

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>*Cream of Tomato Soup</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 Cobbler | 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 Lyonnaise 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 Buttermilk Biscuit 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.

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