

REGULAR WEEK AT A GLANCE
Spring/Summer 2020

Week1: May 11 to May 17

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 Assorted Cheese Fruit Extreme Muffin	Peeled Orange Wedges Cream of Wheat Boiled Egg 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>
Summer Vegetable Omelet Asparagus Buttered Toast Points Crushed Pineapple	Macaroni and Cheese Green Peas Tropical Fruit Salad Whole Wheat Bread Margarine	Sliced Beef Orzo 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 Cucumber and Tomato Salad Southern Banana Pudding with Whipped Topping	Deli Meat on Rye with 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 Mousse & Topping	Hamburger on a Warm Bun Tomato Slices Sliced Onions Caesar Salad Pineapple Square	Grilled Cheese Sandwich Ketchup Tossed Salad with Italian Dressing Lime Jello	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 Caramel Custard	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 Sauteed 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 Sauteed Zucchini Diced Pears	Mediterranean Haddock Parslied Boiled Potatoes Whipped Squash Watermelon Wedge	Irish Stew Buttermilk Tea Biscuit Mashed 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 Buttered Dinner Roll Asparagus Strawberries
<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

REGULAR WEEK AT A GLANCE
Spring/Summer 2020

Week2: May 18 to May 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Cranberry Cocktail</i>	<i>*Apple Juice</i>	<i>*Orange Juice</i>	<i>*Pineapple Juice</i>	<i>*Cranberry Cocktail</i>	<i>*Apple Juice</i>	<i>*Orange Juice</i>
Fresh Banana Cream of Wheat Boiled Egg Apple Cinnamon Muffin	Peeled Orange Wedges Hot Oatmeal Cheese Omelet Toasted Buttered Whole Wheat English Muffin	Green Seedless Grapes Cream of Wheat Poached Egg Buttered Raisin Toast	Diced Melon Hot Oatmeal Scrambled Eggs Raspberry Muffin	Pear Wedges Cream of Wheat Waffles and Syrup Fruit Yogurt Buttered Whole Wheat Toast	Tropical Fruit Salad Hot Oatmeal Assorted Cheese Bran Muffin	Assorted Fresh Fruit Cream of Wheat Fried Egg Bacon 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	Assorted Fresh Fruit Fruit Yogurt Cold Assorted Cereal Peanut Butter Buttered Whole Wheat Toast	Cold Assorted Cereal Peanut Butter Toasted Buttered English Muffin
<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 Broccoli Soup</i>	<i>*Carrot Ginger Soup</i>	<i>*Beef & Barley Soup</i>	<i>*Italian Wedding Soup</i>	<i>*French Canadian Pea Soup</i>	<i>*Roasted Summer Tomato Soup</i>	<i>*Heartland Bean Medley Soup</i>
Pork Drummies Macaroni Salad Balsamic Garden Salad Strawberry Rhubarb Compote	Turkey Salad Sandwich on 12 Grain Bread Southwest Salad Tropical Fruit Salad	Savoury Tuna Delight Green Peas Diced Pears Whole Wheat Bread	Crustless Cottage Cheese Spinach Quiche Green Salad with Herb Dressing Mixed Berries Whole Wheat Bread Margarine	Hot Dog/Warm Bun Diced Onions Potato Salad Stewed Rhubarb	Egg Salad Sandwich Greek Pasta Salad Fresh Orange Peeled	Salmon Salad Filling Buttered White Dinner Roll Sunshine Salad Fresh Banana
Cheddar Cheese Fruit Blueberry Loaf Salad Plate Gelatin Jewels and Topping	Sausage and Peppers with Italian Biscuit Topping Caesar Salad Chocolate Butter Tart	Cobb Salad Garlic Breadstick Creamy Rice Pudding	Sliced Beef Sandwich 7 Grain Salad Spring Bars	Turkey and Swiss on Multigrain w/ Cranberry Mayo Tossed Salad with Italian Dressing Butterscotch Pudding	Chicken Dippers (3) Plum Sauce Country Cut Fries Tomato Slices Rice Krispie Square	Cabbage Roll Glazed Carrots Ice Cream Sandwich
	<i>*Whole Wheat Bread</i> <i>*Margarine</i>	<i>*Margarine</i>				<i>*Whole Wheat Bread</i> <i>*Margarine</i>
DINNER						
<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>	<i>*V-8 Vegetable Cocktail</i>
Veal Parmigiana Buttered Egg Noodles Seasoned Spinach Iced Maple Cake	Baked Tilapia Buttered White Dinner Roll Montego Mix Vegetables Raspberry Crisp	Stuffing Topped Chicken Pot Pie Poultry Gravy Savoury Zucchini Buttered White Dinner Roll Banana Cream Pie	Tangy Orange Pork Chop Mashed Potato Broccoli and Cauliflower Polonaise Hawaiian Wedding Cake	Chicken and Dumplings Garden Blend Vegetables Peach Flan	Roast Beef with Gravy Gravy Oven Browned Potatoes Mexican Corn Strawberry Shortcake	Roast Pork Brown Gravy Scalloped Potatoes Whipped Squash Forest Fruit Pie
Chicken Stew Warm Yorkshire Pudding Herbed Green Beans Apricot Halves	Salisbury Steak with Gravy Baked Potato Sour Cream Roasted Beets Watermelon Wedges	Meat Loaf with Gravy Oven Roasted Potatoes Asparagus Baked Apples	Shrimp Stir Fry Rice Pilaf Brussels Sprouts Fruit Cocktail	Onion Lemon Baked Fish Baby Red Potatoes Sugar Snap Peas Fresh Blueberries	Vegetarian Lasagna Mixed Greens/Cucumber Dressing Diced Melon	Lemon Rosemary Chicken Buttered White Dinner Roll Broccoli and Cheese Sauce Sliced Peaches
<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: *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

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

Week3: May 25 to May 31

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 Toasted Buttered English Muffin
<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 Bacon Baked Apple Cinnamon Slices Mixed Berries	Chopped Asian Chicken Entree Salad Garlic Breadstick Diced Peaches	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 Pasta Salad Spinach Mushroom Salad/Ranch Dressing Blueberry Oatmeal Square	Ham Salad Buttered White Dinner Roll 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>
Beef Rigatoni Montego Mix Vegetables Warm Rhubarb Crisp	Chicken Swiss Parslied Boiled Potatoes Whipped Squash Cherry Cake	Grilled Bologna Hashbrown Casserole Steamed Spinach Key Lime Pie	Sweet and Sour Pork Chop Mashed Potato Vegetable Medley Assorted Cupcakes	Hamburger Stroganoff Buttered Egg Noodles Roasted Beets Berry Lemon Bread Pudding	Lemon Ginger Spiced Chicken Thigh Lyonnaisse Potatoes Pearl Harvest Blend Vegetables Iced Carrot Cake	Roast Beef Gravy Horseradish Mashed Potato French Green Beans Peach Pie
Italian Herb Crumble Fish Cheese Tea Biscuit Brussels Sprouts Apricot Halves	Pork and Vegetable Stew Buttermilk Scone Mashed Turnip Mandarin Orange Sections	Turkey Schnitzel with Cranberry Sauce Poultry Gravy Country Diced Potatoes Asparagus Fruit Cocktail	Vegetable Garden Burger Tomato Slices Diced Onion Buttered Corn 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 Mashed Parsnips Tropical Fruit Salad
<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.

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