

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

Week3: July 6 to July 12

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 Whole Wheat Bagel w/ Cream Cheese	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>*Iced Tea</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	BBQ Hot Dog on a Bun with Diced Onions Chilled Dill Cucumber Salad Diced Melon	All Dressed Pizza Garden Salad with 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 Very Berry 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 Potato Salad Gherkin Pickles Buttered White Dinner Roll Ice Cream Sundae	Egg Salad on a Croissant Mediterranean Salad Ambrosia	Tuna Salad Sandwich Filling Pasta Primavera Salad Sliced Tomato 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 Tips In Gravy Mashed Potato 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 Chicken Thigh Lynnnaise Potatoes Pearl Harvest 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 Sliced Tomato Diced Onion Buttered Corn Diced Pears	Baked Haddock Roasted Baby Potatoes 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