

REGULAR WEEK AT A GLANCE
Spring/Summer 2020

Week2: June 29 to July 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
*Cranberry Cocktail	*Apple Juice	*Orange Juice	*Pineapple Juice	*Cranberry Cocktail	*Apple Juice	*Orange Juice
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 Montreal Style Bagel with Cream Cheese	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
*Jam	*Jam	*Jam	*Jam	*Jam	*Jam	*Jam
LUNCH						
*Cream of Broccoli Soup	*Carrot Ginger Soup	*French Canadian Pea Soup	*Italian Wedding Soup	*Beef Barley Soup	*Roasted Summer Tomato Soup	*Heartland Bean Medley Soup
Pork Drummies Macaroni Salad Balsamic Garden Salad Strawberry Rhubarb Compote	Turkey Salad Sandwich on 12 Grain Bread Southwest Salad Tropical Fruit Salad	Pancakes with Maple Syrup Peameal Bacon Baked Apple Cinnamon Slices Diced Pears	Crustless Cottage Cheese Spinach Quiche Garden Salad with 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	BBQ Hamburger with Sliced Tomato and Onion Caesar Salad Neapolitan Ice Cream	Montreal Smoked Meat on Rye Garden Salad Dill Pickle Nanaimo Bar	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 Sliced Tomato Rice Krispie Square	Cabbage Roll Glazed Carrots Ice Cream Sandwich
	*Whole Wheat Bread *Margarine	*Margarine				*Whole Wheat Bread *Margarine
DINNER						
*V-8 Vegetable Cocktail	*Tomato Juice	*V-8 Vegetable Cocktail	*Tomato Juice	*V-8 Vegetable Cocktail	*Tomato Juice	*V-8 Vegetable Cocktail
Veal Parmigiana Buttered Egg Noodles Seasoned Spinach Iced Maple Cake	Baked Tilapia Buttered White Dinner Roll Montego Mix Vegetables Raspberry Crisp	Tourtiere Pork Gravy Baked Beans Buttered White Dinner Roll Butter Tart	Tangy Orange Pork Chop Mashed Potato Broccoli and Cauliflower Polonaise Strawberry Shortcake	Chicken and Dumplings Niagara Blend Vegetables Peach Flan	Roast Beef with Gravy Gravy Oven Browned Potatoes Mexican Corn Hawaiian Wedding Cake	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	Cedar Plank Salmon Oven Roasted Potatoes Asparagus Diced Peaches	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
*Whole Wheat Bread *Margarine	*Whole Wheat Bread *Margarine	*Whole Wheat Bread *Margarine	*Whole Wheat Bread *Margarine	*Whole Wheat Bread *Margarine	*Whole Wheat Bread *Margarine	*Whole Wheat Bread *Margarine

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