

REGULAR WEEK AT A GLANCE
Spring/Summer 2020
 Spring/Summer 20

Week3: May 4 to May 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Pineapple Juice</i>	<i>*Cranberry Cocktail</i>	<i>*Apple Juice</i>	<i>*Orange Juice</i>	<i>*Pineapple Juice</i>	<i>*Cranberry Cocktail</i>	<i>*Orange Juice</i>
Fresh Banana Cream of Wheat Breakfast Sausage Oatmeal Muffin	Diced Melon Hot Oatmeal Boiled Egg Toasted Buttered Whole Wheat English Muffin	Apple Wedges Cream of Wheat Cheese Omelet Buttered Raisin Toast	Tropical Fruit Salad Hot Oatmeal Poached Egg Lemon Cranberry Muffin	Peeled Orange Wedges Cream of Wheat Scrambled Eggs Toasted Buttered Whole Wheat English Muffin	Pear Wedges Hot Oatmeal Assorted Cheese Buttered Raisin Toast	Assorted Fresh Fruit Cream of Wheat Bacon Fried Egg Buttered Whole Wheat Toast
Assorted Fresh Fruit Fruit Yogurt Cold Assorted Cereal Peanut Butter Buttered Whole Wheat Toast	Assorted Fresh Fruit Cold Assorted Cereal Peanut Butter Buttered Whole Wheat Toast	Assorted Fresh Fruit Cold Assorted Cereal Peanut Butter Buttered Whole Wheat Toast	Assorted Fresh Fruit Cold Assorted Cereal Peanut Butter Buttered Whole Wheat Toast	Assorted Fresh Fruit Cold Assorted Cereal Peanut Butter Buttered Whole Wheat Toast	Assorted Fresh Fruit Fruit Yogurt Cold Assorted Cereal Peanut Butter Buttered Whole Wheat Toast	Cold Assorted Cereal Peanut Butter
<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>
LUNCH						
<i>*Chicken Gumbo</i>	<i>*Cream of Cauliflower Soup</i>	<i>*Roasted Tomato and White Bean Soup</i>	<i>*Hearty Vegetable Soup</i>	<i>*Cream of Asparagus Soup</i>	<i>*Beef Noodle Soup</i>	<i>*Clam Chowder</i>
Mini Submarine Sandwich Country Style Tomato Salad Fresh Orange Peeled	Pancakes with Syrup Peameal Bacon Baked Apple Cinnamon Slices Mixed Berries	Chopped Asian Chicken Entree Salad Garlic Breadstick Mandarin Orange Sections	Cheese Dreams Chilled Dill Cucumber Salad Diced Melon	All Dressed Pizza Green Salad with Herb Dressing Crushed Pineapple	Veal on a Bun with Dijon Mayonnaise Wax Beans with Green Peppers Stewed Rhubarb	Honey Garlic Chicken Wings(3) Potato Wedges Dill Pickle Watermelon Wedges
Garden Quiche Green Peas Whole Wheat Bread Margarine Cappuccino Mousse	Havarti Cheese Sandwich on Rye Balsamic Garden Salad Nanaimo Bar	Fish Nuggets/Tartar Sauce French Fries/Ketchup Creamy Coleslaw Vanilla Pudding & Topping	Turkey and Swiss on Multigrain w/ Cranberry Mayo Tossed Salad with Italian Dressing Blueberry Oatmeal Square	Ham Salad Potato Salad Gherkin Pickles Ice Cream Sundae	Egg Salad on a Croissant Mediterranean Salad Ambrosia	Tuna Salad Sandwich Filling Pasta Primavera Salad Tomato Slices Caramel Pecan Brownie
		<i>*Whole Wheat Bread</i> <i>*Margarine</i>				
DINNER						
<i>*Tomato Juice</i>	<i>*V-8 Vegetable Cocktail</i>	<i>*Tomato Juice</i>	<i>*V-8 Vegetable Cocktail</i>	<i>*Tomato Juice</i>	<i>*V-8 Vegetable Cocktail</i>	<i>*Tomato Juice</i>
Grilled Bologna Steamed Spinach Hashbrown Casserole Warm Rhubarb Crisp	Chicken Swiss Parslied Boiled Potatoes Steamed Corn Cherry Cake	Beef Rigatoni Montego Mix Vegetables Key Lime Pie	Sweet and Sour Pork Chop Seven Grain Rice Vegetable Medley Assorted Cupcakes	Hamburger Stroganoff with Egg Noodles Roasted Beets Berry Lemon Bread Pudding	Lemon Ginger Spiced Chicken Thigh Lyonnaise Potatoes Pearl Harvest Blend Vegetables Iced Carrot Cake	Roast Beef Gravy Horseradish Mashed Potato French Green Beans Strawberry Champagne Cheesecake
Italian Herb Crumble Fish Cheese Tea Biscuit Brussels Sprouts Apricot Halves	Pork and Vegetable Stew Buttermilk Scone Mashed Turnip Diced Peaches	Turkey Schnitzel with Cranberry Sauce Poultry Gravy Country Diced Potatoes Asparagus Fruit Cocktail	Bean and Vegetable Casserole Warm Garlic Bun Whipped Squash Diced Pears	Citrus Peppercorn Tilapia Rice Pilaf Herbed Zucchini Fresh Banana	Zesty BBQ Pork Loin Buttered Dinner Roll Broccoli and Cheese Sauce Mango	Scalloped Turkey Casserole Buttered Dinner Roll Mashes Parsnips Chocolate Mousse Cake
<i>*Whole Wheat Bread</i> <i>*Margarine</i>	<i>*Whole Wheat Bread</i> <i>*Margarine</i>	<i>*Whole Wheat Bread</i> <i>*Margarine</i>	<i>*Whole Wheat Bread</i> <i>*Margarine</i>		<i>*Whole Wheat Bread</i> <i>*Margarine</i>	<i>*Whole Wheat Bread</i> <i>*Margarine</i>

Meal Notes: WW Bread offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast. Banana or 3 prunes available every day at Breakfast. 250 ml Milk is offered at Breakfast, 125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion) are offered at Breakfast, Lunch & Dinner. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Note: *I indicates standard menu items that are offered with all choices
 BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
 MENU PERSONALIZED BY: John M. Parrott Center