

**Sample Menu Fall/Winter 2007-08**

**Week 2**

<b>Meal</b>	<b>Monday</b> Oct-15, Nov-12, Dec-10, Jan-7, Feb-4, Mar-3, Mar-31	<b>Tuesday</b> Oct-16, Nov-13, Dec-11, Jan-8, Feb-5, Mar-4, Apr-1	<b>Wednesday</b> Oct-17, Nov-14, Dec-12, Jan-9, Feb-6, Mar-5, Apr-2	<b>Thursday</b> Oct-18, Nov-15, Dec-13, Jan-10, Feb-7, Mar-6, Apr-3	<b>Friday</b> Oct-19, Nov-16, Dec-14, Jan-11, Feb-8, Mar-7, Apr-4	<b>Saturday</b> Oct-20, Nov-17, Dec-15, Jan-12, Feb-9, Mar-8, Apr-5	<b>Sunday</b> Oct-21, Nov-18, Dec-16, Jan-13, Feb-10, Mar-9, Apr-6
<b>B R F S T</b>	Grape Juice Oatmeal Cereal Scrambled Eggs Raisin Bread Toast Strawberries	Peach Juice Oatbran Cereal Poached Egg Peanut Butter Portion Whole Wheat Toast Papaya	Cranberry Juice Cream of Wheat Cereal Plain Yogurt Waffles Grapes	Raspberry Juice Oatbran Cereal Scrambled Eggs Peanut Butter Portion Whole Wheat Toast Banana	Cranapple Juice Red River Cereal Cottage Cheese Crepe Peanut Butter Portion	Citrus 5 Juice Cream of Wheat Cereal Poached Egg Rye Toast Apple Slices	Apple Juice Oatmeal Cereal Fried Egg Sliced Bacon Crumpet Fruit Cocktail
<b>A L T</b>	Cold Cereal	Cold Cereal Stewed Prunes	Cold Cereal Boiled Egg Whole Wheat Toast	Cold Cereal	Cold Cereal Boiled Egg	Cold Cereal	Cold Cereal Whole Wheat Toast
<b>A M</b>	Pineapple Juice	Citrus 5 Juice	Orange Mango Juice	Apple Juice	Orange Juice	Peach Juice	Orange Mango Juice
<b>L U N C H</b>	Potato Dill Soup Chicken Pot Pie Poultry Gravy Mixed Vegetables Apple Slices	Plantation Vegetable Soup Cheese Cannelloni in Alfredo Sauce Green Beans Orange Segments	French Onion Soup Spanish Omelet Multigrain Toast Tomato and Cucumber Salad Fruit Cocktail	Cream of Leek Soup Veal on a Bun Sandwich Mixed Green Salad Plums	Mulligatawny Soup Tuna Waldorf Salad Plate Apricot Halves	Clam Chowder Soup Chicken Fingers Plum Sauce French Fries Tropical Fruit Salad	Homemade Tomato Soup Prime Rib Sandwich Beef Gravy Hot Sliced Beets Papaya
<b>A L T</b>	Ham Sandwich Russian Winter Salad Date Square	Crab Salad Sandwich on Croissant Fruit Slaw Salad Divine Toffee Bar	French Toast Prepared Cheddar Cheese Baby Spinach Salad Raisin Tart	Curried Chickpeas Steamed Rice Seasoned Zucchini Marble Pudding Cake	Perogie Casserole German Style Red Cabbage Dutch Chocolate Ice Cream	Vegetarian Chili Bran Toast Buttered Corn Carrot Cake	Cheese Pizza Whole Wheat Toast Blushing Pear Salad French Cream Cake w/ Blueberry Topping
<b>P M</b>	Orange Mango Juice 2 Bite Caramel Coffee Cake	Apple Juice Spice Snap Cookies	Pineapple Juice Mini Carrot Muffin	Citrus 5 Juice Cherry Turnover	Apple Juice Mini Apple Strudel	Grape Juice Tart Lemon Mini	Raspberry Juice Mini Raspberry Danish
<b>D I N N E R</b>	Homemade Beef Lasagna Caesar Salad Rhubarb Crisp	Turkey Schnitzel O'Brien Potatoes Glazed Carrots Black Forrest Cake	Roast Beef Savoury Potato Wedges Brussel Sprouts Coconut Cream Pie	Apple Baked Pork Chops Parslied Potatoes Diced Turnip Bread Pudding	Turkey Pie Steamed Rice Sauteed Mixed Pepper Pumpkin Pie	Pork Loaf With Cranberry Glaze Paprika Potatoes Lima Beans Flapper Pie	Chicken Rotini w/ Wild Mushroom Sauce Italian Mixed Vegetables Tripleberry Crumble Cake
<b>A L T</b>	Cantonese Pork Rice Pilaf Oriental Mixed Vegetables Banana	Veal Parmesan O'Brien Potatoes Asparagus Spears Pear Halves	Chicken A La King Tea Biscuit Snow Peas Cantaloupe	Baby Perch Baked in White Sauce Parslied Potatoes Mixed Bean Salad Strawberries	Braised Liver Beef Gravy Whipped Potatoes Steamed Cauliflower Honeydew	Spaghetti with Italian Meatballs Spinach with Lemon and Nutmeg Mango	Lemon Thyme Lamb Chops Steamed Sweet Potatoes Parsnips Watermelon
<b>S N K</b>	Peanut Butter & Jam Sandwich	Applespice Loaf with Cream Cheese	Salmon Salad Sandwich	Whole Wheat Pita with Margarine	Digestive Cookies Smoothie	Peanut Butter and Banana Sandwich	Banana Loaf with Cream Cheese

Bread, margarine and/or crackers offered at lunch and dinner

Coffee, tea, water (250mL) and milk offered at each meal and nourishment. If resident chooses not to drink milk, offer 100% fruit juice. (Total milk offered daily = 1 Liter)

