				HARBOUR CARE CEI		
			Fa	III & Winter 2018 - 20	19	
				WEEK 1		
W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
	Milk	Milk	Milk	Milk	Milk	Milk
	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal
	Boiled Egg	Cheddar Cheese	Poached Egg	Yogurt	Cheese Omelet	Peanut Butter
	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Muffin	Buttered WW Toast	Pancakes/Svrup
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Yogurt	Yogurt	Yogurt	Cheese Spread	Yogurt	Yogurt
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
				Buttered WW Toast		Buttered WW Toast
	Chicken Diion	Sweet & Sour Pork	Roof Stow	Seafood Primavera	Meatloaf/Gravy	Stir Fried Chicken w/
	Mashed Potatoes/Gravy	Fried Rice	Beef Stew Homemade Tea Biscuit/butter	-		Stir Fried Rice
	Winter Blend Vegetable	Stir Fried Vegetables	Broccoli	Asparagus Fruit Cocktail	Whipped Potatoes Green Beans	Stir Fried Vegetables
	Dinner Roll/butter	Apricot Halves	Stewed Rhubarb		Pineapple Tidbits	Sliced Peaches
	Diced Honeydew Melon	Apricol Haives				
UNCH	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices
	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal
ļi –						
li li	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices
li li	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello
Į	Harvest Vegetable Soup	Butternut Sauash Soup	Cream of Tomato Soup	Asian Vegetable Beef Soup	Corn Chowder	Barley Soup
<u>II</u>	English Style Fish & Chips/	Sliced Beef Salad Plate	Grilled Cheese Sandwich	Turkey Sandwich w/Cranberry Sauce	BBQ Chicken Slider	Beef Chili
<u>II</u>	Lemon Wedge	(Sliced Beef, Fall Vegetable	Mixed Greens/Balsamic	Tossed Salad/Dressing	Spinach Salad w/Poppyseed	Mixed Vegetables
Ц	Coleslaw	Salad, Potato Salad, Tomato	Vinaigrette	Ginger Spiced Rice Pudding	Dressing	Homemade Biscuit/butter
[]	Warm Peach Crisp	Cucumber Garnish, WW Roll, butter)	Cheese Cake	Dill Pickles	Red Velvet Cake	Blueberry pie
		Ice Cream				
ER						
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Chicken Fingers					
	Chicken Salad, Eqg Salad or Tomato Sandwich	Salmon Salad, Eqg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich

	SUNDAY	
	JUNDAI	
	Apple Juice	
	Milk Oatmeal Cereal	
	Scrambled Eggs	
	Bacon	
	Buttered WW Toast	
	Fruit	
	Alternate Choices	
	Yogurt	
	Assorted Cold Cereal Peanut Butter	
	Charbroiled Steak	
	Baked Potatoes/Sour Cream	
	Brussels Sprouts	
	Watermelon	
	Alternate 1 Choices	
	Chef's Choice Hot Meal	
	Alternate 2 Chaises	-
	Alternate 2 Choices Chef's Choice Vegetable	
	Chicken Salad, Egg Salad or	
ĺ	Tomato Sandwich	
	Variety of Jello	
_		
	Cream of Asparadus Soup Pizza	
	Caesar Salad	
	Vanilla Pudding	
ļ		
	Alternate Choices	
	AILEINALE CIIVILES	
	Chicken Salad, Egg Salad or	
	Tomato Sandwich	

			<u>NEWPORT</u>	HARBOUR CARE CE	NTRE MENU				
				WEEK 2		1			
2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice		
	Milk	Milk	Milk				Milk		
	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Cream of Wheat Cereal		· · · · · · · · · · · · · · · · · · ·
	Cheddar Cheese	Peanut Butter	Scrambled Egg	Yogurt	Omelet	French Toast/Syrup	Breakfast Sausage		
	_	<u> </u>							
$\mathbb{H}$	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Yoaurt	Buttered WW Toast		
A	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit		
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
П	Yogurt	Yogurt	Yoqurt	Penaut Butter	Yoaurt	Buttered WW Toast	Yogurt		
Π.	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal		
	Peanut Butter	Peanut Butter	Peanut Butter		Peanut Butter	Peanut Butter	Peanut Butter		
Ш	Baked Sole with Dill Sauce	Veal Parmesan	Shepherd's Pie/Gravy	Roast Chicken/ Honev Mustard	Salisbury Steak/Beef Gravy	Pork Drummies	Roast Turkey/Gravy/Tangy		
Ш	Buttered Egg Noodles	Baked Baby Potatoes	Dinner Roll/butter	Garlicky Mashed Potatoes	Baked Potatoes	Seasoned Rice	Cranberry Sauce/Dressing		
Ш	Baked Parmesan Tomato	Parsnips	Broccoli	California Blend Vegetables	Italian Mix Vegetables	Harvard Beets	Mashed Potatoes		
	Baked Apple Slices	Sliced Peaches	Cantaloupe	Baked Apple Slices	Diced Peaches	Pears	Italian Mix Vegetables		
							Diced Honevdew Melon		
2	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
	Chef's Choice Asian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal		
$\mathbb{H}$									
$\mathbb{H}$	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices		
$\mathbb{H}$	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable		
$\mathbb{H}$	Chicken Salad, Egg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Eqg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or		
╢	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich		
╢	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello		
┨┠─	Garden Vegetable Soup	Turkey & Wild Rice Soup	Cream of Mushroom Soup	Minestrone Soup	Vegetable Soup	Basil Tomato Soup	Cream of Broccoli Soup		
IT	Deli Meat Sandwich on	Denver Sandwich	Chicken Alfredo w/fettucine	Ham & Cheese on a	Multigrain Fish	Macaroni & Cheese	Vegetable Omelet		
Ħ	Caraway Rye/Mustard	Greek Salad	Peas	Croissant/Mustard/Mayo	Potato Pom Poms	Spinach Salad	Buttered Toast Points		
	Mixed Green Salad	Lemon Mousse	Caramel Bread Pudding	Southwest Salad/Dressing	Carrot Raisin Salad	Pumpkin Cake	Garden Salad/Dressing		
Ĭ	Maple Chocolate Cake	Dill Pickles		Souffle	Butter Tart		Apple Pie		
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
		Grilled Cheese/Egg Sandwich		Egg Salad Croissant	Chicken Fingers				
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or		
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich		
	NOTE: Whole Wheet Breed offered every	lay at Lunch and Diaman Court	a a much a superior at Dimension with C	 					
		day at Lunch and Dinner. Crackers		up.					
		Breakfast. Banana or prunes availa	able everyday at Breakfast						
	125 ml Assorted Juices are offered								
1	250 ml Milk is offered everyday at	Breakfast, 125 ml Milk is offered ev	veryday at Lunch & Dinner						

			<u>NEWPORT</u>	HARBOUR CARE CE	NTRE MENU		
			F	all & Winter 2018-20	19		
				WEEK 3			
W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	С
	Milk	Milk	Milk	Milk	Milk	Milk	
	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	0
	Scrambled Egg	Peanut Butter	Cheddar Cheese	Vegetable Omlette	Yogurt	Sliced Cheese	S
	Buttered WW Toast	Muffin	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Belgian Waffle	
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	But
EAKFA	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	
	Yogurt	Yoaurt	Yoqurt	Yoaurt	Cheese Spread	Yoaurt	
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Asso
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	
		Buttered WW Toast				Buttered WW Toast	
	Chicken Paprika	BBO Spare Ribs	Perogies/Sour Cream	Crispy Chicken	Pork Loin/Apple Braised	Chicken Pot Pie/Gravy	Baked H
	Baked Potatoes/Sour Cream	O'Brian Potatoes	Garlic Sausage	Parslied Potatoes	Stuffing/Gravy	Garlicky Green Beans	Grille
	Turnip	Green Beans	Mixed Vegetables	Carrot	Mashed Potato	Fresh Fruit in Season	Sc
	Tropical Fruit	Tropical Fruit Salad	Mandarin Orange Sections	Honevdew Melon	Brussles Sprouts		Pe
					Pineapple Tidbits		ΑΑ
	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alter
UNCH	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's
	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alter
	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's
	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tosse
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tor
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	
							_ V
	French Onion Soup	Wonton Soup	Beef Barley Soup	Vegetable Chowder	Chicken Noodle Soup	Lentil Soup	Crea
	Shaved Beef Sandwich on	Vegetarian Spring Rolls	Tuna Melt	Lasagna	Veal on a Bun	Fish Nuggets	E
	12 Grain/Mustard	Fried Rice w/ Vegetables	Chef's Salad/Dressing	Breadstick	Spinach Salad	French Fries	WW [
	Cucumber Salad	Caramel Pudding	Lemonicious Lemon Bar	Ceasar Salad	Sticky Toffee Pudding	Parslied Broccoli	
DINN	Dill Pickles			Chocolate Cake		Mixedberry Cobbler	
ER	Carrot Cake/Frosting						
	Alternate Choice	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alte
			Chicken Fingers				1
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tor
	NOTE:						
		day at Lunch and Dinner. Crackers	served everyday at Dinner with So				
		Breakfast. Banana or prunes avail					
	125 ml Assorted Juices are offered						
		Breakfast, 125 ml Milk is offered e	vervday at Lunch & Dinner				
	Side salad with choice of dressing	-					

	SUNDAY	
	Cranberry Juice	
	Milk	
	Oatbran Cereal	
	Scrambled Egg	
	Bacon	
	Buttered WW Toast	
	Fruit	
<u>S</u>	Alternate Choices	
	Yoqurt	
al	Assorted Cold Cereal	
	Peanut Butter	
t		
VV	Baked Ham/mustard/Honey	
าร	Grilled Pineapple Ring	
n	Scalloped Potato	
	Peas and Carrots	
	Apricot Halves	
es	Alternate 1 Choices	
eal	Chef's Choice Hot Meal	
		-
es	Alternate 2 Choices	-
ble	Chef's Choice Vegetable	-
ng	Tossed Salad/Dressing	
ad or	Chicken Salad, Egg Salad or	
	Tomato Sandwich	
	Variety of Jello	
	Cream of Celery Soup	
	Baked Beans	
	WW Dinner Roll/Butter	
	Tossed Salad	
r	Peach Pie	
-		
<u>S</u>	Alternate Choices	
ad or	Chicken Salad, Egg Salad or	
	Tomato Sandwich	
	1	

				HARBOUR CARE CE all & Winter 2018 - 20		
				WEEK 4		
W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
	Milk	Milk	Milk	Milk	Milk	Milk
	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal
_	Poached Egg	Peanut Butter	Scrambled Egg	Sliced Cheese	Peanut Butter	Poached Egg
	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Sausage
EAKFA	Fruit	Fruit	Fruit	Fruit	Fruit	Buttered WW Toast
						Fruit
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
-	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
_	Peanut Butter		Peanut Butter	Peanut Butter		Peanut Butter
	Montreal Spiced Pollock	Chicken Cacciatore	Swedish Meatballs	Beef Bourguignon	Honey Garlic Sausage	Teriyaki Chicken
	Seasoned Rice	Baked Potato/Sour Cream	Mexican Rice	Fettucine	Perogies/Sour Cream/Green	Asian Fried Rice
	Sugar Snap Peas	Green Onions	Julienned Carrots	Mixed Vegetable	Onion	Oriental Blend Vegetables
	Diced Cantaloupe	Buttered Cabbage	Mixed Berries	Watermelon	Broccoli	Stewed Rhubarb
l		Apricot Halves	Plixed Derries	Watermeion	Pears	
ŀ	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices
	Chef's Choice Asian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal
UNCH						
	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices
Ì	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable
Ì	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing
Ì	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or
Ī	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich
ĺ	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello
	French Onion Soup	Cream Of Vegetable Soup	Diion Mushroom Dill Soup	Chicken Rice Soup	Hearty Vegetable Soup	Vegetarian Split Pea Soup
	Peameal BLT Sandwich	Roast Beef Sandwich with Au Jus	Mini Sub	Seafood Ouiche	Fruit Plate	Reuben Sandwich
ļ	Creamy Coleslaw	Tossed Salad	Garden Salad	Harvard Beets	Cottage Cheese	Waldorf Salad
ļ	Strawberry Mousse	Gingerbread Cake	Butterscotch Pudding	Yogurt Cocktail/Fruit	Banana Loaf	Brownies
DINN	Dill Pickles				Caramel Custard	
ER						
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Grilled lettuce, tomato, cheese sandwich			Chicicken Fingers		
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich
	NOTE					
	NOTE:					
		day at Lunch and Dinner. Crackers of Prophysical Panana or prunos availa		up.		
		t Breakfast. Banana or prunes availa	Die everyddy al breaktast			
	125 ml Assorted Juices are offere	<b>F</b>				
	250 ml Milk is offered everyday a	t Breakfast, 125 ml Milk is offered ev	eryday at Lunch & Dinner			
	Side salad with choice of dressing	offered everyday at Lunch				

SUNDAY	
SONDAT	
 Apple Juice	
 Milk	
 Oatmeal Cereal	
 French Toast/Syrup	
 Bacon	
 Fruit	
 Alternate Choices	
 Yoqurt	
Assorted Cold Cereal	
Peanut Butter	
Roast Beef/Horseradish	
Mashed Potatoes/Gravy	
Whole Green & Yellow Beans	
Mandarin Orange Sections	
Alternate 1 Choices	
Chef's Choice Hot Meal	
Alternate 2 Choices	
Chef's Choice Vegetable	
Tossed Salad/Dressing	
Chicken Salad, Egg Salad or	
Tomato Sandwich	
Variety of Jello	
Cream Of Cauliflower Soup	
Chicken Burger/Mayonnaise/	
Lettuce/Tomato	
Potato Wedges	
Pumpkin Pie/Whipped	
Topping	
Alternate Choices	
Chicken Salad, Egg Salad or	
Tomato Sandwich	

				HARBOUR CARE CEN			
			<b>F</b>	all & Winter 2018 - 20 WEEK 5	79		
W5							c
CVV	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	S
	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cran
	Milk	Milk	Milk	Milk	Milk	Milk	
	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Oatb
Į	Boiled Egg	Peanut Butter	Cheddar Cheese	Poached Egg	Yoqurt	Sliced Cheese	Scra
	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Chef's Choice Muffin	
BREA	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Buttere
KFAS		Alternate Chaicea	Alternate Chairea	Alternate Chaices		Alternate Chaicea	Altern
╏╹┟	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Altern
	Yoaurt	Yogurt	Yogurt	Yogurt	Cheese Spread	Yoaurt	
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorte
	Peanut Butter	Peanut Butter		Peanut Butter	Peanut Butter	Peanut Butter	Pear
						Buttered WW Toast	
	Dinoanalo Ham Loaf/mustard	Cpaghatti/Maathalla	Chickon Stow	Corned Reef/Heney Mustard	Calmon/Hallandaica Cauca	Cingar Chickon	Dorte Doo
} }	Pineapple Ham Loaf/mustard	Spaghetti/Meatballs	Chicken Stew	Corned Beef/Honey Mustard	Salmon/Hollandaise Sauce	Ginger Chicken	Pork Roa
	Scalloped Potatoes	Garlic Bread	Home Made Biscuit/butter	Sauce	Roasted Potatoes	Fried Rice	Appl
	Brussel Sprouts	Tossed Salad	Broccoli	Garlic Whipped Potatoes	Parslied Cauliflower	Sitr Fried Vegetables	Mashe
	Apple Sauce	Fresh Fruit in Season	Pears	Glazed Carrots	Fresh Fruit in Season	Tropical Fruit Salad	
				WW Roll			Frui
	Alterrate 1 Chaices			Citrus Fruit Cup	Alterrate 1 Chaises	Alterrate 1 Chaices	
	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alterna
LUNC	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Cł
1 ''	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alterna
1 1	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Ch
ŀ	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed S
ł	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Sala
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomat
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	
-							Varie
	Borscht	Navy Bean Soup	Beef and Barley Soup	Mediterranean Chicken Soup	Chicken Noodle Soup	Cream of Broccoli Soup	Italian V
	Turkey Sausage	Monte Cristo Sandwich	Fish Burger	Ham & Egg Strata	Chicken/Veggie Quesadilla	Beef/BBO Sauce on	Sliced Chi
Ī	Potato Pancake	Spinach Salad	Curly Fries	Tossed Salad	Mexican Rice	a Bun	Garc
	Wax Beans/Tarragon Butter	Ice Cream	Cucumber Salad	Tapioca Pudding	Tomato Salsa/Guacamole	Garden Salad	Dil
DINN	Coconut Tart		Black Forest Cake		Strawberry Jello Cake	Apple Crisp	Bostor
] ER [							
] [	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alterna
ļļ		Grilled Cheese	Chicken Fingers	Vegetarian Omlette			
↓ ↓	Chicken Salad, Eqg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Eqg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Sal
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomat
	NOTE						
	NOTE:	day at Lunch and Dinney Crackard	a company of Dispersivity Ca				
		t Breakfast. Banana or prunes avail	s served everyday at Dinner with So Jable everyday at Breakfast	oup.			
	125 ml Assorted Juices are offered		idbie evelyddy al biedriasi				
		Breakfast, 125 ml Milk is offered e	weryday at Lunch & Dinner				
	Side salad with choice of dressing		everyddy di Lunch & Dinner				

	SUNDAY	
	5611071	
	Cranberry Juice	
	Milk	
	Oatbran Cereal	
		_
	Scrambled Egg	
fin	Bacon	
	Buttered WW Toast	Ì
	Fruit	_
<u>es</u>	Alternate Choices	
		İ
•	Yoqurt	
eal	Assorted Cold Cereal	_
	Peanut Butter	
ct		i
st	l	
	Pork Roast/Pork Gravy/	
		1
	Apple Stuffing	
es	Mashed Potatoes	
d	Peas	
		1
	Fruit Cocktail	-
ces	Alternate 1 Choices	Ī
1eal	Chef's Choice Hot Meal	
206	Alternate 2 Choices	1
<u>ces</u>		
able	Chef's Choice Vegetable	
sing	Tossed Salad/Dressing	
		_
	Chicken Salad, Egg Salad or	
ad or		
ad or	Chicken Salad, Egg Salad or Tomato Sandwich	
ad or	Chicken Salad, Egg Salad or	
ad or า	Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	
ad or า	Chicken Salad, Egg Salad or Tomato Sandwich	
ad or n oup	Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello Italian Wedding Soup	
ad or n oup	Chicken Salad, Eqg Salad or Tomato Sandwich Variety of Jello Italian Wedding Soup Sliced Chicken Sandwich	
ad or n oup	Chicken Salad, Eqg Salad or Tomato Sandwich Variety of Jello Italian Wedding Soup Sliced Chicken Sandwich Garden Salad	
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ad or n oup on on	Chicken Salad, Eqg Salad or Tomato Sandwich Variety of Jello Italian Wedding Soup Sliced Chicken Sandwich Garden Salad Dill Pickles Boston Cream Pie Alternate Choices Chicken Salad, Egg Salad or	

				Il & Winter 2018 - 20	U: DYSPHAGIA SOF 19	<u>L</u>	
				WEEK 1			
W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MONDAI	IOLSDAI	WEDNESDAT	ITIORSDAT		SATURDAT	JUNDAI
Ļ	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
	Milk						
	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal
-	Boiled Egg	Cheddar Cheese	Poached Egg	Yogurt Muffin	Cheese Omelet	Peanut Butter	Scrambled Eggs
REA	Buttered WW Toast Fruit	Buttered WW Toast Fruit	Buttered WW Toast Fruit	Muffin Fruit	Buttered WW Toast Fruit	Pancakes/Syrup Fruit	Buttered WW Toast Fruit
(FAS		I TUIL	TTUIL		I TUIL		
Т	Alternate Choices						
	Yogurt	Yogurt	Yogurt	Cheese Spread	Yogurt	Yogurt	Yogurt
	Assorted Cold Cereal (no bran flakes)	Assorted Cold Cereal (no bran flakes)				Assorted Cold Cereal (no bran flakes)	Assorted Cold Cereal (no bran flakes)
	Peanut Butter	Peanut Butter		Peanut Butter	Peanut Butter	Buttered WW Toast	Peanut Butter
	Chicken Dijon in 1 cm dice	Sweet & Sour Pork w/sauce	Beef Strew	Seafood Primavera	Moatloaf/gravy/	Stir Fried Chicken (1 cm dice) w/	*NO bacon Charbroiled Steak in 1 cm dice
	Mashed Potatoes/Gravy	Fried Rice	Tea Biscuit/Butter	Asparagys	Meatloaf/gravy Whipped Potatoes	Stir Fried Rice	Mashed Potato w/ gravy
	Winter Blend Veggies	Stir Fried Vegetables	Minced Broccoli	Fruit Cocktail	Minced Green Beans	Stir Fried Vegetables	Minced Brussels Sprouts
	WW Roll/Butter	Apricot Halves	Stewed Rhubarb		Crushed Pineapple	Sliced Peaches	Watermelon
	Diced Honevdew Melon						
Ī							
UNCH	Alternate 1 Choices						
	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal					
	Altornato 2 Chaicas	Altornato 2 Chaisas	Altomato 2 Chaicas	Alternate 2 Chaises	Altornato 2 Chaicas	Altornato 2 Chaisas	Altornato 2 Chaicas
	Alternate 2 Choices Chef's Choice Vegetable						
ŀ	Shredded Salad/Dressing						
Ì	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or
	Tomato Sandwich						
	Variety of Jello						
	Harvest Vegetable Soup	Butternut Sauash Soup	Cream of Tomato Soup	Asian Vegetable Beef Sou	Pureed Corn Chowder	Barley Soup	Cream of Asparagus Soup
	English Style Fish & Chips/	Sliced Beef Salad Plate	Grilled Cheese Sandwich	Turkey/Carnberry Sauce Sandwich	BBQ Chicken Slider	Beef Chili	Pizza (cooked soft)
	w/tartar sauce & Lemon Wedge	(Sliced Beef, Shredded Fall	Minced Spinach	Roasted Squash	Minced Brussels Sprouts	Mixed Vegetables	Finely shredded salad w/ceasar
	Coleslaw	Salad, Potato Salad, Tomato	Cheese Cake	Ginger Spiced Rice Pudding	Red Velvet Cake	Homemade Biscuit/butter	dressing
ER	Warm Peach Crisp	Garnish, WW Roll, butter) Ice Cream				Blueberry pie	Vanilla Pudding <b>*No croutons on salad</b>
	Alternate Choices						
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or
	Tomato Sandwich						
	NOTE:						
		ay at Lunch and Dinner. Crackers s		up.			
	125 ml Assorted Juices are offered	Breakfast. Banana or prunes availa	Die everyuay at breakfast				
		Breakfast, 125 ml Milk is offered ev	ervday at Lunch & Dinner				
	230 mi rink is viicieu evei yuay al						

			Fa	II & Winter 2018 - 20	19				
2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice		
П	Milk	Milk	Milk	Milk	Milk	Milk	Milk		
П	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Cream of Wheat Cereal		
$\square$	Cheddar Cheese	Peanut Butter	Scrambled Egg	Yogurt	Omelet	French Toast/Syrup	Breakfast Sausage (1 cm dice)		
	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Fruit	Buttered WW Toast		
	Fruit	Fruit	Fruit	Fruit	Fruit	Yoqurt	Fruit		
(FA	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
	Yogurt	Yoaurt	Yogurt	Peanut Butter	Yogurt	Buttered WW Toast	Yogurt		
Ħ	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)		
H	Peanut Butter		Peanut Butter		Peanut Butter	Peanut Butter	Peanut Butter		
						Buttered WW Toast			
	Baked Sole with Dill Sauce	Veal Parmesan (1 cm dice)	Shepherd's Pie/Gravy	Roast Chicken (1 cm dice)/ Honey Mustard	Salisbury Steak (1 cm dice)/Beef Gravy	Pork Drummies	Roast Turkey (1 cm dice)/Gravy		
		Baked Baby Potatoes		Garlicky Mashed Potatoes	Baked Potatoes	_			
∦	Buttered Egg Noodles Baked Parmesan Tomato	Parsnips	Dinner Roll/butter Minced Broccoli	California Blend Vegetables	Italian Mix Vegetables	Seasoned Rice Harvard Beets	Cranberry Sauce/Dressing Mashed Potatoes		
						_	1		
	Baked Apple Slices (no skins)	Sliced Peaches	Cantaloupe	Baked Apple Slices (no skin)	Diced Peaches	Pears	Italian Mix Vegetables Diced Honeydew Melon		
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
	Chef's Choice Asian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal		
┥┟┼									
İİ	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices		
Π	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable		
	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing		
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or		
Π	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich		
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello		
	Garden Vegetable Soup	Turkey & Wild Rice Soup	Cream of Mushroom Soup	Minestrone Soup	Vegetable Soup	Basil Tomato Soup	Cream of Broccoli Soup		
H	Deli Meat Sandwich on	Scrambled Eggs w/ Ham/Onion	Chicken Alfredo	Ham & Cheese on a	Multigrain Fish w/ sauce	Macaroni & Cheese	Vegetable Omelet		
H	Caraway Rye/Mustard	Buttered WW Toast Points		Croissant/Mustard/Mayo	Potato Pom Poms	Mixed Vegetables	Buttered Toast Points		
∦	Italian Vegetable Mix	PEI Vegetable Mix	Fettucine Peas		Finely Shredded Carrot Salad	Pumpkin Cake	Carrots and Peas		
nn 🗄	Maple Chocolate Cake	Lemon Mousse	Caramel Bread Pudding	Southwest Salad (no corn)/Dressing Souffle	Butter Tart		Apple Pie		
R									
İ	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices Eggsalad Croissant	Alternate Choices	Alternate Choices	Alternate Choices		
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or		
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich		
	NOTE: Nholo Whoat Broad offered every	day at Lunch and Dinner Crackers	convod ovorvdov ot Disport with Co						
		day at Lunch and Dinner. Crackers		uh.					
		t Breakfast. Banana or prunes availa Lovervday at Lunch & Dinner	avie evelyudy di Dreakrast						
	L25 ml Assorted Juices are offered	a everyudy di Lunch & Dinner							

			F	all & Winter 2018-201	.9		
				WEEK 3			
W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranber
Ī	Milk	Milk	Milk	Milk	Milk	Milk	Mi
	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Oatbran
	Scrambled Egg	Peanut Butter	Cheddar Cheese	Vegetable Omlette	Yogurt	Sliced Cheese	Scramb
	Buttered WW Toast	Muffin	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Belgian Waffle w/ Syrup	Buttered V
	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fru
EAKFA	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate
_	Yogurt	Yogurt	Yogurt	Yogurt	Cheese Spread	Yogurt	Yoq
	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cere
	Peanut Butter	Buttered WW Toast	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut
ļ						Buttered WW Toast	
	Chicken Paprika (1 cm dice)	BBO Spare Ribs	Perogies w/ Sour Cream	Chicken (1 cm dice) and Gravy	Pork Loin/Apple Braised (1 cm dice)	Chicken Pot Pie/Gravy	Baked Ham
_	Mashed potato w/gravy	Mashed Potatoes	Garlic Sausage (1 cm dice)	Parslied Potatoes	Stuffing/Gravy	Minced Green Beans	Mustard/Scal
_	Turnips	Minced Green Beans	Mixed Vegetables	Carrots	Mashed Potato	Fresh Fruit	Peas and
_	Tropical Fruit	Tropical Fruit Salad	Mandarin Orange Sections	Honeydew Melon	Minced Brussels Sprouts		Apricot
_	nopical rrait				Pineapple Tidbits		
	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate
UNCH	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choic
	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate
	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choic
Į	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Sal
Į	Chicken Salad, Egg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad,
Į	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato S
ŀ	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety
	French Onion Soup	Wonton Soup	Beef Barley Soup	Vegetable Chowder	Chicken Noodle Soup	Lentil Soup	Cream of C
	Shaved Beef Sandwich on	Vegetarian Spring Rolls w/ sauce	Tuna Melt	Lasagna	Veal on a Bun	Fish Nuggets w/ sauce	Baked
	12 Grain/Mustard	Fried Rice w/Veggies	Winter Vegetable Mix	Breadstick	Carrots	French Fries	WW Dinner
ļ	California Bleand Vegetables	Caramel Pudding	Lemonicious Lemon Bar	Mixed Vegetables	Sticky Toffee Pudding	Parslied Minced Broccoli	Winter Veg
DINN ER	Carrot Cake/Frosting			Chocolate Cake		Mixedberrv Cobbler	Peach
	Alternate Choice	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate
_	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad,
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato S
	NOTE:						
		day at Lunch and Dinner. Crackers	served everyday at Dinner with So	Dup.			
	<b>_</b>	, t Breakfast. Banana or prunes availa					
	125 ml Assorted Juices are offered	d everyday at Lunch & Dinner					
		: Breakfast, 125 ml Milk is offered ev	veryday at Lunch & Dinner				

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	SUNDAY	
	Cranberry Juice	
	Milk	<u> </u>
	Oatbran Cereal	<u> </u>
	Scrambled Egg	
vrup	Buttered WW Toast	-
	Fruit	
<u>es</u>	Alternate Choices	
on flake)	Yogurt	
an flake)	Assorted Cold Cereal (no bran flake)	
	Peanut Butter	
ast	1	-
2)///	Baked Ham (1cm dice)	
avv ans	Mustard/Scalloped Potato	
	Peas and Carrots	1
	Apricot Halves	
		1
ces	Alternate 1 Choices	1
Meal	Chef's Choice Hot Meal	1
		Ì
ces	Alternate 2 Choices	
table	Chef's Choice Vegetable	
ssing	Shredded Salad/Dressing	
lad or	Chicken Salad, Eqg Salad or	
h	Tomato Sandwich	
	Variety of Jello	
	Cream of Celerv Soup	
luce	Baked Beans	-
	WW Dinner Roll/butter	
occoli	Winter Vegetable Mix	
er	Peach Pie	
<u>es</u>	Alternate Choices	-
lad or	Chicken Salad, Egg Salad or	-
h	Tomato Sandwich	1
.		
	L	
	1	1

1.1		<b>~</b>	NEWPORT HARBOUR				
			Fa	all & Winter 2018- 20	19		
				WEEK 4			
W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNE
	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple .
ļ.	Milk	Milk	Milk	Milk	Milk	Milk	Mill
Ц	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal
l H	Poached Egg	Peanut Butter	Scrambled Egg	Sliced Cheese	Peanut Butter	Poached Egg	French Toa
<b> </b> ]_	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Sausage	Frui
	Fruit	Fruit	Fruit	Fruit	Fruit	Buttered WW Toast Fruit	
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate
Ц	Yoqurt	Yogurt	Yoqurt	Yogurt	Yoqurt	Yoqurt	
Ц	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flake)	Assorted Cold Cerea
	Peanut Butter		Peanut Butter	Peanut Butter		Peanut Butter	Peanut E
	Montreal Spiced Pollock	Chicken Cacciatore	Swedish Meatballs	Beef Bourguignon	Honey Garlic Sausage (1 cm dice)	Teriyaki Chicken	Roast Beef/Horsera
	Seasoned Rice	Mashed Potatoes	Mexican Rice (no corn)	Fettucine	Perogies/Sour Cream/Green	Asian Fried Rice	Mashed Pota
li li	Sugar Snap Peas	Minced Cabbage	Julienned Carrots	Mixed Vegetable	Onion	Oriental Blend Vegetables	Minced Green &
li li	Diced Cantaloupe	Tropical Fruit Salad	Mixed Berries	Watermelon	Broccoli	Stewed Rhubarb	Mandarin Oran
Π					Pears		
li li	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1
ļ ļ	Chef's Choice Asian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice
	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2
H,	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice
	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Sala
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Eqg Salad or	Chicken Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, I
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sa
H	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety o
	French Onion Soup	Cream Of Vegetable Soup	Diion Mushroom Dill Soup	Chicken Rice Soup	Hearty Vegetable Soup	Vegetarian Split Pea Soup	Cream Of Cauli
Ц <mark>/</mark>	Chicken Salad Sandwich w/	Thin Sliced Roast Beef Sandwich with Au Jus	Mini Sub	Seafood Ouiche	Fruit Plate	Reuben Sandwich	Chicken Burger/
	Sliced Tomato	Mixed Vegetables	PEI Vegetable Mix	Harvard Beets	Cottage Cheese	Winter Mixed Vegetable	Toma
	Creamy Coleslaw	Gingerbread Cake	Buterscotch Pudding	Yogurt Cocktail/Fruit	Banana Loaf	Brownies	Potato W
	Strawberry Mousse				Caramel Custard		Pumpkin Pie
ER	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Topp Alternate
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, I
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sa
	NOTE:						
		Wheat Bread offered everyday at		evervday at Dinner with Soun.			
	20 mi Peanut Butter as a choice at L25 ml Assorted Juices are offered	Breakfast. Banana or prunes availa	ible everyday at Breaktast				
		Breakfast, 125 ml Milk is offered ev	vervdav at Lunch & Dinner				
	Side salad with choice of dressing						

	SUNDAY	
	JUNDAI	
	Apple Juice	
	Milk	
eal	Oatmeal Cereal	
	French Toast/Syrup	
	Fruit	
5	Alternate Choices	
flake)	Assorted Cold Cereal (no bran flake)	
	Peanut Butter	
	Roast Beef/Horseradish (1 cm dice)	
	Mashed Potatoes/Gravy	
oles	Minced Green & Yellow Beans	
JIES		
	Mandarin Orange Sections	
S	Alternate 1 Choices	
eal	Chef's Choice Hot Meal	
S	Alternate 2 Choices	
ble	Chef's Choice Vegetable	
ing	Shredded Salad/Dressing	
d or	Chicken Salad, Egg Salad or	
	Tomato Sandwich	
	Variety of Jello	
	Variety of Jello	
auc		
DUD	Variety of Jello	
auc de	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/	
	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato	
	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges	
	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped	
	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping	
	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices	
	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	
ole	Variety of Jello Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping Alternate Choices Chicken Salad, Egg Salad or	

	NEWPORT HARBOUR CARE CENTRE MENU: DYSPHAGIA SOFT Fall & Winter 2018- 2019						
				WEEK 5			
W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	
	Milk	Milk	Milk	Milk	Milk	Milk	
	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	
	Boiled Egg	Peanut Butter	Cheddar Cheese	Poached Egg	Yogurt	Sliced Cheese	
ļļ	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Chef's Choice Muffin	
BREA		Fruit	Fruit	Fruit	Fruit	Fruit	
KFAS	1	Alternate Chaises	Alternate Chairea	Alternate Chaises	Altornato Chaisae	Altornato Chaicos	
'	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	
	Yogurt	Yogurt	Yogurt	Yogurt Assorted Cold Cereal (no bran flakes)	Cheese Spread	Yoqurt Assorted Cold Cereal (no bran flake	
	Assorted Cold Cereal (no bran flake)		Assorted Cold Cereal (no bran flakes)				
	Peanut Butter	Peanut Butter		Peanut Butter	Peanut Butter	Peanut Butter	
						Buttered WW Toast	
	Pineapple Ham Loaf/mustard	Spaghetti/Meatballs	Chicken Stew	Corned Beef (1 cm dice) w/	Salmon/Hollandaise Sauce	Ginger Chicken	
	Scalloped Potatoes	Garlic Bread	Home Made Biscuit/butter	Honey Mustard Sauce	Roasted Potatoes	Fried Rice	
	Minced Brussel Sprouts	Broccoli	Minced Broccoli	Garlic Whipped Potatoes	Parslied Cauliflower	Sitr Fried Vegetables	
	Apple Sauce	Fresh Fruit in Season (no hard	Pears	Glazed Carrots	Fresh Fruit in Season	Tropical Fruit Salad	
ł		skins/fruit)		WW Roll			
		 		Citrus Fruit Cup			
	Alterrete 1 Chaices	Alterrete 1 Chaices	Alterrete 1 Chaises		Alterrete 1 Chaises		
LUNC	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	
н	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	
1	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	
1 1	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	
Í	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	
i i	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	
ĺ	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	
Ì	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	
Ì							
	Borscht	Navy Bean Soup	Beef Barley Soup	Mediterranean Chicken Soup	Chicken Noodle Soup	Cream of Broccoli Soup	
	Turkey Sausage (1 cm dice)	Monte Cristo Sandwich	Fish Burger	Ham & Egg Strata	Chicken Quesadilla	Roast Beef/BBQ Sauce on	
i i	Potato Pancake	Winter Vegetable Mix	Curly Fries	Homemade Tea Biscuit	Mexican Rice (no corn)	a Bun	
ĺ	Wax Beans/Tarragon Butter	Ice Cream	Peas and Carrots	Italian Mixed Vegetables	Tomato Salsa/Guacamole	Fall Mixed Vegetables	
DINN	Coconut Tart		Black Forest Cake	Tapioca Pudding	Strawberry Jello Cake	Apple Crisp	
ER							
ļĮ	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	
ļļ		Grilled Cheese		Vegetarian Omlette			
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	
	NOTE:						
		-	served everyday at Dinner with So	up.			
		t Breakfast. Banana or prunes avail	able everyday at Breakfast				
	125 ml Assorted Juices are offered						
	250 mi milk is offered everyday at	Breakfast, 125 ml Milk is offered e	veryday at Lunch & Dinner				
					_		
					_		
					_		
<u> </u>					_		

	SUNDAY	
	Cranberry Juice	
	Milk	
	Oatbran Cereal	
	Scrambled Egg	
	Buttered WW Toast	
	Fruit	
	Alternate Choices	
(es)	Assorted Cold Cereal (no bran flakes)	
,	Peanut Butter	
	Pork Roast (1 cm dice)/Pork Gravy/	
	Apple Stuffing	
	Mashed Potatoes	
	Peas	
	Fruit Cocktail	
	Alternate 1 Choices	
	Chef's Choice Hot Meal	
	Alternate 2 Choices	
	Chef's Choice Vegetable	
	Shredded Salad/Dressing	
	Chicken Salad, Eqg Salad or	
	Tomato Sandwich	
	Variety of Jello	
	Italian Wedding Soup	
	Egg Salad Sandwich	
	Shredded Salad	
	Boston Cream Pie	
	Alternate Choices	
	Chicken Salad, Egg Salad or	
	Tomato Sandwich	

NDAY e Juice lilk al Cereal d Eqq WW Toast ruit e Choices aurt Cold Cereal t Butter n in 1 cm dice tatoes/Gravy d Vegetables coll/butter	TUESDAY Orange Juice Milk Oatbran Cereal Cheddar Cheese Buttered WW Toast Fruit Alternate Choices Yogurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Fa         WEDNESDAY         Cranberry Juice         Milk         Oatmeal Cereal         Poached Eqq         Buttered WW Toast         Fruit         Alternate Choices         Yoqurt         Assorted Cold Cereal         Beef Stre	Il & Winter 2018 - 20: WEEK 1 THURSDAY Apple Juice Milk Cream of Wheat Cereal Yoqurt Muffin Fruit Alternate Choices Cheese Spread Assorted Cold Cereal Peanut Butter	<b>FRIDAY</b> Orange Juice Milk Oatmeal Cereal Cheese Omelet Buttered WW Toast Fruit Alternate Choices Yogurt Assorted Cold Cereal Peanut Butter	SATURDAY Cranberry Juice Milk Oatbran Cereal Peanut Butter Pancakes/Syrup Fruit Alternate Choices Yogurt Assorted Cold Cereal
e Juice lilk al Cereal d Egg WW Toast ruit <b>e Choices</b> aurt Cold Cereal t Butter h in 1 cm dice tatoes/Gravy d Vegetables	Orange Juice Milk Oatbran Cereal Cheddar Cheese Buttered WW Toast Fruit Alternate Choices Yogurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Cranberry Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Apple Juice Milk Cream of Wheat Cereal Yoqurt Muffin Fruit Alternate Choices Cheese Spread Assorted Cold Cereal	Orange Juice Milk Oatmeal Cereal Cheese Omelet Buttered WW Toast Fruit <b>Alternate Choices</b> Yogurt Assorted Cold Cereal	Cranberry Juice Milk Oatbran Cereal Peanut Butter Pancakes/Syrup Fruit Alternate Choices Yoqurt Assorted Cold Cereal
lilk al Cereal d Egg WW Toast ruit <b>e Choices</b> aurt Cold Cereal t Butter h in 1 cm dice tatoes/Gravy d Vegetables	Milk Oatbran Cereal Cheddar Cheese Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Milk Cream of Wheat Cereal Yogurt Muffin Fruit Alternate Choices Cheese Spread Assorted Cold Cereal	Milk Oatmeal Cereal Cheese Omelet Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Milk Oatbran Cereal Peanut Butter Pancakes/Svrup Fruit Alternate Choices Yoqurt Assorted Cold Cereal
lilk al Cereal d Egg WW Toast ruit <b>e Choices</b> aurt Cold Cereal t Butter h in 1 cm dice tatoes/Gravy d Vegetables	Milk Oatbran Cereal Cheddar Cheese Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Milk Cream of Wheat Cereal Yogurt Muffin Fruit Alternate Choices Cheese Spread Assorted Cold Cereal	Milk Oatmeal Cereal Cheese Omelet Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Milk Oatbran Cereal Peanut Butter Pancakes/Syrup Fruit Alternate Choices Yoqurt Assorted Cold Cereal
al Cereal d Egg WW Toast ruit <b>e Choices</b> aurt Cold Cereal t Butter n in 1 cm dice tatoes/Gravy d Vegetables	Oatbran Cereal Cheddar Cheese Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Oatmeal Cereal Poached Egg Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Cream of Wheat Cereal Yogurt Muffin Fruit Alternate Choices Cheese Spread Assorted Cold Cereal	Oatmeal Cereal Cheese Omelet Buttered WW Toast Fruit Alternate Choices Yogurt Assorted Cold Cereal	Oatbran Cereal Peanut Butter Pancakes/Syrup Fruit Alternate Choices Yoqurt Assorted Cold Cereal
d Egg WW Toast ruit <b>e Choices</b> aurt Cold Cereal t Butter h in 1 cm dice tatoes/Gravy d Vegetables	Cheddar Cheese Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Poached Egg Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Yoqurt Muffin Fruit Alternate Choices Cheese Spread Assorted Cold Cereal	Cheese Omelet Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Peanut Butter Pancakes/Syrup Fruit Alternate Choices Yoqurt Assorted Cold Cereal
WW Toast ruit <b>e Choices</b> aurt Cold Cereal t Butter h in 1 cm dice tatoes/Gravy d Vegetables	Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Muffin Fruit Alternate Choices Cheese Spread Assorted Cold Cereal	Buttered WW Toast Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Pancakes/Syrup Fruit Alternate Choices Yoqurt Assorted Cold Cereal
ruit <b>e Choices</b> aurt Cold Cereal t Butter n in 1 cm dice tatoes/Gravy d Vegetables	Fruit Alternate Choices Yoqurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Fruit Alternate Choices Cheese Spread Assorted Cold Cereal	Fruit Alternate Choices Yoqurt Assorted Cold Cereal	Fruit Alternate Choices Yoaurt Assorted Cold Cereal
e Choices aurt Cold Cereal t Butter n in 1 cm dice tatoes/Gravy d Vegetables	Alternate Choices Yoqurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Alternate Choices Yoqurt Assorted Cold Cereal	Alternate Choices Cheese Spread Assorted Cold Cereal	Alternate Choices Yoqurt Assorted Cold Cereal	Alternate Choices Yoaurt Assorted Cold Cereal
aurt Cold Cereal t Butter n in 1 cm dice tatoes/Gravy d Vegetables	Yoqurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Yoqurt Assorted Cold Cereal	Cheese Spread Assorted Cold Cereal	Yogurt Assorted Cold Cereal	Yogurt Assorted Cold Cereal
aurt Cold Cereal t Butter n in 1 cm dice tatoes/Gravy d Vegetables	Yoqurt Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Yoqurt Assorted Cold Cereal	Cheese Spread Assorted Cold Cereal	Yogurt Assorted Cold Cereal	Yogurt Assorted Cold Cereal
Cold Cereal t Butter n in 1 cm dice tatoes/Gravy d Vegetables	Assorted Cold Cereal Peanut Butter Sweet & Sour Pork w/sauce Fried Rice	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
t Butter n in 1 cm dice tatoes/Gravy d Vegetables	Peanut Butter Sweet & Sour Pork w/sauce Fried Rice				
n in 1 cm dice tatoes/Gravy d Vegetables	Sweet & Sour Pork w/sauce Fried Rice	Beef Stre	Peanut Butter	Peanut Butter	
tatoes/Gravy d Vegetables	Fried Rice	Beef Stre			Peanut Butter
tatoes/Gravy d Vegetables	Fried Rice	Beef Stre			Buttered WW Toast
tatoes/Gravy d Vegetables	Fried Rice	Beet Stre			Chine Entropy Chine have a disc
d Vegetables			Seafood Primavera (1 cm Dice)	Beef Stew	Stir Fried Chicken (1 cm dice)
		Homemade Tea Biscuit	Asparaqus	Homemade Tea Biscuit	Stir Fried Rice
loll/butter	Stir Fried Vegetables	Butter	Fruit Cocktail	Roasted Winter Squash	Stir Fried Vegetables
	Apricot Halves	Broccoli		Stewed Rhubarb	Sliced Peaches
evdew Melon		Stewed Rhubarb			<b>{</b>
1 Choices	<u>Alternate 1 Choices</u>	Alternate 1 Choices	Alternate 1 Choices	<u>Alternate 1 Choices</u>	Alternate 1 Choices
Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal
2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices
					Chef's Choice Vegetable
alad/Dressing		Shredded Salad/Dressing		Shredded Salad/Dressing	Shredded Salad/Dressing
, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Eqq Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Eqq Salad or	Salmon Salad, Eqg Salad o
Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich
of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello
etable Soup	Butternut Sauash Soup	Cream of Tomato Soup	Asian Vegetable Beef Soup	Corn Chowder	Barley Soup
Fish & Chips/	Sliced Beef Salad Plate	Grilled Cheese Sandwich	Turkey & Cranberry Sauce Sandwich	BBQ Chicken Slider	Beef Chili
& Lemon Wedge	(Sliced Beef, Mixed Steamed	Steamed Spinach	Squash	Mixed Vegetables	Mixed Vegetables
eslaw	Veggies , Potato Salad, Tomato	Cheese Cake	Ginger Spiced Rice Pudding	Red Velvet Cake	Homemade Biscuit/butter
each Crisp	Garnish, WW Roll, butter)				Blueberry pie
	Ice Cream				
e Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
					Salmon Salad, Egg Salad o
Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich
] CO al 1, , , , , , , , , , , , , , , , , , ,	Indian Cuisine  2 Choices e Vegetable ad/Dressing Eqg Salad or andwich of Jello  Etable Soup Fish & Chips/ Lemon Wedge slaw ach Crisp  Eqg Salad or	Indian Cuisine Chef's Choice Hot Meal          Indian Cuisine       Alternate 2 Choices         2 Choices       Alternate 2 Choices         e Vegetable       Chef's Choice Vegetable         ad/Dressing       Shredded Salad/Dressing         Eqg Salad or       Salmon Salad, Eqg Salad or         andwich       Tomato Sandwich         of Jello       Variety of Jello         etable Soup       Butternut Squash Soup         Fish & Chips/       Sliced Beef, Mixed Steamed         Slaw       Veggies , Potato Salad, Tomato         ach Crisp       Garnish, WW Roll, butter)         Ice Cream       Alternate Choices         Eqg Salad or       Salmon Salad, Eqg Salad or	Indian Cuisine       Chef's Choice Hot Meal       Chef's Choice Hot Meal         2 Choices       Alternate 2 Choices       Alternate 2 Choices         e Vegetable       Chef's Choice Vegetable       Chef's Choice Vegetable         ad/Dressing       Shredded Salad/Dressing       Shredded Salad/Dressing         Eqg Salad or       Salmon Salad, Eqg Salad or       Chicken Salad, Eqg Salad or         andwich       Tomato Sandwich       Tomato Sandwich       Tomato Sandwich         of Jello       Butternut Squash Soup       Cream of Tomato Soup         etable Soup       Butternut Squash Soup       Cream of Tomato Soup         Fish & Chips/       Sliced Beef Salad Plate       Steamed Spinach         Slaw       Garnish, WW Roll, butter)       Ice Cream         Achoices       Alternate Choices       Alternate Choices         Eqg Salad or       Salmon Salad, Eqg Salad or       Chicken Salad, Eqg Salad or	Indian Cuisine       Chef's Choice Hot Meal       Chef's Choice Hot Meal       Chef's Choice Hot Meal       Chef's Choice Hot Meal         2 Choices       Alternate 2 Choices       Alternate 2 Choices       Alternate 2 Choices       Alternate 2 Choices         ad/Dressing       Shredded Salad/Dressing       Shredded Salad/Dressing       Shredded Salad/Dressing       Shredded Salad/Dressing         Eqa Salad or       Salmon Salad, Eqa Salad or       Chicken Salad, Eqa Salad or       Salmon Salad, Eqa Salad or         andwich       Tomato Sandwich       Tomato Sandwich       Tomato Sandwich       Tomato Sandwich         of Jello       Variety of Jello       Variety of Jello       Variety of Jello       Variety of Jello         etable Soup       Butternut Sauash Soup       Cream of Tomato Soup       Asian Vegetable Beef Soup         Fish & Chips/       Sliced Beef, Mixed Steamed       Steamed Spinach       Squash         slaw       Veggies , Potato Salad, Tomato       Cheese Cake       Ginger Spiced Rice Pudding         ach Crisp       Garnish, WW Roll, butter)       Ice Cream       Ice Cream       Ice Cream         Eqg Salad or       Salmon Salad, Eqg Salad or       Choices       Alternate Choices       Alternate Choices         Eqg Salad or       Salmon Salad, Eqg Salad or       Choicken Salad, Eqg Salad or       Salmon S	Indian Cuisine       Chef's Choice Hot Meal         2 Choices       Alternate 2 Choices       Alternate 2 Choices       Alternate 2 Choices       Alternate 2 Choices       Alternate 2 Choices         a Vegetable       Chef's Choice Vegetable       Chef's Choice Vegetable       Chef's Choice Vegetable       Chef's Choice Vegetable       Chef's Choice Vegetable       Chef's Choice Vegetable         ad/Dressing       Shredded Salad/Dressing       Shredded Salad/Dressing       Shredded Salad/Dressing       Shredded Salad/Dressing       Shredded Salad/Dressing         Eqg Salad or       Salmon Salad, Eqg Salad or       Chicken Salad, Eqg Salad or       Tomato Sandwich       Tomato Sandwich       Tomato Sandwich         of Jello       Variety of Jello       Variety of Jello       Variety of Jello       Variety of Jello         etable Soup       Butternut Sauash Soup       Cream of Tomato Soup       Asian Vegetable Beef Soup       Corn Chowder         Fish & Chips/       Sliced Beef, Mixed Steamed       Steamed Spinach       Squash       Mixed Vegetables         slaw       Veggies, Potato Salad, Tomato       Cheese Cake       Ginger Spiced Rice Pudding       Red Velvet Cake         ach Crisp       Garmish, WW Roll, butter)       Iternate Choices

	SUNDAY	
	Apple Juice	
	Milk	
	Oatmeal Cereal	
	Scrambled Eggs	
	Buttered WW Toast	
	Fruit	
	Alternate Choices	
	Yoqurt	<u> </u>
	Assorted Cold Cereal	
	Peanut Butter	
	*NO hacan	
	*NO bacon	
w/	Charbroiled Steak in 1 cm dice	
	Mashed Potato w/ gravy	
	Brussels Sprouts	
	Watermelon	
	Altornato 1 Chaicas	
	Alternate 1 Choices	
	Chef's Choice Hot Meal	
	Alternate 2 Choices	
	Chef's Choice Vegetable	
	Shredded Salad/Dressing	
-	Chicken Salad, Egg Salad or	
	Tomato Sandwich	
	Variety of Jello	
	Cream of Asparagus Soup	
	Pizza (cooked soft)	
	Mixed Vegetables	
	Vanilla Pudding	
	Vanilla Pudding	
	Vanilla Pudding	
	Vanilla Pudding Alternate Choices	
r	Alternate Choices	
r	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices	
r	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices Chicken Salad, Egg Salad or	
r 	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices Chicken Salad, Egg Salad or	
r 	Alternate Choices Chicken Salad, Egg Salad or	
r	Alternate Choices Chicken Salad, Egg Salad or	

			Fa	II & Winter 2018 - 20	19				
				WEEK 2					
				WEER Z					+
/2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice		-
	Milk	Milk	Milk	Milk	Milk	Milk	Milk		
	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Cream of Wheat Cereal		
$\Pi$	Cheddar Cheese	Peanut Butter	Scrambled Egg	Peanut Butter	Omelet	French Toast/Syrup	Breakfast Sausage (1 cm dice)		
	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Fruit	Buttered WW Toast		
	Fruit	Fruit	Fruit	Fruit	Fruit		Fruit		
<fa     </fa   	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		—
H	Yogurt	Yoaurt	Yoaurt	Yogurt	Yogurt	Yogurt	Yogurt		
H	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal		
H	Peanut Butter		Peanut Butter		Peanut Butter	Peanut Butter	Peanut Butter		
H						Buttered WW Toast			
-+	Dalead Cala with Dill Course		Charbourd's Dis /Current		Caliabum: Charle (1 and disa) (Des C. Carro	Deuls Durumentes			
	Baked Sole with Dill Sauce	Veal Parmesan (1 cm dice)	Shepherd's Pie/Gravy	Roast Chicken (1 cm dice)/ Honey Mustard	Salisbury Steak (1 cm dice)/Beef Gravy	Pork Drummies	Roast Turkey (1 cm dice)/Gravy		_
	Buttered Egg Noodles	Mashed Potatoes	Dinner Roll/butter	Garlicky Mashed Potatoes	Baked Potatoes	Seasoned Rice	Cranberry Sauce/Dressing		_
	Baked Parmesan Tomato	Parsnips	Broccoli	California Blend Vegetables	Italian Mix Vegetables	Harvard Beets	Mashed Potatoes		_
	Baked Apple Slices (no skins)	Sliced Peaches	Cantaloupe	Baked Apple Slices (no skin)	Diced Peaches	Pears	Italian Mix Vegetables		_
			Alternate Chaises		Alterrate Chaisse	Alternate Chaices	Diced Honeydew Melon		
NC	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
┥╢	Chef's Choice Asian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal		—
Π	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices		
ļ	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable		
ļ	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing		
	Chicken Salad, Eqg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Egg Salad or		
[]	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich		
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello		_
	Garden Vegetable Soup	Turkey & Wild Rice Soup	Cream of Mushroom Soup	Minestrone Soup	Vegetable Soup	Basil Tomato Soup	Cream of Broccoli Soup		
	Deli Meat Sandwich on	Denver Sandwich	Chicken Alfredo w/fettucine	Ham & Cheese on a	Multigrain Fish w/ sauce	Macaroni & Cheese	Vegetable Omelet		
П	Caraway Rye/Mustard	Greek Salad(peeled cucumber)	Peas	Croissant/Mustard/Mayo	Potato Pom Poms	Mixed Vegetables	Buttered Toast Points		
$\square$	Italian Vegetables	Lemon Mousse	Caramel Bread Pudding	Southwest Salad/Dressing	Finely Shredded Carrot Salad	Pumpkin Cake	Carrots and Peas		
	Maple Chocolate Cake			Souffle	Butter Tart Bar		Apple Pie		
ER∐									
H	Alternate Choices	Alternate Choices Cheese and Egg Sandwich	Alternate Choices	Alternate Choices Egg salad Croissant	Alternate Choices	Alternate Choices	Alternate Choices		
H	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or		+
Ħ	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich		
	NOTE:								
		lay at Lunch and Dinner. Crackers		up.					
		Breakfast. Banana or prunes availa	ble everyday at Breakfast						_
	125 ml Assorted Juices are offered	everyday at Lunch & Dinner							

				JR CARE CENTRE ME				
	Fall & Winter 2018-2019 WEEK 3							
W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice		
H	Milk Oatbran Cereal	Milk Oatmeal Cereal	Milk Cream of Wheat Cereal	Milk Oatmeal Cereal	Milk Oatbran Cereal	Milk Oatmeal Cereal		
H	Scrambled Egg	Peanut Butter	Cheddar Cheese	Vegetable Omlette	Yogurt	Sliced Cheese		
H	Buttered WW Toast	Muffin	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Belgian Waffle		
Ī	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit		
EAKFA								
ļ	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
H	Yoaurt	Yoaurt	Yoaurt	Yogurt	Cheese Spread	Yoqurt		
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal		
	Peanut Butter		Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter Buttered WW Toast		
	Chicken Paprika (1 cm dice)	BBO Spare Ribs	Perogies/Sour Cream	Crispy Chicken (1 cm dice)	Pork Loin/Apple Braised (1 cm dice)	Chicken Pot Pie/Gravy		
Ļ	Mashed potato w/gravy	O'Brian Potatoes	Garlic Sausage (1 cm dice)	Parslied Potatoes	Stuffing/Gravy	Oven Roasted Potatoe		
	Turnip	Green Beans	Mixed Vegetables	Carrots	Oven Roasted Potato	Garlicky Green Beans		
H	Tropical Fruit	Tropical Fruit	Mandarin Orange Sections	Honevdew melon	Brussels Sprouts	Fresh Fruit Iin Seasor		
H	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Tropical Fruit Mix	Alternate 1 Choice		
H	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Alternate 1 Choices Chef's Choice Hot Meal	Chef's Choice Hot Me		
UNCH								
	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choice		
	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetab		
	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressi		
H	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Eqg Salad or	Salmon Salad, Eqg Salad		
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich		
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello		
	French Onion Soup	Wonton Soup	Beef Barley Soup	Vegetable Chowder	Chicken Noodle Soup	Lentil Soup		
	Shaved Beef Sandwich on	Vegetarian Spring Rolls w/ sauce	Tuna Melt	Lasagna	Veal on a Bun	Fish Nuggets w/ sauc		
	12 Grain/Mustard	Fried Rice w/ Veggies	Winter Vegetable Mix	Breadstick	Carrots	French Fries		
ļ	Cucumber Salad (peeled)	Caramel Pudding	Lemonicious Lemon Bar	Mixed Vegetables	Sticky Toffee Pudding	Parslied Broccoli		
	Carrot Cake/Frosting			Chocolate Cake		Mixedberry Cobbler		
ER	Alternate Choice	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad		
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich		
	NOTE:							
		day at Lunch and Dinner. Crackers t Breakfast. Banana or prunes availa		oup.				
	125 ml Assorted Juices are offered	-	ibie everyddy at breakiast					
		Breakfast, 125 ml Milk is offered ev	veryday at Lunch & Dinner					
					_			

SUNDAY	
JUNDAT	
 Cranberry Juice	
Milk	
Oatbran Cereal	
Scrambled Egg	Ì
 _	
Bacon	
Buttered WW Toast	
Fruit	
Alternate Choices	
Yogurt	
	1
Assorted Cold Cereal	1
Peanut Butter	
<u> </u>	[
Baked Ham (1cm dice/Honey Grilled	
 Pineapple Ring/mustard	
Scalloped Potato	
 Peas and Carrots	
Apricot Halves	
Alternate 1 Choices	l
Chef's Choice Hot Meal	
Alternate 2 Choices	
Chef's Choice Vegetable	
Shredded Salad/Dressing	
Chicken Salad, Egg Salad or	
 Tomato Sandwich	
Variety of Jello	
Cream of Celery Soup	
Baked Beans	1
	1
WW Dinner Roll/butter	
Winter Vegetable Mix	
 Peach Pie	
Alternate Choices	İ 👘
	1
Chicken Salad, Eqg Salad or	
	1
Tomato Sandwich	
Iomato Sandwich	
 Iomato Sandwich	
Iomato Sandwich	
 Iomato Sandwich	

					<b>NU: EASY-TO-CHEW</b>				
	Fall & Winter 2018 - 2019								
				WEEK 4					
W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice			
	Milk	Milk	Milk	Milk	Milk	Milk			
	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal			
	Paoched Egg	Peanut Butter	Scrambled Egg	Sliced Cheese	Peanut Butter	Poached Egg			
	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Sausage			
	Fruit	Fruit	Fruit	Fruit	Fruit	Buttered WW Toast			
						Fruit			
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices			
	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt			
Ī	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal			
	Peanut Butter		Peanut Butter	Peanut Butter		Peanut Butter			
Ì									
	Montreal Spiced Pollock	Chicken Cacciatore 1 cm dice	Swedish Meatballs	Beef Bourguignon	Honey Garlic Sausage (1 cm dice)	Teriyaki Chicken			
	Seasoned Rice	Mashed Potatoes	Mexican Rice	Fettucine	Perogies/Sour Cream/Green	Asian Fried Rice			
ľ	Sugar Snap Peas	Green Onions	Julienned Carrots	Mixed Vegetable	Onion	Oriental Blend Vegetables			
	Diced Cantaloupe	Minced Cabbage	Mixed Berries	Watermelon	Broccoli	Stewed Rhubarb			
ŀ		Apricot Halves	Thixed Dernes	Watermeion	Pears				
	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices			
	Chef's Choice Asian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal			
	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices			
	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable			
	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing			
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Chicken Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or			
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich			
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello					
			variety of Jelio		Variety of Jello	Variety of Jello			
	Eronch Onion Coun	Crosm Of Vagatable Cours	Diton Mushroom Dill Cour	Chicken Dise Cour		Vagatarian Calit Dan Coun			
	French Onion Soup	Cream Of Vegetable Soup	Diion Mushroom Dill Soup	Chicken Rice Soup	Hearty Vegetable Soup	Vegetarian Split Pea Soup			
_	Chicken Salad Sandwich w/	Roast Beef Sandwich with Au Jus	Mini Sub	Seafood Ouiche	Fruit Plate	Reuben Sandwich			
-	Sliced Tomato	Mixed Vegetables	PEI Vegetable Mix	Harvard Beets	Cottage Cheese	Winter Mixed Vegetable			
	Creamy Coleslaw	Gingerbread Cake	Butterscoth Pudding	Yogurt Cocktail/Fruit	Banana Loaf	Brownies			
	Strawberry Mousse				Caramel Custard				
ER		Alternate Chaises	Alterrate Chaises			Alternate Chaises			
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices			
ŀ	Chickon Colod Fra Colod ar	Colmon Colod Fee Colod or	Chickon Colod Fee Colod an	Colmon Colod Fee Colod or	Chickon Colod Fee Colod or	Colmon Colod Fee Colod an			
ŀ	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or			
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich			
	NOTE:								
		day at Lunch and Dinner. Crackers	sorvad avanuday at Dinnar with Sa						
		t Breakfast. Banana or prunes availa							
			ibie evelyuay al dicakidsl						
	125 ml Assorted Juices are offere	d everyday at Lunch & Dinner							
	250 ml Milk is offered everyday at	t Breakfast, 125 ml Milk is offered ev	veryday at Lunch & Dinner						

SUNDAY	
Apple Juice	
Milk	
Oatmeal Cereal	
French Toast/Syrup	
Fruit	
 Alternate Choices	
 Assorted Cold Cereal	
Peanut Butter	
 Roast Beef/Horseradish (1 cm dice)	
 Mashed Potatoes/Gravy	
 Whole Green & Yellow Beans	
 Mandarin Orange Sections	
 Alternate 1 Choices	
 Chef's Choice Hot Meal	
Alternate 2 Choices	
Chef's Choice Vegetable	
Shredded Salad/Dressing	
 Chicken Salad, Egg Salad or	
 Tomato Sandwich	 
 Variety of Jello	
Cream Of Cauliflower Soup	
 Chicken Burger/Mayonnaise/	
Tomato	
Potato Wedges	
Pumpkin Pie/Whipped	
 Topping	
 Alternate Choices	
 Chicken Salad, Egg Salad or	
 Tomato Sandwich	

				IR CARE CENTRE ME all & Winter 2018 - 20			
				WEEK 5			
W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SL
	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranb
ĺ	Milk	Milk	Milk	Milk	Milk	Milk	
	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Oatbra
	Boiled Egg	Peanut Butter	Cheddar Cheese	Poached Egg	Yogurt	Sliced Cheese	Scram
	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Chef's Choice Muffin	Ba
BREA	··••••	Fruit	Fruit	Fruit	Fruit	Fruit	Buttered
KFAS							F
Т	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alterna
ļ	Yoqurt	Yoaurt	Yoaurt	Yoqurt	Cheese Spread	Yoqurt	
1 F	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted
	Peanut Butter	Peanut Butter		Peanut Butter	Peanut Butter	Peanut Butter	Peanu
						Buttered WW Toast	
-	Pineapple Ham Loaf/mustard	Spaghetti/Meatballs	Chicken Stew	Corned Beef (1 cm dice) w/	Salmon/Hollandaise Sauce	Ginger Chicken	Pork Roast (1 c
	Scalloped Potatoes	Garlic Bread	Home Made Biscuit/butter	Honey Mustard Sauce	Roasted Potatoes	Fried Rice	Apple
	Brussel Sprouts	Broccoli	Broccoli	Garlic Whipped Potatoes	Parslied Cauliflower	Sitr Fried Vegetables	Masheo
	Apple Sauce	Fresh Fruit in Season (no hard	Pears	Glazed Carrots	Fresh Fruit in Season	Tropical Fruit Salad	
		skins/fruit)		WW Roll Citrus Fruit Cup			Fruit
ł			l				
LUNC	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate 1 Choices	Alternate
	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Cho
н							
	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate
	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Cho
	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded Salad/Dressing	Shredded S
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad
	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variet
ļ	Borscht	Navy Bean Soup	Beef Barley Soup	Mediterranean Chicken Soup	Chicken Noodle Soup	Cream of Broccoli Soup	Italian We
	Turkey Sausage (1 cm dice)	Monte Cristo Sandwich	Fish Burger	Ham & Egg Strata	Chicken/Veggie Quesadilla	Beef/BBQ Sauce on	Sliced Chic
	Potato Pancake	Winter Vegetable Mix	Curly Fries	Italian Mixed Vegetables	Mexican Rice	a Bun	Mixed \
	Wax Beans/Tarragon Butter	Ice Cream	Peeled Cucumber Salad	Tapioca Pudding	Tomato Salsa/Guacamole	Fall Mixed Vegetables	Boston
DINN ER	Coconut Tart		Black Forest Cake		Strawberry Jello Cake	Apple Crisp	
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alterna
	Chickon Salad Egg Salad or	Grilled Cheese	Chickon Colod, Egg Colod or	Vegetarian Omlette	Chickon Salad, Egg Salad or	Colmon Colod, Egg Colod or	Chickon Colo
1 1	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Sala
	Tomato Sandwich	Tomato Sandwich		Tomato Sandwich	Tomato Sandwich	Tomato Sandwich	Tomato
	NOTE:						
		unch and Dinner. Crackers served e	everyday at Dinner with Soup.				
		t Breakfast. Banana or prunes availa	<u> </u>				
	125 ml Assorted Juices are offere	d everyday at Lunch & Dinner					
	250 ml Milk is offered everyday at	Breakfast, 125 ml Milk is offered ev	veryday at Lunch & Dinner				
		-					

SATURDAY	SUNDAY	
Orange Juice	Cranberry Juice	
Milk	Milk	
Datmeal Cereal	Oatbran Cereal	
Sliced Cheese	Scrambled Egg	
ef's Choice Muffin	Bacon	
Fruit		
FIUIL	Buttered WW Toast	
	Fruit	
ernate Choices	Alternate Choices	
Yoaurt		
orted Cold Cereal	Assorted Cold Cereal	
Peanut Butter	Peanut Butter	
ttered WW Toast		
Ginger Chicken	Pork Poset (1 cm dice)/Perk Crown/	
	Pork Roast (1 cm dice)/Pork Gravy/	
Fried Rice	Apple Stuffing	
Fried Vegetables	Mashed Potatoes	
ppical Fruit Salad	Peas	
	Fruit Cocktail	
rnate 1 Choices	Alternate 1 Choices	
's Choice Hot Meal	Chef's Choice Hot Meal	
S choice not near		
rnata 2 Chaicac	Altornato 2 Choicoc	
rnate 2 Choices	Alternate 2 Choices	
s Choice Vegetable	Chef's Choice Vegetable	
ded Salad/Dressing	Shredded Salad/Dressing	
ded Salad/Dressing Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Egg Salad or	
ded Salad/Dressing	Shredded Salad/Dressing	
ded Salad/Dressing Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or mato Sandwich	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello Italian Wedding Soup Sliced Chicken Sandwich	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello Italian Wedding Soup Sliced Chicken Sandwich	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp	Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie Alternate Choices	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	
ded Salad/Dressing Salad, Egg Salad or omato Sandwich /arietv of Jello m of Broccoli Soup ef/BBQ Sauce on a Bun Mixed Vegetables Apple Crisp ernate Choices Salad, Egg Salad or	Shredded Salad/Dressing Chicken Salad, Eqg Salad or Tomato Sandwich Varietv of Jello Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie <b>Alternate Choices</b> Chicken Salad, Egg Salad or	

				<b>BOUR CARE CENTRE</b> Il and Winter 2018-20		
				WEEK 1		
W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
	Puree egg	Oatbran Cereal	Oatmeal	Cream of Wheat	Oatmeal Cereal	Puree Pancake
REAKFAS	Oatmeal Cereal	Pureed Fruit	Pureed Fruit	Pureed Fruit	Puree Egg	Oatbran I Cereal
	Puree Fruit	Milk	Pureed Egg	Yogurt	Puree Fruit	Puree Fruit
	Milk		Milk	Milk	Milk	Milk
				Pureed Muffin		
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
	Yogurt	Yogurt	Yogurt		Yogurt	Yoqurt
	Puree Chicken/Mustard sauce	Pureed Pork/Sweet and Sour Sauce	Pureed Beef Stew	Pureed Fish w/ Primavera Sauce	Pureed Beef	Pureed Chicken
	Mashed Potato	Mashed Potato	Mashed Potatoes	Pureed Asparagus	Mashed Potatoes	Mashed potatoes
	Puree Winter Blend Vegetables	Puree Mix Vegetable	Pureed Broccoli	Mashed potatoes	Pureed Green Beans	Pureed Green Beans
_UNC	Puree Honevdew Melon	Pureed Apricot	Puree Rhubarb	Pureed Fruit Cocktail	Pureed Rhubarb	Pureed Peaches
нΙ						
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
ŀ	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree
DINN ER	Puree Harvest Vegetable Soup	Butternut Squash Soup	Cream of Tomato Soup	Pureed Vegetable Beef Soup	Pureed Corn Chowder	Pureed Barley Soup
	Puree Fish	Pureed Beef	Pureed Ham w/Sweet Mustard Sauce	Pureed Turkey	Pureed Chicken w/BBQ Sauce	Puree Beef Chili
	Potato W/Gravy	Pureed Winter Vegetables	Pureed Garlicky Spinach	Mashed potatoes	Pureed Vegetables	Puree Vegetable
	Puree vegetable	Mashed Potato	Mashed Potatoes	Pureed Sauash	Mashed Potatoes	Mashed potatoes
	Puree Peach	Ice Cream	Pureed Cheese Cake	Ginger Spiced Rice Pudding	Pureed Red Velvet Cake	Pureed Blueberry Pie
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	<b>Alternate Choices</b>
	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree

		_
	SUNDAY	
	Apple Juice	_
	Pureed Eqa	_
	Oatmeal Cereal	_
	Milk	
	Puree Fruit	
<u>es</u>	Alternate Choices	
	Peanut Butter	
	Yogurt	
	Pureed Beef	
5	Mashed potatoes	
ns	Pureed Brussels Sprouts	
	Pureed Watermelon	_
<u>es</u>	Alternate Choices	
	Trepuree	
JD	Pureed Asparagus Soup	_
	Pureed Turkey	
	Pureed Vegetable	_
5	Mashed potatoes	_
Pie	Vanilla Pudding	
		_
<u>es</u>	Alternate Choices	
	Trepuree	

				<b>RBOUR CARE CENTRE</b> II and Winter 2018-20		
				WEEK 2		
W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Orange Juice Milk	Cranberry Juice Milk	Apple Juice Puree Egg	Orange Juice Milk	Cranberry Juice Puree Egg	Apple Juice Milk
REAKFAS	Cream of Wheat Pureed Fruit	Oatmeal Cereal Pureed Fruit	Milk Oatbran Cereal Pureed Fruit	Oatmeal Cereal Puree Fruit Yogurt	Cream of Wheat Milk Puree Fruit	Oatmeal Cereal Puree French Toast Puree Fruit
	Alternate Choice Yogurt	Alternate Choice Yogurt	Alternate Choice Yogurt	Alternate Choice Peanut Butter	Alternate Choice Yogurt	Alternate Choice Yogurt
	Peanut Butter Pureed Fish with Dill Sauce	Peanut Butter Pureed Veal/Tomato Sauce	Peanut Butter Pureed Shepherd's Pie/Gravy	Pureed Chicken/Honey Mustard	Peanut Butter Pureed Beef/ Gravy	Peanut Butter Pureed Pork
	Mashed Potatoes Pureed Tomato	Mashed Potatoes Pureed Parsnips	Mashed Potatoes Pureed Broccoli	Garlicky Mashed Potatoes Pureed California Blend Vegetables	Mashed Potatoes	Mashed Potatoes Pureed Harvard Beets
LUNC H	Puree Cinnamon Apple Slices	Pureed Peaches	Pureed Cantaloupe	Pureed Baked Apple Slices	Pureed Peaches	Pureed Pears
	Alternate Choices Trepuree	Alternate Choices Trepuree	Alternate Choices Trepuree	Alternate Choices Trepuree	Alternate Choices Trepuree	Alternate Choices Trepuree
	Pureed Garden Vegetable Soup	Puree Turkey & Wild Rice Soup	Puree Cream of Mushroom Soup		Pureed Vegetable Soup	Pureed Basil Tomato Soup
DINN ER	Pureed Beef/Mustard Sauce Mashed Potatoes	Pureed Ham Mashed Potatoes	Pureed Chicken/Afredo Sauce Mashed Potatoes	Pureed Ham Mashed Potatoes	Pureed Fish/Lemon Sauce Mashed Potatoes	Pureed Chicken Mashed Potatoes
	Pureed Italian Vegetables Pureed Maple Chocolate Cake	Pureed PEI Mix Lemon Mousse	Pureed Peas Puree Caramel Bread Pudding	Pureed California Vegetables Pureed Souffle	Pureed Carrot Vanilla Pudding	Pureed Mixed Vegetable Pureed Pumpkin Cake
	Alternate Choices Trepuree	Alternate Choices Trepuree	Alternate Choices Trepuree	Alternate Choices Trepuree	Alternate Choices Trepuree	Alternate Choices Trepuree

	SUNDAY	
	Orange Juice	
	Milk	
	Cream of Wheat	
	Puree Fruit	
	Alternate Choice	
	Yogurt	
	Peanut Butter	
	Pureed Turkey/Gravy	
	Pureed Cranberry Sauce	
5	Mashed Potatoes	
	Pureed Italian Mix Vegetables	
	Pureed Honevdew Melon	
	Alternate Choices	
	Trepuree	
UD	Puree Cream of Broccoli Soup	
	Pureed Eqa	
	Mashed Potatoes	
e	Pureed Carrots and Peas	
	Pureed Apple Pie	
	Alternate Choices	
	Trepuree	

			Fa	Il and Winter 2018-20	19	
				WEEK 3		
<b>W</b> 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
Ц	Puree Egg	Milk	Milk	Puree Egg	Milk	Milk
<u> </u>	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal
	Milk	Pureed Fruit	Pureed Fruit	Milk	Pureed Fruit	Pureed Waffle/Syrup
KFAS	Pureed Fruit	Pureed Muffin		Pureed Fruit	Yoqurt	Pureed Fruit
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Yogurt	Yogurt	Yogurt	Yogurt	Peanut Butter	Yogurt
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter		Peanut Butter
	Pureed Chicken	Pureed Pork/BBO Sauce	Pureed Beef	Pureed Chicken /Gravy	Pureed Pork	Pureed Chicken w/ Sau
	Mashed Potatoes	Mashed Potatoes	Whipped Potatoes	Mashed Potatoes	Gravy	Mashed Potatoes
	Pureed Turnip	Pureed Mixed Vegetables	Pureed Mixed Vegetables	Pureed Garlicky Green Bean	Mashed Potatoes	Pureed Fall Vegetable
NC	Pureed Tropical Fruit	Pureed Tropical Fruit Salad	Pureed Orange Sections	Pureed Fresh Fruit in Season	Pureed Brussels Sprouts	Pureed Honevdew
4 ∐					Applesauce	
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree
	Pureed French Onion Soup	Puree Chicken	Pureed Beef Barley Soup	Pureed Vegetable Chowder	Pureed Chicken Noodle Soup	Pureed Lentil Soup
	Pureed Beef/Mustard Sayce	Sweet and Sour Sauce	Pureed Fish	Pureed Beef/Tomato Sauce	Pureed Veal	Pureed Fish
	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Pureed Carrot	Mashed Potatoes
ли   -	Pureed California Blend Vegetables	Pureed Mixed Vegeteables	Pureed Winter Vegetable	Pureed Vegetables	Mashed Potatoes	Pureed Parslied Broco
R   -	Pureed Carrot Cake	Chocolate Pudding	Lemon Mousse	Pureed Chocolate Cake	Sticky Toffee Pudding	Pureed Stained Berries
`∐						Whipped Cream
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree

		-
	SUNDAY	
	Cranberry Juice	
	Puree Egg	
	Oatbran Cereal	
)	Milk	
	Alternate Choices	
	Yogurt	
	Peanut Butter	
ice	Pureed Ham	-
	Pureed Peas/Carrots	1
S	Mashed Potatoes	
.5	Pureed Apricot	1
	Alternate Choices	
	Trepuree	
		-
	Cream of Celery Soup	
	Pureed Baked Beans	
	Mashed Potatoes	
oli	Pureed Winter Vegetables	
w/	Pureed Peach Pie	
	Alternate Choices	<u> </u>
	Trepuree	
		+

			<b>NEWPORT HAR</b>	<b>BOUR CARE CENTRE</b>	E PUREED MENU	
			Fa	and Winter 2018-20	)19	
				WEEK 4		
W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
4 H	Milk	Milk	Puree Eqg	Milk	Milk	Puree Eqq
	Oatmeal Cereal	Cream of Wheat	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat
REAKFAS	Pureed Fruit	Pureed Fruit	Milk	Pureed Fruit	Pureed Fruit	Milk
	Pureed Eqa		Pureed Fruit		Peanut Butter	Pureed Eaa
{ }	Altrenate Choices	Alternate Choice	Alternate Choices	Alternate Choices	Alternate Choices	Pureed Fruit Alternate Choices
1	Yogurt	Yogurt	Yoaurt	Yogurt	Yogurt	Yogurt
1	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter		Peanut Butter
<u>├</u> ──┤}	Pureed Fish	Pureed Chicken/Tomato Sauce	Pureed Meatball	Pureed Beef Bourguignon	Pureed Pork	Pureed Teriyaki Chicken
í H	Mashed Potatoes/Gravy	Mashed Potatoes	Mashed Potatoes/Gravy	Mashed Potatoes/Gravy	Mashed Potatoes/Gravy	Mashed Potatoes/Gravy
í H	Pureed Peas	Pureed Mixed Vegetable	Pureed Carrots	Pureed Mixed Vegetable	Pureed Mixed Vegetables	Pureed Oriental Blend Vegetables
1	Pureed Canteloupe	Pureed Apricot	Pureed/Strained Mixed Berries	Pureed/Strained Watermelon	Pureed Pears	Pureed Stewed Rhubarb
UNCH						
í ľi	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
1 []	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree
┝──┥┟	Pureed French Onion Soup	Pureed Cream Of Vegetable Soup	Puree Dijon Mushroom Dill Soup	Pureed Chicken Rice Soup	Pureed Hearty Vegetable Soup	Pureed Vegetarian Split Pea Soup
1 11	Pureed Chicken	Pureed Beef	Pureed Egg	Pureed Fish	Pureed Seasonal Fruit	Pureed Beef/Gravy
i H	Mashed Potatoes/Gravy	Mashed Potatoes/Gravy	Mashed Potatoes/Gravy	Mashed Potatoes/Gravy	Pureed Egg	Mashed Potatoes
	Pureed Mixed Vegetable	Pureed Mixed Vegetable	Pureed PEI Vegetable	Pureed Beets	Pureed Banana Loaf	Pureed Winter Mix Vegetables
DINN ER	Strawberry Mousse	Pureed Gingerbread Cake	Butterscotch Pudding	Yogurt/Pureed Fruit	Caramel Custard	Pureed Brownies
"	Alternate Chairea	Alternate Chaicea	Alternate Chaises	Altownste Chaisee	Altownste Chaisea	Alternate Chaicea
4  }	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
1 14	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree

	SUNDAY	
	Apple Juice	
	Pureed French Toast	
	Oatmeal Cereal	
	Milk	
	Pureed Fruit	
	Alternate Choices	
	Yogurt	
	Peanut Butter	
	Pureed Beef	
	Mashed Potatoes/Gravy	
es	Pureed Green/Yellow Beans	
	Pureed Mandarin Orange	
	Alternate Chaises	
	Alternate Choices	
	Trepuree	
)	Puree Cream Of Cauliflower Soup	
	Pureed Chicken	
	Mashed Potatoes/Gravy	
5	Pureed Mix Vegetable	
	Pureed Pumpkin Pie/Whipped	
	Topping	
	Alternate Choices	
	Trepuree	

WEEK 5           MONDAY         TUESDAY         WEDNESDAY         THURSDAY         FRIDAY         SATURDAY           Cranberry-Juice         Aoole Juice         Oranoe Juice         Cranberry-Juice         Aoole Juice         Oranoe Juice           Puree Eog         Milk         Puree Eog         Milk         Puree Eog         Milk         Puree Eog         Oatbran or Oatmeal Cereal           Milk         Pureed Fruit         Pureed Fr				<b>RBOUR CARE CENTRI</b> Il and Winter 2018-20		
Cranberry Juice         Apple Juice         Orance Juice         Cranberry Juice         Apple Juice         Orance Juice           Puree Ecq         Milk         Puree And         Milk         Puree And         Milk         Puree Muffin           Oatbran Cereal         Oatbran or Oatmeal Cereal         Oatbran or Oatmeal Cereal         Oatbran Cereal         Oatbran or Oatmeal Cereal         Oatbran Cereal         Oatbran or Oatmeal Cereal         Oatbran Cereal         Oatbran or Oatmeal Cereal         Oatbran or Oatmeal Cereal         Oatbran or Oatmeal Cereal         Oatbran or Oatmeal Cereal						
Purce         Purce         East         Milk         Milk         Purce         Milk         Purce         Milk         Purce         Mulk         Purce         Oatbran or Oatmeal Cereal         Milk           Purced Fruit         Purced Fruit State         <	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alternate Choices       Alternate Choices       Alternate Choices       Alternate Choices       Alternate Choices       Alternate Choices       Alternate Choices         Trepuree	Puree Eaa Oatbran Cereal Milk Pureed Fruit Pureed Eaa Alternative Choices Yogurt Peanut Butter Pureed Ham Mashed Potatoes Pureed Brussel Sprouts	Milk Oatbran or Oatmeal Cereal Pureed Fruit Alternative Choice Yoqurt Peanut Butter Pureed Meatballs/Tomato Sauce Mashed Potatoes Pureed Broccoli	Milk Cream of Wheat Pureed Fruit Alternative Choices Yoqurt Peanut Butter Pureed Chicken Stew Mashed Potatoes/Gravy Pureed Broccoli	Puree EqqOatbran or Oatmeal CerealMilkPureed FruitPureed EqqAlternative ChoicesYoqurtPeanut ButterPureed Beef/Honey Mustard SauceGarlic Whipped PotatoesPureed Glazed Carrots	Milk Oatbran Cereal Pureed Fruit Alternative Choices Yoqurt Peanut Butter Puree Salmon/Hollandaise Mashed Potatoes/Gravy Pureed Cauliflower	Puree Muffin Oatbran or Oatmeal Cereal Milk Pureed Fruit Alternative Choices Yogurt Peanut Butter Pureed Chicken/Ginger Sauce Mashed Potatoes/Gravy Pureed Mix Vegetables
Pureed Turkey         Pureed Pork         Pureed Fish w/ Dill Sauce         Pureed Ham/Eqg Strata         Pureed Mexican Chicken         Pureed Beef/BBO Sauce           Mashed Potatoes/Gravy         Mashed Potatoes           DINN FR         Pureed Wax Beans         Pureed Winter Vegetable Mix         Pureed Peas and Carrots         Pureed Italian Vegetable         Pureed Mixed Vegetable         Pureed Fall Mixed Vegetables           Pureed Coconut Tart         Ice Cream         Pureed Black Forest Cake         Tapioca Pudding         Strawberry Jello Cake         Pureed Baked Apple/           Maternate Choices         Alternate Choices         Alternate Choices         Alternate Choices         Alternate Choices         Alternate Choices         Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
Alternate Choices       Alternate Choices       Alternate Choices       Alternate Choices       Alternate Choices	Pureed Turkey Mashed Potatoes/Gravy Pureed Wax Beans	Pureed Pork Mashed Potatoes/Gravy Pureed Winter Vegetable Mix	Pureed Fish w/ Dill Sauce Mashed Potatoes Pureed Peas and Carrots	Pureed Ham/Eqg Strata Mashed Potatoes/Gravy Pureed Italian Vegetable	Pureed Mexican Chicken Mashed Potatoes/Gravy Pureed Mixed Vegetable	Pureed Beef/BBO Sauce Mashed Potatoes Pureed Fall Mixed Vegetables Pureed Baked Apple/
						Alternate Choices
		Cranberry Juice Puree Eqq Oatbran Cereal Milk Pureed Fruit Pureed Eqq <b>Alternative Choices</b> Yoqurt Peanut Butter Pureed Ham Mashed Potatoes Pureed Brussel Sprouts Apple Sauce <b>Alternate Choices</b> Trepuree Pureed Borscht Pureed Borscht Pureed Turkey Mashed Potatoes/Gravy Pureed Wax Beans Pureed Coconut Tart <b>Alternate Choices</b>	Cranberrv JuiceApple JuicePuree EqqMilkOatbran CerealOatbran or Oatmeal CerealMilkPureed FruitPureed EqqAlternative ChoicesAlternative ChoicesAlternative ChoiceYoqurtYoqurtPeanut ButterPeanut ButterPureed HamPureed Meatballs/Tomato SauceMashed PotatoesMashed PotatoesPureed Brussel SproutsPureed BroccoliApple SaucePuree Fresh Fruit in SeasonAlternate ChoicesAlternate ChoicesTrepureeTrepureePureed BorschtPureed Navy Bean SoupPureed TurkevPureed PorkMashed Potatoes/GravyMashed Potatoes/GravyPureed Wax BeansPureed Winter Vegetable MixPureed Coconut TartIce CreamAlternate ChoicesAlternate Choices	MONDAYTUESDAYWEDNESDAYCranberry JuiceApple JuiceOrange JuicePuree EqgMilkMilkOatbran CerealOatbran or Oatmeal CerealCream of WheatMilkPureed FruitPureed FruitPureed FruitPureed FruitPureed EqgAlternative ChoiceAlternative ChoicesAlternative ChoicesYogurtYogurtPanut ButterPeanut ButterPureed HamPureed Meatballs/Tomato SaucePureed Brussel SproutsPureed BrocoliApple SaucePuree Fresh Fruit in SeasonPureed Brussel SproutsPureed RoicesAlternate ChoicesAlternate ChoicesAlternate ChoicesPureed BrocoliPureed BroschtPureed Navy Bean SoupPureed BorschtPureed Navy Bean SoupPureed Vax BeansPureed Winter Vegetable MixPureed Wax BeansPureed Winter Vegetable MixPureed BorschtPureed Winter Vegetable MixPureed Black Forest CakeAlternate ChoicesAlternate ChoicesAlternate ChoicesAlternate ChoicesPureed Winter Vegetable MixPureed Black Forest CakePureed Black Forest Cake	WEEK 5MONDAYTUESDAYWEDNESDAYTHURSDAYCranberry JuiceApole JuiceOrange JuiceCranberry JuicePuree EagMilkMilkPuree EagOatbran CerealOatbran or Oatmeal CerealCream of WheatOatbran or Oatmeal CerealMilkPureed FruitPureed FruitPureed FruitPureed FruitPureed FruitPureed FruitPureed FruitPureed EagAlternative ChoicesAlternative ChoicesAlternative ChoicesAlternative ChoicesAlternative ChoiceAlternative ChoicesAlternative ChoicesYogurtYogurtYogurtYogurtPanut ButterPanut ButterPeanut ButterPeanut ButterPeanut ButterPureed HamPureed PotatoesMashed Potatoes/GravyGarlic Whipped PotatoesPureed Brussel SproutsPureed Fruit in SeasonPureed PearsPureed FruitAlternate ChoicesAlternate ChoicesAlternate ChoicesAlternate ChoicesTrepureeTrepureeTrepureeTrepureePureed BorschtPureed Navy Bean SoupPureed Beef Barley SoupPureed Mashed Potatoes/GravyPureed Vatatoes/GravyMashed Potatoes/GravyMashed Potatoes/GravyMashed Potatoes/GravyPureed TurkeyPureed Navy Bean SoupPureed Beef Barley SoupPureed Ham/Eag StrataMashed PotatoesMashed PotatoesMashed Potatoes/GravyMashed Potatoes/GravyPureed Wax BeansPureed Vatates/GravyPureed Paareed StrataMashed Potatoes/GravyPur	MONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYCranberry JuiceApple JuiceOrange JuiceCranberry JuiceApple JuiceMilkPuree EqaMilkMilkPuree EqaMilkQatbran CarealOatbran or Oatmeal CerealCream of WheatOatbran or Oatmeal CerealOatbran or Oatmeal CerealMilkPureed FruitPureed FruitMilkPureed FruitPureed EqaAlternative ChoicesAlternative ChoicesAlternative ChoicesAlternative ChoicesAlternative ChoicesAlternative ChoicesAlternative ChoicesYogurtYogurtYogurtYogurtYogurtPeanut ButterPeanut ButterPeanut ButterPeanut ButterPureed HamPureed Meabals/Tomato SaucePureed Dicken StewPureed Bea/Honey Mustand SaucePureed BrotosesMashed Potatoes/GravyPureed Glazed CarrotsPureed CauliflowerPureed BrotosesPureed BroccoliPureed PearsPureed FruitPureed BrotosesAlternate ChoicesAlternate ChoicesAlternate ChoicesApple SaucePuree Alternate ChoicesAlternate ChoicesAlternate ChoicesTrepureeTrepureeTrepureeTrepureePureed BorschitPureed Ravy Bean SoupPureed Bears SoupPureed BorschitPureed PorkPureed Reis PorabelPureed Ham/Eqa StrataPureed WasteansPureed PorkPureed PorabelPureed Ham/Eqa StrataPureed WasteansPureed PorkPureed Reis CarotosMashed Potatoes/Gravy </td

	SUNDAY	
	Cranberry Juice	
	Puree Egg	
eal	Oatbran Cereal	
	Milk	
	Pureed Fruit	
		_
<u> </u>	Alternative Choices	
	Yogurt	_
	Peanut Butter	
ice	Pureed Pork/Gravv	
V	Mashed Potatoes	
5	Pureed Peas	
	Pureed Fruit Cocktail	_
	Alternate Choices	
	Trepuree	
oli	Pureed Italian Wedding Soup	
e	Pureed Chicken	
	Mashed Potatoes/Gravy	
bles	Pureed Mixed Vegetables	
	Pureed Boston Cream Pie	
	Alternate Choices	_
	Trepuree	_

				BOUR CARE CENTRE			
			Fa	all & Winter 2018 - 201	19		
				WEEK 1			
W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Apple Juice Milk Oatmeal Cereal Minced Boiled Egg	Orange Juice Milk Oatbran Cereal Cheddar Cheese	Cranberry Juice Milk Oatmeal Cereal Minced Poached Egg	Apple Juice Milk Cream of Wheat Cereal Yogurt	Orange Juice Milk Oatmeal Cereal Cheese Omelet	Cranberry Juice Milk Oatbran Cereal Peanut Butter	Apple Juice Milk Oatmeal Cereal Scrambled Eggs
BREA KFAS	Buttered WW Crustless Toast Fruit	Buttered WW Crustless Toast Fruit	Buttered WW Crustless Toast Fruit	Muffin Fruit	Buttered WW Crustless Toast Fruit	Pancakes/Syrup Fruit	Buttered WW Crustless Toast Fruit
	Alternate Choices Yoqurt Peanut Butter	Alternate Choices Yoqurt Peanut Butter	Alternate Choices Yoqurt Peanut Butter	Alternate Choices Cheese Spread Peanut Butter Buttered WW Toast	Alternate Choices Yoqurt Peanut Butter	Alternate Choices Yoqurt Peanut Butter Buttered WW Crustless Toast	Alternate Choices Yogurt Peanut Butter
	Minced Chicken Dijon Mashed Potatoes/Gravy Minced Winter Blend Vegetables Dinner Roll/butter Minced Honeydew Melon	Minced Sweet & Sour Pork Fried Rice Minced Stir Fried Vegetables Minced Apricot	Minced Beef Stew Tea Biscuit/butter Minced Brocooli Minced Rhubarb	Minced Seafood Primavera Minced Asparagus Minced Fruit Cocktail	Meatloaf/Gravy Whipped Potatoes Minced Green Beans Stewed Rhubarb	Minced Stir Fried Chicken w/ Stir Fried Rice Minced Stir Fried Vegetables Minced Peaches	Minced Charbroiled Steak Mashed Potato/Gravy Minced Brussels Sprouts Pureed Watermelon
	Alternate 2 Choices Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Alternate 2 Choices Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Alternate 2 Choices Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Alternate 2 Choices Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Alternate 2 Choices Chef's Choice Minced Vegetable Chicken Salad, Eqg Salad or Minced Tomato Sandwich Variety of Jello	Alternate 2 Choices Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Alternate 2 Choices Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or MincedTomato Sandwich Variety of Jello
DINN ER	Harvest Vegetable Soup Baked Fish w/ tartar Sauce Mashed Potatoes Minced Coleslaw Warm Peach Crisp (moist/soft)	Butternut Sauash Soup Minced Beef Minced Winter Vegetables Mashed Potaotes WW Roll/butter Ice Cream	Cream of Tomato Soup Cheese Sandwich Minced Garlicky Spinach Cheese Cake	Asian Vegetable Beef Soup Minced Turkey//Craberry Sauce Sandwich Minced Squash Ginger Spiced Rice Pudding	Pureed Corn Chowder Minced BBQ Chicken Slider Minced Mixed Vegetables Red Velvet Cake	Barlev Soup Minced Beef Chili Minced Mixed Vegetable Homemade Biscuit/butter Blueberry pie	Cream of Asparagus Soup Pizza on Soft Bun Minced Mixed Vegetables Vanilla Pudding
	Alternate Choices Chicken Salad, Eqg Salad or Minced Tomato Sandwich	Alternate Choices Salmon Salad, Egg Salad or Minced Tomato Sandwich	Alternate Choices Chicken Salad, Egg Salad or Minced Tomato Sandwich	Alternate Choices Salmon Salad, Eqg Salad or Minced Tomato Sandwich	Alternate Choices Chicken Salad, Egg Salad or Minced Tomato Sandwich	Alternate Choices Salmon Salad, Eqg Salad or Minced Tomato Sandwich	Alternate Choices Chicken Salad, Eqg Salad or Minced Tomato Sandwich
	NOTE: Whole Wheat Bread offered everyd 30 ml Peanut Butter as a choice at 125 ml Assorted Juices are offered 250 ml Milk is offered everyday at	lay at Lunch and Dinner. Crackers Breakfast. Banana or prunes availa everyday at Lunch & Dinner	served everyday at Dinner with So ble everyday at Breakfast				

			NEWPORT HAR	BOUR CARE CENTRE	<b>MENU: MINCED</b>			
			Fa	II & Winter 2018 - 20	19			
				WEEK 2				
V2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	
Ц	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
Ц	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Cream of Wheat Cereal	
Ц	Cheddar Cheese	Peanut Butter	Scrambled Egg	Peanut Butter	Omelet	French Toast/Syrup	Minced Breakfast Sausage	
Ц	Buttered WW Crustless Toast	Buttered WW Crustless Toast	Buttered WW Crustless Toast	Buttered WW Crustless Toast	Buttered WW Crustless Toast	Fruit	Buttered WW Toast	
	Fruit	Fruit	Fruit	Fruit	Fruit		Fruit	
KFA	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	
Π	Yoqurt	Yoaurt	Yoqurt	Yoqurt	Yogurt	Yogurt	Yoaurt	
Π	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	
						Buttered WW Crustless Toast	Buttered WW Toast	
H								
	Baked Sole with Dill Sauce	Minced Veal Parmesan	Minced Shepherd's Pie/Gravv	Minced Roast Chicken/ Honey Mustard	Minced Beef/Beef Gravv	Minced Pork	Minced Roast Turkev/Gravv/Tangv	
	Minced Buttered Eqa Noodles	Mashed Potatoes	Dinner Roll/butter	Garlicky Mashed Potatoes	Mashed Potato	Seasoned Rice	Dressing	
H	Tomato Sauce with Parmesan	Minced Parsnips	Minced Broccoli	Minced California Blend Vegetables	Minced Italian Mix Vegetables	Minced Harvard Beets	Mashed Potatoes	
H	Minced Baked Apple Slices	Minced Peaches	Minced Cantaloupe	Minced Baked Apple Slices	Minced Peaches	Minced Pears	Minced Italian Mix Vegetables	
							Minced Honevdew Melon	
H	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	
Π	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Miced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	
П	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	
П	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	
П	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	
	Garden Vegetable Soup	Turkey & Wild Rice Soup	Cream of Mushroom Soup	Minestrone Soup	Vegetable Soup	Basil Tomato Soup	Cream of Broccoli Soup	
H	Minced Meat Sandwich on	Scrambled Eggs w/ Ham/Onion	Minced Chicken Alfredo	Minced Ham & Cheese on a	Pan Seared Fish w Lemon Dill	Macaroni & Cheese	Omelet w/ Minced Veggies	
H	Caraway Rye/Mustard	Buttered WW Toast Points	Minced Fettucine	Croissant/Mustard/Mayo	Sauce	Minced Mixed Vegetable	Buttered Crustless Toast Points	
H	Minced Italian Vegetables	Minced PEI mix	Minced Peas	Minced Southwest Salad/Dressing	Mashed Potatoes	Pumpkin Cake	Minced Carrots and Peas	
	Maple Chocolate Cake	Lemon Mousse	Caramel Bread Pudding	Souffle	Minced Carrots		Apple Pie	
	Altornato Chaisaa	Altornato Chaisaa	Altornato Chaissa	Altornato Chaissa	Butter Tart Bar	Altorrate Chaises		
∟r    	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices Egg Salad Croissant	Alternate Choices	Alternate Choices	Alternate Choices	
	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Eqg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Eqg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Eqg Salad or	
	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Mnced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	
	NOTE:							
	Whole Wheat Bread offered everyd	lay at Lunch and Dinner Crackers	served everyday at Dinner with So	ID-				
	30 ml Peanut Butter as a choice at							
	125 ml Assorted Juices are offered							
	250 ml Milk is offered everyday at		ervday at Lunch & Dinner					

			NEWPORT HAR	BOUR CARE CENTRE	MENU: MINCED		
			F	all & Winter 2018-201	.9		
				WEEK 3			
W3 .	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
ļ	Milk	Milk	Milk	Milk	Milk	Milk	Milk
	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Oatbran Cereal
ļ	Scrambled Egg	Peanut Butter	Cheddar Cheese	Vegetable Omlette	Yogurt	Sliced Cheese	Scrambled Egg
ļ	Buttered WW Crustless Toast	Muffin	Buttered WW Crustless Toast	Buttered WW Crustless Toast	Buttered WW Crustless Toast	Belgian Waffle w Syrup	Buttered WW Crustless Toast
EAKFA	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
							Muffins
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Yogurt	Yoqurt	Yogurt	Yogurt	Cheese Spread	Yogurt	Yogurt
ł	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
ľ		WW Crustless Toast				Buttered WW Crustless Toast	
	Minced Chicken Paprika	Minced Pork/BBQ Sauce	Perogies/Sour Cream	Minced Chicken and Gravy	Minced Pork Loin/Apple Braised	Chicken Pot Pie/Gravy	Minced Baked Ham
ł	Mashed Potato	Mashed Potato	Minced Garlic Sausage	Mashed Potatoes	Stuffing/Gravy	Minced Green Beans	Mashed Potato
	Sour Cream	Minced Green Beans	Minced Mixed Vegetables	Minced Carrots	Mashed Potato	Minced Fresh Fruit in Season	Minced Peas/Carrots
Ì	Minced Turnip	Minced Tropical Fruit	Minced Mandarin Orange Sections		Minced Brussels Sprouts		Minced Apricot
Ì	Minced Tropical Fruit Salad				Minced Pineapple		
JNCH	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices
Ì	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable
ĺ	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or
ĺ	Mincd Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello
	French Onion Soup	Minced Chicken w Sweet/Sour	Beef Barley Soup	Vegetable Chowder	Chicken Noodle Soup	Lentil Soup	Cream of Celery Soup
	Minced Beef Sandwich on	Sauce	Tuna Melt	Minced Lasagna	Minced Veal w/sauce on a Bun	Baked Fish	Minced Baked Beans
	WW Bread/Mustard	Fried Rice	Minced Winter Blend Vegetables	Breadstick	Minced Carrots	French Fries w Gravy	WW Dinner Roll/butter
ļ	Minced California Blend Vegetable	Minced Stir Fried Veggies	Lemonicious Lemon Bar	Minced Mix Vegetables	Sticky Toffee Pudding	Minced Parslied Broccoli	Minced Winter Mix Vegetable
DINN ER	Carrot Cake/Frosting	Caramel Pudding		Chocolate Cake		Mixedberry Cobbler	Peach Pie
	Alternate Choice	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
ļ	Chicken Salad, Eqg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Eqg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Eqg Salad or	Chicken Salad, Eqg Salad or
	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich
	NOTE:						
	Whole Wheat Bread offered everyo	lay at Lunch and Dinner. Crackers	served everyday at Dinner with So	up.			
	30 ml Peanut Butter as a choice at	Breakfast. Banana or prunes availa	able everyday at Breakfast				
	125 ml Assorted Juices are offered						
		Breakfast, 125 ml Milk is offered ev	veryday at Lunch & Dinner				

				BOUR CARE CENTRE			
			Fa	II & Winter 2018 - 20	19		
				WEEK 4			
V4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
$\square$	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal	Oatbran Cereal	Oatmeal Cereal	Cream of Wheat Cereal	Oatmeal Cereal
П	Poached Egg	Peanut Butter	Scrambled Egg	Sliced Cheese	Peanut Butter	Minced Poached Egg	French Toast/Syrup
П	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Minced Sausage	Fruit
<b>KFA</b> Î	Fruit	Fruit	Fruit	Fruit	Fruit	WW Crustless Toast	
Π						Fruit	
Π	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
Π	Yogurt	Yoqurt	Yogurt	Yoqurt	Yogurt	Yogurt	Yoqurt
Π	Peanut Butter	Toquit	Peanut Butter	Peanut Butter	Toquit	Peanut Butter	Peanut Butter
Ħ							r canat Batter
	Montreal Spiced Pollock	Minced Chicken Cacciatore	Minced Beef	Minced Beef Bourguignon	Minced Sausage w Sauce	Minced Teriyaki Chicken	Minced Roast Beef/Horseradish
H	Seasoned Rice	Mashed Potatoes	Mexican Rice (no corn)	Minced Fettucine	Perogies/Sour Cream/Green	Asian Fried Rice	Mashed Potatoes/Gravy
H	Minced Peas	Minced Cabbage	Minced Carrots	Minced Mixed Vegetable	Onion	Minced Oriental Blend Vegetables	Minced Green & Yellow Beans
H	Minced Cantaloupe	Minced Cabbage Minced Apricot	Minced/Strained Berries	Minced Watermelon	Minced Broccoli	Stewed Rhubarb	Minced Mandarin Orange
H		Milleeu Apricot			Minced Pears		Minced Mandalin Orange
H					Infinced rears		
NCH¦¦	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices
H	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable	Chef's Choice Minced Vegetable
H	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or			Salmon Salad, Egg Salad or	
H				Salmon Salad, Egg Salad or Mincod Tomato Sandwich	Chicken Salad, Egg Salad or Mincod Tomato Sandwich		Chicken Salad, Egg Salad or Mincod Tomata Sandwich
H	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich
H	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello
	Franch Onion Coun	Croom Of Vagatable Cours	Diian Mushkaam Dill Coun	Chickon Dice Coun	Lloort / Vagatabla Cour	Vegetarian Calit Dea Cour	Croom Of Couliflower Coup
H	French Onion Soup	Cream Of Vegetable Soup	Diion Mushroom Dill Soup	Chicken Rice Soup	Hearty Vegetable Soup	Vegetarian Split Pea Soup	Cream Of Cauliflower Soup
H	Chicken Salad Sandwich	Minced Roast Beef Sandwich with Au Jus	Eqg Salad Sub Sandwich	Seafood Quiche	Minced Seasonal Fruit	Minced Beef with Sauce	Minced Chicken and Sauce
H	Minced Cole Slaw	Minced Mixed Vegetable	Minced PEI Vegetable Mix	Minced Harvard Beets	Cottage Cheese	Minced Winter Mixed Vegetable	Mashed Potato
NN 🕂	Strawberry Mousse	Gingerbread Cake	Butterscotch Pudding	Yogurt Cocktail/ Minced Fruit	Banana Loaf	WW Roll	Minced Mixed Vegetable
RH					Caramel Custard	Brownies	Pumpkin Pie/Whipped
H							Topping
H	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
H	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or	Salmon Salad, Egg Salad or	Chicken Salad, Egg Salad or
	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich	Minced Tomato Sandwich
	NOTE.						
	NOTE: Whole Wheat Bread offered even	lay at Lunch and Dinner Oracles	comed averages at Dispersith Co				
			served everyday at Dinner with Sou	JD.			
	30 ml Peanut Butter as a choice at		able everyday at Breaktast				
	125 ml Assorted Juices are offered	everyday at Lunch & Dinner					
	250 ml Milk is offered everyday at	Breakfast, 125 ml Milk is offered e	vervdav at Lunch & Dinner				

			<b>NEWPORT HARI</b>	BOUR CARE CENTRE	<b>MENU: MINCED</b>		
			Fa	II & Winter 2018 - 20	19		
				WEEK 5			
W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cranberry Juice Milk Oatbran Cereal	Apple Juice Milk Oatmeal Cereal	Orange Juice Milk Cream of Wheat Cereal	Cranberry Juice Milk Oatmeal Cereal	Apple Juice Milk Oatbran Cereal	Orange Juice Milk Oatmeal Cereal	Cranberry Juice Milk Oatbran Cereal
BREA	Boiled Egg Buttered WW Crustless Toast	Peanut Butter Buttered WW Crustless Toast	Cheddar Cheese Buttered WW Crustless Toast	Poached Egg Buttered WW Crustless Toast	Yoqurt Buttered WW Crustless Toast	Sliced Cheese Chef's Choice Muffin	Scrambled Egg Buttered WW Crustless Toast
KFAS T		Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
	Alternate Choices Yoqurt Peanut Butter	Alternate Choices Yoqurt Peanut Butter	Alternate Choices Yoqurt	Alternate Choices Yoqurt Peanut Butter	Alternate Choices Cheese Spread Peanut Butter	Alternate Choices Yoqurt Peanut Butter Buttered Crustless WW Toast	Alternate Choices Yoqurt Peanut Butter
	Minced Pineapple Ham Loaf Mustard/ Mashed Potatoes Minced Brussel Sprouts Apple Sauce	Minced Spaghetti/Meat Sauce Garlic Bread Minced Broccoli Minced Fresh Fruit in Season	Chicken Stew Home Made Biscuit/butter Minced Broccoli Minced Pears	Minced Corned Beef/Honey Mustard Sauce Garlic Whipped Potatoes Minced Glazed Carrots	Salmon/Hollandaise Sauce Mashed Potatoes Minced Cauliflower Minced Fresh Fruit in Season	Minced Chicken w/ Ginger Sauce Fried Rice Minced Stir Fried Vegetables Minced Tropical Fruit Salad	Apple Stuffing Mashed Potatoes Minced Peas
UNC H	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	WW Roll Minced Citrus Fruit Cup Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Minced Fruit Cocktail Alternate 2 Choices
	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich
	Variety of Jello Borscht	Variety of Jello Navy Bean Soup	Variety of Jello Beef Barley Soup	Variety of Jello Mediterranean Chicken Soup	Variety of Jello Chicken Noodle Soup	Variety of Jello Cream of Broccoli Soup	Variety of Jello Italian Wedding Soup
	Minced Turkey Sausage Mashed Potato/Gravy	Minced Pork Minced Winter Vegetable Mix	Baked Fish w/ Dill Sauce Mashed Potato	Minced Ham & Egg Strata Minced Italian Vegetables	Minced Mexican Chicken Mexican Rice (no corn)	Minced Beef/BBQ Sauce on a Bun	Chicken Salad Sandwich Minced Mixed Vegetables
DINN ER	Minced Wax Beans Coconut Tart	Dinner Roll Ice Cream	Minced Peas and Carrots Black Forest Cake	Tapioca Pudding	Minced Mexican Vegetable Tomato Salsa/Guacamole Strawberry Jello Cake	Minced Fall Mixed Vegetables Apple Crisp	Boston Cream Pie
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices Cheese Omlette	Alternate Choices	Alternate Choices	Alternate Choices
	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Eqq Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich
	NOTE:						
	30 ml Peanut Butter as a choice at			up.			
	125 ml Assorted Juices are offered 250 ml Milk is offered everyday at	Breakfast, 125 ml Milk is offered ev	veryday at Lunch & Dinner				

			NEWPORT HARBO	DUR CARE CENTRE GI	<u>UTEN FREE MENU</u>		
			Fa	all & Winter 2018 - 20	19		
				WEEK 1			
W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREA		Orange Juice Milk GF Brown Rice Cereal Cheddar Cheese GF Buttered WW Toast Fruit	Cranberry Juice Milk GF Brown Rice Cereal Poached Egg GF Buttered WW Toast Fruit	Apple Juice Milk GF Brown Rice Cereal Yoqurt GF Buttered WW Toast Fruit	Orange Juice Milk GF Brown Rice Cereal Cheese Omelet GF Buttered WW Toast Fruit	Cranberry Juice Milk GF Brown Rice Cereal Peanut Butter GF Buttered WW Toast Fruit	Apple Juice Milk GF Brown Rice Cereal Scrambled Eggs Bacon GF Buttered WW Toast
(FAS T	Alternate Choices Yoqurt GF Assorted Cold Cereal Peanut Butter	Alternate Choices Yoqurt GF Assorted Cold Cereal Peanut Butter	Alternate Choices Yoqurt GF Assorted Cold Cereal Peanut Butter	Alternate Choices Cheese Spread GF Assorted Cold Cereal Peanut Butter	Alternate Choices Yoqurt GF Assorted Cold Cereal Peanut Butter	Alternate Choices Yoqurt GF Assorted Cold Cereal Peanut Butter	Fruit Alternate Choices Yoqurt GF Assorted Cold Cereal Peanut Butter
JNCF	Chicken Dijon Mashed Potatoes/ GF Gravy Winter Blend Vegetables Buttered GF Toast Diced Honeydew Melon Alternate Choices Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Pork in Sweet/Sour Sauce Fried Rice Stir Fried Vegetables Apricot Halves <b>Alternate Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Beef Stew GF Buttered Toast Broccoli Stewed Rhubarb Alternate Choices Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Seafood Primavera w/ GF Pasta Asparagus Fruit Cocktail Alternate Choices Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	GF Meatloaf/GF Gravy Whipped Potatoes Green Beans Pineapple Tidbits Alternate Choices Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Stir Fried Chicken w/ Rice Stir Fried Vegetables Sliced Peaches Alternate Choices Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Charbroiled Steak Baked Potatoes/Sour Cream Brussels Sprouts Watermelon Alternate Choices Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello
DINN ER	Chef's Choice GF Soup Pan Fried Fish w/ Tartar Sauce Lemon Slice Coleslaw	Chef's Choice GF Soup Sliced Beef Salad Plate (Sliced Beef, Fall Vegetable Salad, Potato Salad, Tomato Cucumber Garnish, GF Roll, Butter) Ice Cream Alternate Choices Egg	Chef's Choice GF Soup GF Grilled Cheese Sandwich Mixed Greens/Balsamic Vinaigrette Chef's Choice GF Dessert Alternate Choices Egg	Chef's Choice GF Soup Turkey /Cranberry Sauce Sandwich on GF Bread Tossed Salad Chef's Choice GF Dessert Dill Pickes Alternate Choices Eqq	Chef's Choice GF Soup BBO Chicken Slider on GF Bun Spinach Salad/Poppyseed Dressing Chef's Choice GF Dessert Alternate Choices Egg	Chef's Choice GF Soup Beef Chili Mixed Vegetables GF Buttered Toast Chef's Choice GF Dessert Alternate Choices Eqg	Chef's Choice GF Soup Vegetable Omlette Caesar Salad (no croutons) Vanilla Pudding Alternate Choices Eqg
	NOTE: GF Bread/ offered everyday at Lun 30 ml Peanut Butter as a choice at 125 ml Assorted Juices are offered 250 ml Milk is offered everyday at Side salad with choice of dressing	ch and Dinner. Breakfast. Banana or prunes availa everyday at Lunch & Dinner Breakfast, 125 ml Milk is offered ev	able everyday at Breakfast				

			<b>NEWPORT HARBO</b>	UR CARE CENTRE G	<b>LUTEN FREE MENU</b>				
			Fa	all & Winter 2018 - 20	19				
				WEEK 2					
				l					
W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice		
	Milk	Milk	Milk	Milk	Milk	Milk	Milk		
	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal		
	Cheddar Cheese	Peanut Butter	Scrambled Egg	Yogurt	Omelet	GF French Toast/Syrup	GF Breakfast Sausage	 	
Щ	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	Fruit	GF Buttered WW Toast		
	Fruit	Fruit	Fruit	Fruit	Fruit	Yogurt	Fruit	 	
<u> </u>	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
<u> </u>	Yoaurt	Yoaurt	Yoaurt	Yoaurt	Yoqurt		Yoaurt		
<u> </u>	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal		
	Peanut Butter	Peanut Butter	Peanut Butter		Peanut Butter	Peanut Butter	Peanut Butter		
						GF Buttered WW Toast			
	Baked Sole w/ Dill Sauce	Plain Veal w/ GF Gravy	Shepherd's Pie/GF Gravy	Chicken/Honey Mustard	Salisbury Steak/GF Gravy	Pork Drummies	Roast Turkey/GF Gravy		
	GF Pasta	Baked Baby Potatoes	GF Buttered Toast	Garlicky Mashed Potatoes	Baked Potatoes	Seasoned Rice	Tangy Cranberry Sauce		
	Baked Parmesan Tomato	Parsnips	Broccoli	California Blend Vegetables	Italian Mix Vegetables	Harvard Beets	Mashed Potatoes		
.UNC	Baked Apple Slices	Sliced Peaches	Cantaloupe	Baked Apple Slices	Diced Peaches	Pears	Italian Mix Vegetables		
	(no crumbs)			Apricot Halves			Diced Honeydew Melon		
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable		
	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing		
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello		
	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup		
	Deli Meat Sandwich on	Scrambled Egg w/ Ham/Onion	Chicken Alfredo	Ham & Cheese on GF	Pan Fried Fish w/ Butter	2 Egg Over Easy	Vegetable Omelet		
	GF Bread/Mustard	Buttered GF Toast	GF Pasta	Bread/Mustard/Mayo	Mashed Potato	Spinach Salad	GF Buttered Toast Points		
DINN 🕂	Mixed Green Salad	Greek Salad	Peas	Southwest Salad/Dressing	Carrot Raisin Salad	Buttered GF Toast	Garden Salad/Dressing		
ER	Chef's Choice GF Dessert	Lemon Mousse Dill Pickles	Chef's Choice GF Dessert	Chef's Choice GF Dessert	Chef's Choice GF Dessert	Chef's Choice GF Dessert	Chef's Choice GF Dessert		
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices		
	Egg	Grilled Cheese GF Sandwich	Eqq	Eqq	Egg		Eqq		
	IOTE:								
	F Bread offered everyday at Lun	ch and Dinner.							
		t Breakfast. Banana or prunes availa	able everyday at Breakfast						
	.25 ml Assorted Juices are offere								
		t Breakfast, 125 ml Milk is offered ev	vervdav at Lunch & Dinner						
	ide salad with choice of dressing								

	NEWPORT HARBOUR CARE CENTRE GLUTEN FREE MENU Fall & Winter 2018-2019									
				all & Winter 2018-201	19					
				WEEK 3						
W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice			
	Milk	Milk	Milk	Milk	Milk	Milk	Milk			
	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal Cereal	GF Brown Rice Cereall Cereal	GF Brown Rice Cereal			
	Scrambled Egg	Peanut Butter	Cheddar Cheese	Vegetable Omlette	Yogurt	Sliced Cheese	Scrambled Egg			
П	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered Toast	Bacon			
П	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	GF Buttered WW Toast			
KFA							Fruit			
Π	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices			
Π	Yogurt	Yogurt	Yogurt	Yogurt	Cheese Spread	Yogurt	Yogurt			
Π	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal			
Π	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter			
ļ										
	Chicken Paprika	GF BBQ Spare Ribs	Lyonnaise Sausage	Grilled Chicken/GF Gravy	Pork Loin	Chicken and Gravy	Baked Ham/Mustard/Honey			
	Baked Potatoes/Sour Cream	O'Brian Potatoes	GF Gravy/Whipped Potatoes	Parslied Potatoes	GF Gravy	Green Beans	Grilled Pineapple Ring			
Π	Turnip	Green Beans	Mixed Vegetables	Carrot	Mashed Potatoes	Fresh Fruit	Scalloped Potato			
Π	Tropical Fruit	Tropical Fruit Salad	Mandarin Orange Sections	Honeydew Melon	Brussles Sprouts		Carrots and Peas			
Ħ	The blear France				Pineapple Tidbits		Apricot Halves			
NCH										
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices			
H	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable			
H	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing			
H	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello			
H			variety of Jelio				vallety of Jello			
	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Lentil Soup	Chef's Choice GF Soup			
	Shaved Beef Sandwich on	Stir Fried Chicken	Tuna Melt on	GF Pasta with Meat Sauce	Veal on GF Toast	Pan Fried Fish w/ Sauce	Baked Beans			
П	GF Bread/Mustard	Stir Fried Oriental Vegetable	GF Bread	GF Toast	Spinach Salad	Mashed Potatoes	GF Buttered Toast			
INN 🗍	Cucumber Salad	Fried Rice	Chef's Salad/Dressing	Ceasar Salad (no croutons)	Chef's Choice Dessert	Parslied Broccoli	Tossed Salad			
ER	Chef's Choice Dessert Dill Pickles	Caramel Pudding	Chef's Choice Dessert	Chef's Choice Dessert		Chef's Choice Dessert	Chef's Choice Dessert			
H	Alternate Choice	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices			
Π	Eggs	Eggs	Eggs	Eggs	Eggs	Eggs	Eggs			
	NOTE:									
	GF Bread offered everyday at Lunc									
	30 ml Peanut Butter as a choice at	Breakfast. Banana or prunes availa	ble everyday at Breakfast							
	125 ml Assorted Juices are offered	everyday at Lunch & Dinner								
	250 ml Milk is offered everyday at	Breakfast, 125 ml Milk is offered ev	vervdav at Lunch & Dinner							

			<b>NEWPORT HARBO</b>	UR CARE CENTRE G	LUTEN FREE MENU	
				Ill & Winter 2018 - 20		
				WEEK 4		
		1				
W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
1 1	Milk	Milk	Milk	Milk	Milk	Milk
ļ	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal
ļ	Poached Egg	Peanut Butter	Scrambled Egg	Sliced Cheese	Peanut Butter	Poached Egg
	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered Toast
EAKFA	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Yoqurt	Yogurt	Yoqurt	Yoqurt	Yogurt	Yoqurt
ļ	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal
	Peanut Butter		Peanut Butter	Peanut Butter		Peanut Butter
	Montreal Spiced Pollock	Chicken Cacciatore	Cheese Omlette	Beef Bourquianon	Lyonaise Sausage	GF Teriyaki Chicken
	Seasoned Rice	Baked Potato/Sour Cream	Mexican Rice	GF Pasta	Mashed Potatoes	Asian Fried Rice
	Sugar Snap Peas	Green Onions	Julienned Carrots	Mixed Vegetable	Broccoli	Oriental Blend Vegetables
. [	Diced Cantaloupe	Buttered Cabbage	Mixed Berries	Watermelon	Pears	Stewed Rhubarb
ļ		Apricot Halves				
UNCH						
	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices	Alternate 2 Choices
	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable
	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello
	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Chicken Rice Soup	Hearty Vegetable Soup	Vegetarian Split Pea Soup
	BLT on GF Bread	Roast Beef Sandwich on GF Bun	Cold Cut on GF Bread	Pan Fried Fish	Fruit Plate	Reuben Sandwich on GF Bread
	Creamy Coleslaw	Tossed Salad	Garden Salad	Harvard Beets	Cottage Cheese	Waldorf Salad
DINN	Strawberry Mousse	Chef's Choice GF Dessert	Chef's Choice GF Dessert	Mashed Potatoes	GF Toast	Chef's Choice Dessert
ER	Dill Pickles			Yogurt Cocktail/Fruit	Caramel Custard	
	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Eggs	Eggs	Eggs	Egas	Eggs	Eaas
	NOTE:					
	GF Bread offered everyday at Lur	nch and Dinner.				
	30 ml Peanut Butter as a choice a	at Breakfast. Banana or prunes availa	ble everyday at Breakfast			
	125 ml Assorted Juices are offere					
	250 ml Milk is offered everyday a	t Breakfast, 125 ml Milk is offered ev	veryday at Lunch & Dinner			
	Side salad with choice of dressing	g offered everyday at Lunch				

SUNDAY	
 Apple Juice	
 Apple Juice Milk	
GF Brown Rice Cereal	
GF French Toast/Syrup	
 Bacon	
 Fruit	
 Alternate Choices	
 Yoqurt	
GF Assorted Cold Cereal	
 Peanut Butter	
Depat Deef/Lleveevedich	
 Roast Beef/Horseradish Mashed Potatoes/GF Gravy	
 Whole Green & Yellow Beans	
Mandarin Orange Sections	
 Alternate 2 Choices	
 Chef's Choice Vegetable	
 Tossed Salad/Dressing	
Variety of Jello	
Chef's Choice GF Soup	
Chicken Burger/Mayonnaise/	
 Lettuce/Tomato/ GF Bun Potato Wedges	
 Pumpkin Pudding/Whipped	
Topping	
Alternate Choices	
Eggs	

				UR CARE CENTRE GI all & Winter 2018 - 20			
			Γ.	WEEK 5	19		
W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
Ц	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Ц	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal	GF Brown Rice Cereal
Ц	Boiled Egg	Peanut Butter	Cheddar Cheese	Poached Egg	Yogurt	Sliced Cheese	Scrambled Egg
Ц	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered WW Toast	GF Buttered Toast	Bacon
REA	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	GF Buttered WW Toast
FAS 📗	Altornata Chaicas	Altornato Chaicas	Altornato Chaicas	Altornato Chaicac	Altornato Chaicae	Altornata Chaicas	Fruit
'	Alternate Choices Yogurt	Alternate Choices Yoaurt	Alternate Choices Yogurt	Alternate Choices Yogurt	Alternate Choices Cheese Spread	Alternate Choices Yoaurt	Alternate Choices Yogurt
H	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal
l H	Peanut Butter	Peanut Butter		Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
İİ							
—{ -	Pineapple Ham Loaf/mustard	GF Pasta/Meat Sauce	Chicken Stew	Sliced Beef/Honey Mustard	Salmon/Hollandaise Sauce	Ginger Chicken	Pork Roast/GF Gravy
H	Mashed Potatoes	GF Buttered Toast	Buttered GF Toast	Sauce	Roasted Potatoes	Fried Rice	Mashed Potatoes
H	Brussel Sprouts	Tossed Salad	Broccoli	Garlic Whipped Potatoes	Parslied Cauliflower	Sitr Fried Vegetables	Peas
H	Apple Sauce	Fresh Fruit in Season	Pears	Glazed Carrots	Fresh Fruit in Season	Tropical Fruit Salad	Fruit Cocktail
NcH			rcars	Citrus Fruit Cup		ITODICAL ITUIC Salau	
JNC H							
Γ []	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable
	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing
H	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello
	Borscht	Navy Bean Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup	Chef's Choice GF Soup
П	Lyonnaise Sausage	Monte Cristo Sandwich on GF Bread	Pan Fried Fish on GF Bun	Cheese Omlette	Mexican Chicken	Beef/GF BBO Sauce on	Sliced Chicken Sandwich on GF Brea
П	Potato Pancake	Spinach Salad	w/ Tartar Sauce	GF Buttered Toast	Mexican Rice	a GF bun	Garden Salad
NN 🗍	Wax Beans/Tarragon Butter	Ice Cream	Cucumber Salad	Tossed Salad	Tomato Salsa/Guacamole	Garden Salad	Dill Pickles
ER 🗍	Chef's Choice GF Dessert		Potato Salad	Tapioca Pudding	Strawberry Jello Cake	Chef's Choice Dessert	Chef's Choice Dessert
П			Chef's Choice GF Dessert				
П	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices	Alternate Choices
	Eggs	Eggs					