

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

Week1: April 20 to April 26

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|---|--|
| BREAKFAST | | | | | | |
| <i>*Apple Juice</i> | <i>*Orange Juice</i> | <i>*Pineapple Juice</i> | <i>*Cranberry Cocktail</i> | <i>*Apple Juice</i> | <i>*Orange Juice</i> | <i>*Pineapple Juice</i> |
| Green Seedless Grapes Hot Oatmeal Boiled Egg Fruit Extreme Muffin | Peeled Orange Wedges Cream of Wheat Assorted Cheese Buttered Whole Wheat Toast | Fresh Banana Hot Oatmeal Scrambled Eggs Carrot Muffin | Apple Wedges Cream of Wheat Cheese Omelet Buttered Raisin Toast | Diced Melon Hot Oatmeal French Toast Maple Syrup Fruit Yogurt | Pear Wedges Cream of Wheat Breakfast Sausage Morning Glory Muffin | Assorted Fresh Fruit Hot Oatmeal Fried Egg Bacon Buttered Whole Wheat Toast |
| Assorted Fresh Fruit Cold Assorted Cereal Peanut Butter Buttered Whole Wheat Toast | Assorted Fresh Fruit Cold Assorted Cereal Peanut Butter Fruit Yogurt | 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 | 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>*Cream of Tomato Soup</i> | <i>*Lentil & Roasted Garlic Soup</i> | <i>*Potato and Leek Soup</i> | <i>*Creamy Vegetable Soup</i> | <i>*Homemade Tomato Macaroni Soup</i> | <i>*Cream of Mushroom</i> | <i>*Minestrone Soup</i> |
| Grilled Summer Vegetable Omelet Marinated Asparagus Salad Buttered Toast Points Crushed Pineapple | Macaroni and Cheese Green Peas Tropical Fruit Salad Whole Wheat Bread Margarine | Sliced Beef Rice and Broccoli Salad Plate Stewed Rhubarb | Southwestern Turkey Chili Warm Cornmeal Muffin Cucumber Salad Diced Peaches | Cottage Cheese Fruit Salad Plate Green Seedless Grapes | Sliced Egg, Potato Salad and Sliced Beet Plate Fresh Banana | Sloppy Joe on a Warm Bun Wax Beans with Green Peppers Fresh Orange Peeled |
| BBQ Chicken Sandwich Filling Mini Pita Roasted Corn Salad Southern Banana Pudding with Whipped Topping | Deli Meat on Marble Rye Herbed Mayonnaise Creamy Coleslaw Butter Tart | Pulled Pork Sandwich on a Kaiser Buttered Bistro Blend Vegetables Strawberry Mousse | Tuna Salad Sandwich Carrot Raisin Salad Tiramisu Parfait | Hamburger on a Warm Bun Tomato Slices Sliced Onions Italian Summer Salad Pineapple Square | Grilled Cheese Sandwich Ketchup Tossed Salad with Italian Dressing Fruity Layered Dessert | Ham Salad Mini Croissant Romaine Salad with Ranch Dressing Assorted Ice Cream |
| 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> |
| Apple Glazed Pork Ribettes Potato Wedges California Blend Vegetables Vanilla Bean Dream Cake | Perogy Lasagna Italian Blend Vegetables Creme Caramel | Garlic Braised Drumstick Mashed Potato Nicoise Green Beans French Cream Cheesecake/drizzle | Baked Ham Scalloped Potatoes Steamed Spinach Strawberries and Cream Pie | Tomato Basil Cod Herbed Oven Roasted Potatoes Sautéed Peppers with Onions Chocolate Cake | Texas Chicken Long Grain Rice Brussels Sprouts Black Forest Cobbler | Roast Turkey with Cranberry Sauce Poultry Gravy Traditional Stuffing Mashed Potato Juliened Carrots Blueberry Pie |
| Oriental Beef Seasoned Rice Sautéed Zucchini Diced Pears | Mediterranean Haddock Dijon Roasted Potatoes Roasted Squash Strawberries | Irish Stew Buttermilk Tea Biscuit Glazed Parsnips Diced Melon | Veal Scallopini Warm Garlic Bun Roasted Cauliflower Fruit Cocktail | Pork Chop Slow Cooked in Mushroom Onion Sauce Barley Pilaf PEI Blend Vegetables Mixed Berries | Beef Liver with Bacon/Onions/Gravy Franconia Potatoes Broccoli and Cheese Sauce Apricot Halves | Salmon in Cucumber Dill Sauce Bakery Roll Asparagus Watermelon Wedges |
| <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> | <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: * 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