sausage Paprika Roasted Potato Creamed Corn Diced Mango	Chicken Vegetable Stir Fry White Rice Green Peas Fruit Salad	Mushroom Baked Pork Chop Parsley Boiled Potatoes Cut Green Beans Diced Cantaloupe	Beef Gravy Beef Pot Roast Mashed Potatoes Brussels Sprouts Banana
Honey Garlic Turkey Mashed Potatoes Diced Squash Carrot Cake	Meatballs w/Mushroom Sauce Savoury Diced Potatoes Sauteed Asian Mixed Veg Lemon Tart	Tangy Marinated Pork Mashed Potatoes Herbed Parsnip Mini Cinnamon Crunchie	Vegetable Lasagna Garlic Bread Caesar Salad Orange Citrus Cake	Basa w/Ital Crumb Topping Tomato Parmesan Butter Pecan Fudge Cake	Lemon Dill Haddock Scalloped Potato Broccoli Vanilla Pudding	Vegetarian Burger Patty Brown Gravy Egg Noodles Sliced Carrots Blueberry Pie