

# SAMPLE MENU “REGULAR” WEEK AT A GLANCE

WEEK 1 WEEK OF: \_\_\_\_\_

NOTE: Prune Juice and Stewed Prunes are available every Breakfast.

Offer Whole Wheat Bread/Soaked Whole Wheat Bread at Lunch and Dinner. Crackers served at lunch.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Orange Juice Hot Oatmeal Poached Egg Buttered WW Toast	Apple Juice Cream of Wheat Cheddar Cheese Buttered English Muffin	Blended Juice Hot Oatmeal Scrambled Egg Buttered WW Toast	Pineapple Juice Cream of Wheat Boiled Egg Buttered WW Toast	Orange Juice Hot Oatmeal Poached Egg Buttered WW Toast	Blended Juice Cream of Wheat Cheddar Cheese Buttered English Muffin	Pineapple Juice Hot Oatmeal Scrambled Eggs Bacon Buttered WW Toast
	<u>Alternate Choices</u> Pear Wedges Assorted Cold Cereal Fruit Yogurt Buttered Raisin Toast	<u>Alternate Choices</u> Banana Assorted Cold Cereal Fruit Yogurt Buttered WW Toast	<u>Alternate Choices</u> Pear Wedges Assorted Cold Cereal Breakfast Sausage Buttered Raisin Toast	<u>Alternate Choices</u> Cantaloupe Wedges Assorted Cold Cereal Peanut Butter Buttered English Muffin	<u>Alternate Choices</u> Banana Assorted Cold Cereal Cheddar Cheese Buttered Raisin Toast	<u>Alternate Choices</u> Orange Wedges Assorted Cold Cereal Peanut Butter Buttered WW Toast	<u>Alternate Choices</u> Pear Wedges Assorted Cold Cereal Peanut Butter Lemon Blueberry Scone
L I G H T	Vegetable Florentine Soup English Style Fish & Chips/Lemon Wedge Creamy Coleslaw Sliced Peaches	Cream of Tomato Soup Asian Orange/Ginger Beef Wrap Spinach & Blue Cheese Salad/Dressing Apricot Halves	Butternut Squash Soup Chicken Pot Pie/Gravy Brussel Sprouts Pineapple Tidbits	Scotch Broth Soup Sliced Turkey Sandwich on Multigrain/Cranberry Sauce Zucchini Ribbon Salad Pears	Hearty Vegetable Soup Hot Hamburger/Gravy on Bun Crinkle Fries Green Peas Applesauce	French Canadian Pea Soup Pepperoni Pizza Caesar Salad Diced Cantaloupe	Cream of Asparagus Soup Beef Chili Chef Salad/Dressing Cornbread Banana
	<u>Alternate Choices</u> Sliced Ham & Swiss Cheese Sandwich on Soft Kaiser /Dijon Mustard Carrot Pineapple Salad Banana Pudding/Whip Topping/Banana Slice	<u>Alternate Choices</u> Garden Quiche Toast Points California Blend Vegetables Iced Chocolate Brownie	<u>Alternate Choices</u> Salmon Salad Sandwich Cucumber Salad Vanilla Mousse/Whipped Topping/Strawberry Drizzle	<u>Alternate Choices</u> Whole Wheat Nine Vegetable Lasagna Garlic Stick Balsamic Garden Salad Homemade Date Square	<u>Alternate Choices</u> Tuna Salad Plate (Tuna Macaroni Salad/WW Roll Four Bean Salad) Jello Parfait	<u>Alternate Choices</u> Egg Salad Sandwich on a Whole Wheat Roll Marinated Tomato & Onion Salad Spice Cake	<u>Alternate Choices</u> Havarti Cheese on Pumpernickel SI Red Onion Garnish Broccoli Salad Ice Cream Sundae
M E A L	Tomato Juice Honey Garlic Chicken Mashed Potatoes/Gravy Winter Blend Vegetables Mincemeat Tart	Pineapple Juice Pork Chop/Mushroom Onion Gravy Roasted Potatoes Snow Peas Indian Pudding	Cranberry Cocktail Meatloaf/Chili Sauce Mashed Potatoes/Gravy Buttered Corn Caramel Cheese Cake	V-8 Vegetable Cocktail Liver & Onions Au Gratin Potatoes Seasoned Spinach Lemon Meringue Pie	Pineapple Juice Chicken Parmesan O'Brien Potatoes Garden Blend Vegetables Tiramisu Mousse	White Grape Juice Turkey Apricot Stir Fry Angel Hair Pasta Glazed Parsnip Chocolate Pudding/Whipped Topping/Chocolate Drizzle	V-8 Vegetable Cocktail Roast Pork /Spiced Apple Ring Mashed Potatoes Ginger Honey Carrots Cherry Pie
	<u>Alternate Choices</u> Bavarian Veal with Asparagus Citrus Basmati Rice Warm Baked Cinnamon Apple	<u>Alternate Choices</u> Linguini with White Bean & Vegetables Soft Dinner Roll (Alt Veg. Buttered Turnip) Raspberry Pear Crisp	<u>Alternate Choices</u> Lamb Curry with Apples Parslied Noodles Spiced Yams Mandarin Orange Sections	<u>Alternate Choices</u> Sweet & Sour Pork Fried Rice Oriental Blend Vegetables Winter Fruit Cup	<u>Alternate Choices</u> Italian Sausage/Gravy Mashed Potatoes Baked Squash Frozen Berries/Whipped Topping	<u>Alternate Choices</u> Sole Florentine Mashed Potatoes Classic Blend Vegetables Fruit Cocktail	<u>Alternate Choices</u> Country Chicken Casserole Parslied Boiled Potatoes Roasted Cauliflower Stewed Rhubarb/Custard Sauce

WEEK 1 FALL/WINTER 2008/2009

Complete Purchasing Services

# SAMPLE MENU “REGULAR” WEEK AT A GLANCE

WEEK 2 WEEK OF: \_\_\_\_\_

NOTE: Prune Juice and Stewed Prunes are available every Breakfast.

Offer Whole Wheat Bread/Soaked Whole Wheat Bread at Lunch and Dinner. Crackers served at lunch.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Cranberry Cocktail Cream of Wheat Breakfast Sausage Buttered English Muffin	Orange Juice Hot Oatmeal Poached Egg Buttered Raisin Toast	Blended Juice Cream of Wheat Scrambled Egg Buttered WW Toast	Orange Juice Hot Oatmeal Boiled Egg Buttered WW Toast	Pineapple Juice Cream of Wheat Poached Egg Buttered English Muffin	Apple Juice Hot Oatmeal French Toast/Syrup	Orange Juice Cream of Wheat Pancakes/Syrup Bacon
	<u>Alternate Choices</u> Cantaloupe Wedges Assorted Cold Cereal Peanut Butter Buttered WW Toast	<u>Alternate Choices</u> Banana Assorted Cold Cereal Fruit Yogurt Buttered WW Toast	<u>Alternate Choices</u> Watermelon Wedges Assorted Cold Cereal Cheddar Cheese Buttered English Muffin	<u>Alternate Choices</u> Apple Wedges Assorted Cold Cereal Fruit Yogurt Buttered Raisin Toast	<u>Alternate Choices</u> Cantaloupe Wedges Assorted Cold Cereal Peanut Butter Buttered WW Toast	<u>Alternate Choices</u> Orange Wedges Assorted Cold Cereal Peanut Butter Buttered WW Toast	<u>Alternate Choices</u> Banana Assorted Cold Cereal Fruit Yogurt Buttered WW Toast
L I G H T	Chicken & Wild Rice Soup Deli Meat Sandwich on Caraway Rye /Mustard Waldorf Salad Pears with Chocolate Sauce	Cream of Mushroom Soup Chicken Strips/Plum Sauce Spicy Wedges Creamy Cucumber Salad Sliced Peaches	Leek and Sweet Potato Soup Hot Tuna Grill Greek Salad Fruit Cocktail	Beef Barley Soup Three Cheese Macaroni Sausage Patty Seasoned Spinach Banana	Chicken Gumbo Soup Pea meal Bacon on an Egg Sesame Bun Diced Tomato & Onion Salad Mandarin Orange Sections	Cream of Broccoli Soup Resident’s Choice	Minestrone Soup Egg Salad Sandwich Chick Pea and Feta Salad Diced Cantaloupe
M E A L	<u>Alternate Choices</u> Roasted Pepper and Basil Frittata Brussel Sprouts Iced Orange Cake	<u>Alternate Choices</u> Grilled Cheese/Ketchup Dill Pickle Coleslaw Chocolate Éclair	<u>Alternate Choices</u> Beef Pot Pie/Gravy Wax Beans with Red Pepper Very Berry Mousse/Whipped Topping/Strawberry Drizzle	<u>Alternate Choices</u> Sliced Turkey Salad Plate (Sliced Turkey/Chutney/Pasta Salad/Marinated Vegetables/Cranberry Loaf) Nanaimo Bar	<u>Alternate Choices</u> Cod Nuggets Hot German Potato Salad Lemon Pudding/Whipped Topping/Lemon Zest	<u>Alternate Choices</u> French Dip au Jus Tossed Salad/Yogurt Blue Cheese Dressing Pound Cake/Peach Sauce	<u>Alternate Choices</u> Cabbage Roll Casserole/Sour Cream Sauce Winter Blend Vegetables Lime Pear Dessert
M A I N	Blended Juice Cheese Crumb Cod Fillet Mashed Potatoes PEI Blend Vegetables Butterscotch Pudding/Whipped Topping/Caramel Drizzle	Cranberry Cocktail Sweet Harvest Casserole Minted Peas Mashed Potatoes Butter Tart	Apple Juice Chicken Curry Seasoned Rice Braised Zucchini Pumpkin Pie/Whipped Topping/Cinnamon Sprinkles	Tomato Juice Mustard Glazed Corned Beef Parslied Boiled Potato Buttered Cabbage Caramel Bread Pudding	Cranberry Cocktail Veal with Sweet Apple Pepper Sauce Oven Roasted Potatoes Julienne Carrots Maple Chocolate Cake	V-8 Vegetable Cocktail Glazed Baked Ham/Raisin Sauce Herbed Fettucine Spiced Yams Ice Cream	White Grape Juice Roast Turkey/Gravy/ Dressing/Tangy Cranberry Sauce Mashed Potatoes Whipped Squash Apple Pie
M E A L	<u>Alternate Choices</u> Beef Bourginon Buttered Egg Noodles Mexican Corn Winter Fruit Cup	<u>Alternate Choices</u> Spaghetti/Meat Sauce Italian Garden Salad/Dressing Garlic Bread Baked Apple Slices	<u>Alternate Choices</u> Pork Chop Supreme Mashed Potatoes Buttered Turnip Pineapple Tidbits	<u>Alternate Choices</u> Roast Lamb/Mint Jelly Mashed Potatoes Italian Blend Vegetables Apricot Halves	<u>Alternate Choices</u> Vegetarian Shepherd’s Pie Oriental Blend Vegetables Warm Fruit Compote	<u>Alternate Choices</u> Chicken and Dumplings Scandinavian Blend Vegetables Strawberry/Rhubarb Crisp	<u>Alternate Choices</u> Salmon Loaf/Parsley Sauce Lyonnaisse Potatoes French Style Green Beans Frozen Berries/Whip Topping

WEEK 2 FALL/WINTER 2008/2009  
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# SAMPLE MENU “REGULAR” WEEK AT A GLANCE

WEEK 3 WEEK OF: \_\_\_\_\_

NOTE: Prune Juice and Stewed Prunes are available every Breakfast.

Offer Whole Wheat Bread/Soaked Whole Wheat Bread at Lunch and Dinner. Crackers served at lunch.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Blended Juice Hot Oatmeal Scrambled Egg Buttered WW Toast	Cranberry Cocktail Cream Of Wheat Boiled Egg Buttered English Muffin	Pineapple Juice Hot Oatmeal Cheddar Cheese Blueberry Scone	Blended Juice Cream Of Wheat Poached Egg Buttered Raisin Toast	Orange Juice Hot Oatmeal Boiled Egg Buttered English Muffin	Blended Juice Cream Of Wheat Cheddar Cheese Buttered WW Toast	Cranberry Cocktail Hot Oatmeal Vanilla Belgian Waffles/Syrup Pea meal Bacon
F A L L T E R N A T E C H O I C E S	<u>Alternate Choices</u> Cantaloupe Wedges Assorted Cold Cereal Peanut Butter Buttered Raisin Toast	<u>Alternate Choices</u> Watermelon Wedges Assorted Cold Cereal Peanut Butter Buttered WW Toast	<u>Alternate Choices</u> Pear Wedges Assorted Cold Cereal Peanut Butter Buttered WW Toast	<u>Alternate Choices</u> Apple Wedges Assorted Cold Cereal Fruit Yogurt Buttered WW Toast	<u>Alternate Choices</u> Banana Assorted Cold Cereal Cheddar Cheese Buttered WW Toast	<u>Alternate Choices</u> Cantaloupe Wedges Assorted Cold Cereal Peanut Butter Buttered Raisin Toast	<u>Alternate Choices</u> Orange Wedges Assorted Cold Cereal Fruit Yogurt Buttered WW Toast
L I G H T M E A L	Cream Of Celery Soup Brown Baked Beans and Wieners/Corn Bread Southwestern Blend Vegetables Applesauce <u>Alternate Choices</u> Shaved Beef Sandwich on 12Grain/Mustard or Horseradish Cucumber Sweet Chili Salad Tapioca Pudding	Lentil with Bell Pepper Soup Ham & Broccoli Casserole Diced Turnip Banana  <u>Alternate Choices</u> Tuna Sandwich on Whole Wheat Kaiser/Gerkin Pickles Apple Zucchini Slaw Rice Krispies Squares/Chocolate icing	Clam Chowder Corned Beef Hash Lima Beans Winter Fruit Cup  <u>Alternate Choices</u> Western Omelet Sandwich Sweet Potato Fries Ice Cream Sundae	Golden Mushroom Soup Cheese Dreams Creamy Coleslaw Mandarin Orange Sections  <u>Alternate Choices</u> Vegetarian Chili Whole Wheat Roll Mixed Greens/Raspberry Vinaigrette Chocolate Mousse/Whipped Topping/Chocolate Drizzle	French Onion Soup Greek Chicken Pita Tomato Basil Salad Pineapple Tidbits  <u>Alternate Choices</u> Beef Macaroni Minted Peas Jelly Poke Cake	Garden Vegetable Soup Spicy Pork Sandwich with Peach Salsa Caesar Salad Yogurt Berry Parfait  <u>Alternate Choices</u> Egg Salad Plate(Egg Salad/WW Roll/ Red Beet Citrus Salad) Cream Puff	Scotch Broth Cheese Strata Broccoli Apple Brown Betty  <u>Alternate Choices</u> Salmon Salad on a Croissant Four Bean Salad Caramel Custard
M A I N M E A L	Orange Juice Chicken Bruschetta Alfredo Linguine Snap Peas Pineapple Chiffon Pie  <u>Alternate Choices</u> Grilled Haddock with Dill Sauce Mashed Potatoes Glazed Carrots Fruit Cocktail	Blended Juice Shepherd's Pie/Gravy Garden Blend Vegetables Cheese Cake/Fruit Topping  <u>Alternate Choice</u> Vegetable and Tofu Jambalaya Seasoned Spinach Apricot Halves	Orange Juice Turkey Cranberry Casserole Asparagus Raspberry Pink Dessert  <u>Alternate Choices</u> Pork Drummies/Balsamic Cream Sauce Oven Brown Potatoes Herb Roasted Tomatoes Warm Cinnamon Baked Apple	V-8 Vegetable Cocktail Pepper Steak Mashed Potatoes Roasted Butternut Squash Vanilla Caramel Cake  <u>Alternate Choices</u> Irish Stew with Red Potatoes and Vegetables (Alt. Veg Brussel Sprouts) Pear Halves	Cranberry Cocktail Apple Braised Pork Chop Parslied Noodles Spiced Yams Lemonicious Lemon Bar  <u>Alternate Choices</u> Krunchie Perch/Tartar Sauce Pinwheel Wedges PEI Blend Vegetables Peach Cobbler	Apple Juice Paprika Chicken/Gravy Baby Potatoes Fancy Blend Vegetables Chocolate Cake  <u>Alternate Choices</u> Lasagna Garlic Bread Chef's Salad/Dressing Stewed Rhubarb	Tomato Juice Baked Ham/Honey Grilled Pineapple Ring Scalloped Potato Roasted Fall Vegetables Five Fruit Pie  <u>Alternate Choices</u> Turkey Cacciatore Seasoned Rice Mexican Corn Sliced Melon

WEEK 3 FALL/WINTER 2008/2009

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# SAMPLE MENU “REGULAR” WEEK AT A GLANCE

WEEK 4 WEEK OF: \_\_\_\_\_

NOTE: Prune Juice and Stewed Prunes are available every Breakfast.

Offer Whole Wheat Bread/Soaked Whole Wheat Bread at Lunch and Dinner. Crackers served at lunch.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Pineapple Juice Cream Of Wheat Cheddar Cheese Buttered WW Toast <u>Alternate Choices</u> Cantaloupe Wedges Assorted Cold Cereal Peanut Butter Buttered English Muffin	Orange Juice Hot Oatmeal Boiled Egg Buttered Raisin Toast <u>Alternate Choices</u> Pear Wedges Assorted Cold Cereal Peanut Butter Buttered WW Toast	Blended Juice Cream Of Wheat Scrambled Egg Buttered WW Toast <u>Alternate Choices</u> Banana Assorted Cold Cereal Fruit Yogurt Buttered Raisin Toast	Cranberry Cocktail Hot Oatmeal Cheddar Cheese Buttered English Muffin <u>Alternate Choices</u> Apple Wedges Assorted Cold Cereal Fruit Yogurt Buttered WW Toast	Blended Juice Cream Of Wheat Poached Egg Buttered WW Toast <u>Alternate Choices</u> Pear Wedges Assorted Cold Cereal Peanut Butter Buttered Raisin Toast	Pineapple Juice Hot Oatmeal Boiled Egg Buttered English Muffin <u>Alternate Choices</u> Orange Wedges Assorted Cold Cereal Breakfast Sausage Buttered WW Toast	Blended Juice Cream Of Wheat French Toast/Syrup Bacon <u>Alternate Choices</u> Apple Wedges Assorted Cold Cereal Cheddar Cheese Buttered WW Toast
L I G H T	Ginger Butternut Squash Soup Sausage on a Multigrain Bun Sauerkraut Vegetable Salad Winter Fruit Cup <u>Alternate Choices</u> Herbed Omelet Tossed Salad/Dressing Peach Mousse/Whipped Topping with Peach Slice	Corn Chowder Stuffed Peppers Buttered Green Peas and Baby Onions Baked Apple Slices <u>Alternate Choices</u> Cheese Fruit Plate( Pineapple & Peaches) Lemon Poppysed Loaf Triple Berry Crumble Bar	Split Pea Soup Mini Sub Coleslaw Pineapple Tidbits <u>Alternate Choices</u> Crab Cakes/Tartar Sauce Pasta Salad Cucumber and Tomato Salad Carrot Cake/Cream Cheese Icing	Cream Of Chicken Soup Pulled Pork Sandwich Sweet Potato Fries Sliced Pears with Chocolate Sauce <u>Alternate Choices</u> Tomato, Pepper and Cheese Quiche Caesar Salad/Dressing Vanilla Tart with Mandarin Sections	Mushroom Onion Soup Chicken Salad Plate (Cranberry Orange Chicken Salad, Red Bean & Rice Salad & WW Roll) Frozen Berries/Whipped Topping <u>Alternate Choices</u> Tuna Penne Bake Seasoned Broccoli Ice Cream Sundae	Navy Bean Soup Corned Beef Sandwich On Rye/Dill Pickle Apple Zucchini Slaw Diced Cantaloupe <u>Alternate Choices</u> Cheese Ravioli with Marinara Sauce Spinach Salad Lime Sherbet	Cream Of Cauliflower Soup Turkey Burger Sliced Tomatoes and Lettuce/Mayonnaise Waldorf Salad Citrus Fruit Cup <u>Alternate Choices</u> Perogies with Onions and Sour Cream/Pork Souvlaki Corn Niblets Jelly Jewels/Whipped Topping
M E A I N	White Grape Juice Hawaiian Cod Fillet Risotto Snap Peas Mandarin Orange Sections <u>Alternate Choices</u> Veal Pizaolio Roasted Potato Seasoned Spinach Lemon Cream Cake	V-8 Vegetable Cocktail Chicken Kiev/Gravy Garlicy Mashed Potato Southwestern Blend Vegetables Snappy Pumpkin Dessert <u>Alternate Choices</u> Cottage Roll/Apricot Glaze O'Brien Potatoes Parslied Cauliflower Warm Fruit Compote	Orange Juice Swiss Steak Italienne Baked Potato/Sour Cream Brussel Sprouts Rice Pudding/Whipped Topping/Cinnamon Sprinkles <u>Alternate Choices</u> Turkey Pot Pie Mashed Potatoes/Gravy Diced Turnip Brandied Peach Slices	Pineapple Juice <u>Resident's Choice</u> <u>Alternate Choices</u> Creamy Meatballs with Mushrooms Buttered Egg Noodles Julienne Carrots Warm Fruit Crisp	Apple Juice Beef and Vegetable Stew with Warm Cheese Tea Biscuit (Alt. Veg Winter Blend Vegetables ) Iced Banana Cake <u>Alternate Choices</u> Deville Pork Chops Mashed Potatoes/Gravy Buttered Parsnips Apricots	White Grape Juice Sweet & Sour Chicken Balls Asian Fried Rice Oriental Vegetables Chocolate Bread Pudding/Custard Sauce <u>Alternate Choices</u> Baked Salmon Loin / Yogurt Herb Lemon Sauce Asparagus Mashed Potatoes Fruit Cocktail	V-8 Vegetable Cocktail Roast Beef/Horseradish Yorkshire Pudding Mashed Potatoes/Gravy Whipped Squash Blueberry Pie <u>Alternate Choices</u> Fruity Lamb Chop Baby Red Potatoes French Style Green Beans Banana

WEEK 4 FALL/WINTER 2008/2009

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