

REGULAR WEEK AT A GLANCE
Spring Summer 2020

Week1: July 13 to July 19

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 Whole Wheat Bagel w/ Cream Cheese	Fresh Banana Hot Oatmeal Scrambled Eggs Carrot Muffin	Apple Wedges Cream of Wheat Cheese Omelet Buttered Raisin Toast	Diced Melon Hot Oatmeal French Toast with 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	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 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>*Lentil & Roasted Garlic Soup</i>	<i>*Potato and Leek Soup</i>	<i>*Creamy Vegetable Soup</i>	<i>*Lemonade</i>	<i>*Cream of Mushroom</i>	<i>*Minestrone Soup</i>
Summer Vegetable Omelet Asparagus Buttered Toast Points Crushed Pineapple	BBQ Sausage on a Bun with Sauerkraut Creamy Coleslaw Tropical Fruit Salad	Sliced Beef, Pasta Salad, and Broccoli Salad Plate Stewed Rhubarb	Tuna Salad Sandwich 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 Corn and Cheddar Biscuit Cucumber and Tomato Salad Southern Banana Pudding with Whipped Topping	Macaroni and Cheese Green Peas Whole Wheat Bread Margarine Butter Tart	Pulled Pork Sandwich on a Kaiser Buttered Bistro Blend Vegetables Strawberry Mousse	Chicken Burger on a Bun Lettuce, Sliced Tomato, and Mayo Carrot Raisin Salad Tiramisu Mousse & Topping	Hamburger on a Bun Sliced Tomato and Onion 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 Baked Potato 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	Lemon Pepper Cod Herbed Oven Roasted Potatoes Niagara Blend Vegetables 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