



Spring/Summer Menu

WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|---|---|--|---|
| B R E A K F A S T | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries |
| | Muffin & Yogurt Whole Wheat Toast Asst. Fruit Juices and milk | Scrambled Egg Whole Wheat Toast Asst. Fruit Juices and milk | Pancakes/ Syrup Raisin Toast Asst. Fruit Juices and milk | Hard Boiled Egg Whole Wheat Toast Asst. Fruit Juices and milk | Scrambled Egg Beef Sausage Whole Wheat Toast Asst. Fruit Juices and milk | Waffles/ Syrup Raisin Toast Asst. Fruit Juices and milk | Cheese Omelet Whole Wheat Toast Asst. Fruit Juices and milk |
| L U N C H | Leek & Potato Soup | Cream Of Squash Soup | Lentil Red Pepper Soup | Carrot Dill Soup | Vegetable Noodle Soup | Mexican Bean Soup | New England Clam Chowder |
| | Lamb Vegetable Curry Moong Dal Roti & Rice | Butter Chicken Mushroom Mutter Rice & Roti | Beef Kofta Daal Masoor Rice & Roti | Fish Curry Aloo Mutter Rice & Roti | Egg Curry Paneer Butter Masala Rice & Roti | Sweet & Sour Chicken Vegetable Fried Rice Gobhi Manchurian | Chicken Kadai Chana Dal Rice Roti |
| | <u>Alternate Choices</u> Breaded Haddock & Chips lemon Wedges, Tarter Sauce/ Kale Slaw Tossed Salad | <u>Alternate Choices</u> Creamy Pesto Pasta with Grilled Chicken, Caesar Salad | <u>Alternate Choices</u> Chicken Cordon Bleu Roasted Potatoes, Green Beans, House Salad | <u>Alternate Choices</u> Veal Cutlet w/ Gravy, Mashed Potato, Parslied Carrots | <u>Alternate Choices</u> Crispy Chicken Baked Potato Italian Mixed Vegetables Greek Salad | <u>Alternate Choices</u> Assorted Sandwich | <u>Alternate Choices</u> Ginger Beef California Vegetable Mix Rice Home Salad |
| | Chocolate Tiger Brownie | Butterscotch Pudding | Chocolate Chips Cookies | Apple Pie | Ice Cream | Diced Peach | Cantaloupe |
| S U P P E R | Cranberry Glazed Turkey Breast, Whipped Yams, Garden Mixed Veg | Tuna Salad Plate (tuna salad, potato salad, coleslaw, WW roll) | Beef Teriyaki/Rice Roasted Potatoes | BBQ Pulled Chicken on WW Bun and Cole Slaw | Khichdi, Aloo Curry | Shaved Beef on a Bun Sauteed Onions/Gr & Red Pepper/Tossed Salad | Vegetarian Chili WW Roll Tossed Salad |
| | <u>Alternate Choices</u> Egg Salad Sandwich | <u>Alternate Choices</u> Cheese/Tomato/Cucumber Sandwich / Tossed Salad | <u>Alternate Choices</u> Roast Beef Sandwich Tossed Salad | <u>Alternate Choices</u> Swiss Cheese & Turkey Sandwich Tossed Salad | <u>Alternate Choices</u> Salisbury Steak with Onion, Gravy, Mashed Potato, Green Peas | <u>Alternate Choices</u> Turkey Sandwich | <u>Alternate Choices</u> Egg Salad Sandwich Tossed green Salad |
| | Seasonal Fresh Fruit | Apricots | Mandarin Oranges | Strawberries & Banana | Mango | Rice Pudding | Diced pears |

NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread offered at Lunch and Supper. Four Crackers served at lunch with Soup. Milk and yogurt available at all meals.



Spring/Summer Menu

WEEK 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|---|---|--|
| B R E A K F A S T | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Scrambled Egg Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Pancakes/ Syrup Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Omelet, Hash Browns Raisin Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Muffin Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Waffles/ Syrup Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Scrambled Egg / Beef Sausage Raisin Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Boiled Eggs Whole Wheat Toast Asst. Fruit Juices and milk |
| L U N C H | Beef Barley Soup Beef Curry Vegetable Jalfrezi Roti & Rice <u>Alternate Choices</u> Hot Dog on a Bun Caesar Salad Butter Tart | Chicken Vegetable Soup Egg Curry Baingan Masala Rice & Roti <u>Alternate Choices</u> Baked Chicken Teriyaki With Pineapple Rings Garlic Rice, Mixed Vegetable, Green Salad Peach | Italian Wedding Soup Beef Kofta Aloo Mutter Roti & Rice <u>Alternate Choices</u> Liver & Onion with Gravy Mashed Potatoes, Braised Brussels Sprout Tossed salad Lemon Pudding | Cream Of Potato Soup Fish Curry Roti & Rice <u>Alternate Choices</u> Spaghetti & Meatball Garlic Toast Kale Caesar salad Fruit Cocktail | Split Pea Soup Chicken Tikka Masala Kadai paneer Rice & Roti <u>Alternate Choices</u> BBQ Beef on a Bun Coleslaw, Roasted Potato Tossed Salad Apple and Oranges | Butternut Squash Soup Beef Biryani Mixed Rice & Roti Biryani <u>Alternate Choices</u> Cheeseburger Fries Spring Salad Banana Bread | Cream Of Celery Soup Chicken Chili Vegetable Fried Rice Rice& Roti <u>Alternate Choices</u> Cabbage Rolls Mix Vegetable Dinner Roll House Salad Cantaloupe Chunks |
| S U P P E R | Roasted Rosemary Chicken Thigh & Gravy Mashed Potato Broccoli <u>Alternate Choices</u> Cob Salad Turkey/ Cheese/ Egg Focaccia Bread Mandarin Orange | Cheese Ravioli Marinara Sauce Garlic Toast Caesar salad <u>Alternate Choice</u> Swiss Cheese & Turkey Sandwich Tossed Salad Citrus Fruit Cup | Chicken a la King Savoury Carrot Cheese Biscuit Tossed Salad <u>Alternate Choices</u> Salmon Salad Sandwich Power Mix Salad Banana Bread | Southern Fried Chicken Potato Wedges Mixed Green with Kale <u>Alternate Choices</u> Egg Salad Sandwich Tossed Salad Pumpkin pie | Khichdi Khadi, Pakora <u>Alternate Choices</u> Roast Beef Sandwich Tossed Salad/ Dressing Strawberry Mousse | Chicken Strips/ Plum Sauce Baked Sweet Potato Fries House Salad <u>Alternate Choices</u> Assorted Sandwiches Pineapple | Ginger Chicken Rice Sautéed Vegetables <u>Alternate Choices</u> Turkey/Tomato/Cheese Sandwich Spring Salad Vanilla Ice Cream |

NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread offered at Lunch and Supper. Four Crackers served at lunch with Soup. Milk and yogurt available at all meals.



Spring/Summer Menu

WEEK 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|---|--|--|
| B R E A K F A S T | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Omelette Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries French Toast/ Syrup Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Muffin /Boiled Eggs Raisin Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Scrambled Egg Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Pancakes/ Syrup Beef Sausage Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Scrambled Egg Raisin Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Boiled Egg Whole Wheat Toast Asst. Fruit Juices and milk |
| L U N C H | Chicken Corn Chowder Balti Chicken Aloo Capsicum Roti and Rice <u>Alternate Choices</u> Chicken Pot Pie Mashed Potato Green Beans Mandarin Orange | Vegetable Noodle Soup Saag Beef Chickpea Curry Roti and Rice <u>Alternate Choices</u> Hamburger/ Bun Lettuce/ Tomato Tossed Salad Mango | Tomato Basil Soup Fish Curry Gobhi Matar Roti & Rice <u>Alternate Choices</u> Roast Beef/Gravy and Scalloped Potato Sauteed Vegetables Lemon Cake | Leek and Potato Soup Chicken Curry Jeera Aloo Roti & Rice <u>Alternate Choices</u> Greek Chicken Greek Lemony Potatoes Greek Salad Jell-0 with Peaches | Cream Of Squash Soup Chicken chow mein Veg Chow mein <u>Alternate Choices</u> Turkey Sandwich Greek Salad Watermelon | Lentil Red Pepper Soup Keema Matar Aloo Gobhi Roti & Rice <u>Alternate Choices</u> Beef Stew Soft Dinner Bun Orange | Carrot Dill Soup Beef Biryani Mixed Vegetable Biryani Raita <u>Alternate Choices</u> Chicken Penne Garlic Toast Diced Carrots Banana |
| S U P P E R | Beef Sausage/Onion Perogies/ Sour Cream Braised Red Cabbage <u>Alternate Choices</u> Egg Salad Sandwich Tossed Salad Strawberry Sunday | Khichdi Aloo Curry <u>Alternate Choices</u> Cobb Turkey Salad Sandwich Tricoloured Coleslaw Rice Pudding | Beef Lasagna Garlic Toast Italian Salad <u>Alternate Choices</u> Chef's Salad w/ Lettuce Hard Boiled Egg, Turkey, Tomato & Cheese Cantaloupe | Herb Crusted Fish Lemony Orzo Green Beans <u>Alternate Choices</u> Roast Beef Sandwich Mixed Green Salad Carrot Cake | Chicken Parmesan Sandwich & Green Salad <u>Alternate Choices</u> Cottage Cheese Fruit Plate (Banana Bread, Peaches, Pears) Chocolate Chip Cookie | Roast Beef/Gravy Mashed Potato Harvest Vegetables <u>Alternate Choices</u> Egg Salad Sandwich Tossed Salad Butter Tart | Baked Rosemary Chicken/ White Gravy Roast Potato Green Peas <u>Alternate Choices</u> Salmon Salad Sandwich Tossed Salad Peaches |



Spring/Summer Menu

WEEK 4

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|--|--|---|
| B R E A K F A S T | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Scrambled Egg Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Muffin / Beef Sausage Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Boiled Egg Raisin Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Omelet Hash Browns Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Waffles/ Syrup Whole Wheat Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Scrambled Egg Raisin Toast Asst. Fruit Juices and milk | Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries Pancakes/ Syrup Whole Wheat Toast Asst. Fruit Juices and milk |
| L U N C H | Wicked Thai Curry Soup Chicken Chili Gobhi Manchurian Vegetable Fried Rice <u>Alternate Choices</u> Roast Beef & Gravy Mashed Potato Stir Fry Vegetable Tossed Salad Caramel Cake | Vegetable Barley Soup Egg Curry Veggie Zalfarezi Rice & Roti <u>Alternate Choices</u> Chicken Stew Whole Wheat Bun Green/ Yellow Beans House Salad Mango | Carrot Ginger Soup Beef Korma Aloo Baingan Rice & Roti <u>Alternate Choices</u> Shepherd's Pie WW Roll Diced Carrots Green Salad Fresh Fruits | Beef Noodle Soup Fish Curry Chana Dal Rice & Roti <u>Alternate Choices</u> BBQ Burger With Lettuce & Tomato, Potato Salad Mandarin Oranges | Chicken Noodle Soup Chicken Tikka Masala/Capsicum Chickpea Curry Roti & Rice <u>Alternate Choices</u> Beef Stew Soft Dinner Roll Pasta Salad Apricots | Potato Vegetable Soup Beef Biryani Mixed Vegetable Biryani Raita <u>Alternate Choices</u> Crispy Chcken Potato Salad Tossed Salad Boston Cream Pie | Sweet Corn Chicken Soup Saag Chicken Paneer Masala Roti & Rice <u>Alternate Choices</u> Teriyaki Beef Stir Fry Steamed Broccoli Rice Tropical Fruit Salad |
| S U P P E R | Teriyaki Chicken Fried Rice Carrots <u>Alternate Choices</u> Veggie Samosas Mixed Green Salad Diced Peaches | Cod Fish Cakes/ Tartar Sauce, Spinach and Mandarin Orange Salad <u>Alternate Choices</u> Salmon Salad sandwich Caramel Cake | Mac & Cheese with Chicken Garlic Toast Caesar Salad <u>Alternate Choices</u> Cob Salad Turkey/Cheese/Egg Cinnamon Baked Apple Slice | Chicken Finger w/ Plum Sauce Sweet Potato Fries Tossed Salad <u>Alternate Choices</u> Egg Salad Sandwich Tomato Slices Diced Melon | Khichdi Palak Aloo <u>Alternate Choices</u> Shrimp Chop Suey Jasmine Rice, Spring Roll Fruit Cocktail | Beef Sausage Fried Onions/ Perogies/ Sour Cream Stir Fried Cabbage <u>Alternate Choices</u> Cheese/ Tomato/ Cucumber Sandwich Tossed Salad Cantaloupe | Cabbage Rolls California Vegetable Mix Parslied Potato <u>Alternate Choices</u> Cold Cut Sandwich Mixed Salad Chocolate Cheesecake |

NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread/Roti available at Lunch and Super. Four Crackers served at lunch with Soup. Milk and yogurt available at all meals.