

		PPSL SS 2018				Week 1	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast							
Available at Breakfast Daily: Assorted Juice (Apple, Orange, Cranberry), coffee, tea, milk, yogurt, cheese, whole wheat/white bread, assorted jams & jellies, peanut, butter, cream of wheat & oatmeal, and assorted cold cereals.							
Scrambled Eggs and Bacon	Poached Egg	Boiled Egg	Scrambled Eggs	Poached Egg	Boiled Egg	Frittata	
Banana	Mandarin Oranges	Banana	Fresh Fruit Salad	Banana	Mandarin Oranges	Banana	
Lunch							
Available at Lunch Daily: Assorted Juice (Apple, Orange, Cranberry), coffee, tea, milk and crackers							
Cream of Potato Soup	Chicken Noodle Soup	Tomato Soup	Split Pea Soup	Chicken Soup	Mushroom Barley Soup	Carrot Ginger Soup	
Chicken Strips	Mediterranean Frittata	Grilled Cheese Sandwich	Lime Dill Tuna	Slider Burger	Cottage Cheese	Chili Con Carne	
		B & B Pickle	Sliced Egg and Cheese	Ketchup, Mustard, Relish			
Focaccia	Dinner Roll		Dinner Roll	Tomato and Lettuce	Orange Muffin	Garlic Bread	
Caesar Salad with Parmesan Cheese	Greek Salad	Tossed Salad	Cucumbers & Tomatoes	Pasta Salad	Sliced Melons	Cucumber Onion Salad	
Sliced Melons	Strawberry Jello	Peaches	Lemon Square	Smooth Fruit Yogurt	Vanilla Pudding	Fruit Cocktail	
Dinner							
Available at Dinner Daily: Assorted Juices (Apple, Orange, Cranberry), coffee, tea, milk, whole wheat roll and alternative entree as per NCP							
Pork Goulash	Beef Lasagna	Crusted Fish Fillet	Chicken Stew	Maple Apricot Pork Chop	Baked Cod	Chicken Pot Pie	
Garnish Parsley	Garnish - Italian Herbs	Tartar Sauce	Garnish - Dill Weed	Garnish - Parsley Flakes	Lemon Wedge	Gravy	
Whipped Potatoes or Rice	Grilled Garlic Bread	Rice Pilaf	Tea Biscuit	Scalloped Potatoes	Red Potato Wedges	Whipped Potatoes	
	Broccoli Florets	Zucchini	Garden Peas	Sautéed Green Pepper	French Green Beans	Tossed Salad	
Baked Apple Pie	Peaches	Ice Cream	Apricots	Blueberry Tart	Banana Cake	Chocolate Mousse	
Afternoon Snack at 1400							
Chef's Choice - 2 of the 4 food groups i.e.: cheese and crackers, fruit and yogurt, loaf and milk. Coffee, tea, water and milk available							
Evening Snack at 2000							
Chef's Choice - 2 of the 4 food groups i.e.: protein based sandwiches, fruit and yogurt, baked good and milk. Coffee, tea, water and milk available							