

# Sample Menu

Fall/Winter 2011/12 – Week 3

Service for Week of: 10/31/2011

Regular diet/Regular texture

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   | Sunday  |
|---|--|---|---|---|--|---|
| Choice of Juice<br>Stewed Prunes<br>Hot Cereal<br>Assorted Yogurt<br>Apple Spice Muffin<br>Margarine<br>2% Milk<br><br>Assorted Cold Cereal<br>Assorted Buttered Toast<br>Jam/Honey/Mar/P Butter                                | Choice of Juice<br>Stewed Prunes<br>Hot Cereal<br>Pea meal Bacon<br>Buttered Raisin Toast<br>2% Milk<br><br>Assorted Cold Cereal<br>Assorted Buttered Toast<br>Jam/Honey/Mar/P Butter  | Choice of Juice<br>Stewed Prunes<br>Hot Cereal<br>Hard Boiled Egg<br>Assorted Buttered Toast<br>2% Milk<br><br>Assorted Cold Cereal<br>Jam/Honey/Mar/P Butter   | Choice of Juice<br>Stewed Prunes<br>Hot Cereal<br>Cinnamon French Toast<br>Syrup<br>2% Milk<br><br>Assorted Cold Cereal<br>Assorted Buttered Toast<br>Jam/Honey/Mar/P Butter  | Choice of Juice<br>Stewed Prunes<br>Hot Cereal<br>Scrambled Eggs<br>Bacon<br>Assorted Buttered Toast<br>2% Milk<br><br>Assorted Cold Cereal<br>Jam/Honey/Mar/P Butter   | Choice of Juice<br>Stewed Prunes<br>Hot Cereal of Choice<br>Fruit Yogurt<br>Toasted English Muffin<br>2% Milk<br><br>Assorted Cold Cereal<br>Assorted Buttered Toast<br>Jam/Honey/Mar/P Butter   | Choice of Juice<br>Stewed Prunes<br>Hot Cereal<br>Pancakes<br>Syrup<br>Sausage Link<br>2% Milk<br><br>Assorted Cold Cereal<br>Assorted Buttered Toast<br>Jam/Honey/Mar/P Butter   |
| Cream of Broccoli Soup<br>Chicken Nuggets<br>Plum Sauce<br>Baby Carrots<br>Potato Wedges<br>Oatmeal Raisin Cookies<br>2% Milk<br><br>Egg Omelette<br>Seasoned Spinach<br>Buttered Wheat Toast<br>Chilled Diced Pears            | Chicken Vegetable Soup<br>Sliced Beef on Wheat<br>Shredded Lettuce<br>Dijon Mustard<br>Creamy Coleslaw<br>Berry Blend<br>2% Milk<br><br>Stuffed Shells & Sauce<br>Squash Medley<br>Chocolate Ice Cream                       | Cream of Mushroom Soup<br>Shaved Ham Sandwich<br>Mustard<br>Copper Penny Salad<br>Peeled Banana<br>2% Milk<br><br>Deluxe Pizza<br>Tossed Green Salad<br>Lemon Pudding Cake  | Navy Bean Soup<br>Turkey Sandwich/Wheat<br>Shredded Lettuce<br>Marinated Vegetables<br>Stewed Rhubarb<br>2% Milk<br><br>Hamburger on Bun<br>Ketchup Mustard Relish<br>Onion Slice<br>Garnish Sliced Tomato<br>Caesar Salad<br>Custard/Syrup | Italian Wedding Soup<br>Minced Meat Pie<br>Pork Gravy<br>Brussels Sprouts<br>Cinnamon Applesauce<br>2% Milk<br><br>Cheese/Lettuce/Tom<br>Sandw<br>Spinach Orange Salad<br>Brownie   | Beef Noodle Soup<br>Vegetable Quiche<br>Tomato Slices<br>Orange Sections<br>2% Milk<br><br>Hot Dog on Bun<br>Pickled Beets<br>Strawberry Ice Cream   | Cream Cauliflower Soup<br>Salmon Salad on Wheat<br>Broccoli Salad<br>Chilled Diced Peaches<br>2% Milk<br><br>Sloppy Joe on Bun<br>Seasoned Green Peas<br>Lime Jello<br>Whipped Topping  |
| Choice of Juice<br>Meatballs<br>Spaghetti<br>Parmesan Cheese<br>Mixed Vegetables<br>Garlic Bread<br>Orange Trifle<br>2% Milk<br><br>Pork Ribettes<br>Pork Gravy<br>Whipped Potatoes<br>Mashed Turnips<br>Chilled Fruit Cocktail | Choice of Juice<br>Roast Leg of Lamb<br>Mint Jelly<br>Mashed Potatoes<br>Turkey Gravy<br>Wax Beans<br>Warm Gingerbread Cake<br>Whipped Topping<br>2% Milk<br><br>Herb Baked Chicken<br>Broccoli Florets<br>Cantaloupe Chunks | Choice of Juice<br>Veal in Tomato Sauce<br>O'Brien Potatoes<br>Country Trio Veggies<br>Rainbow Sherbet<br>2% Milk<br><br>Krunchie Perch<br>Tartar Sauce<br>Whipped Potatoes<br>Stewed Tomatoes<br>Crushed Pineapple | Choice of Juice<br>Farmers Sausage<br>Mashed Potatoes<br>Creamed Corn<br>Peach Shortcake<br>2% Milk<br><br>Vegetarian Lasagne<br>Italian Mix Vegetables<br>Honeydew Chunks  | Choice of Juice<br>Breaded Haddock<br>Tartar Sauce<br>Hash brown Patty<br>Seasoned Zucchini<br>Assorted Danish<br>2% Milk<br><br>Salisbury Steak<br>Brown Gravy<br>Whipped Potatoes<br>Cauliflower<br>Cheese Sauce<br>Chilled Diced Pears | Choice of Juice<br>Baked Glazed Ham<br>Scalloped Potatoes<br>Turnips & Carrots<br>Coconut Cake<br>2% Milk<br><br>Turkey in Tomato Sauce<br>Whipped Potatoes<br>Buttered Corn<br>Chilled Apricots | Choice of Juice<br>Maple Chicken Breasts<br>Mashed Potatoes<br>Seasoned Green Beans<br>Pretzel Roll<br>Chocolate Cream Pie<br>Whipped Topping<br>2% Milk<br><br>Honey Garlic Pork Balls<br>Savoury Potato Wedges<br>Mashed Squash<br>Tropical Fruit Salad |

NOTE: