

Discovery Harbour Spring and Summer Menu 2018

Week 1						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Bacon Scrambled Eggs Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Peanut Butter Pkg <i>Poached Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Mandarin Oranges	Assorted Juice Oat Bran Cereal <i>Assorted Cold Cereal</i> Smooth Fruit Yogurt <i>Boiled Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Boiled Egg <i>Cheddar Cheese</i> Whole Wheat Toast Jam & Jelly 2% Milk Fresh Fruit Salad	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Scrambled Eggs <i>Peanut Butter Pkg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Smooth Fruit Yogurt <i>Boiled Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Mandarin Oranges	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Poached Egg <i>Cheddar Cheese</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana
Lunch						
Cream of Potato Soup Herbed Chicken Garnish - Parmesan Cheese Focaccia Caesar Salad Sliced Melons 2% Milk	Chicken Noodle Soup Mediterranean Frittata Garnish - Basil Flakes Dinner Roll Tossed Salad Strawberry Jello 2% Milk	Tomato Soup Grilled Cheese Sandwich B & B Pickle Garnish - Parsley Mixed Bean Salad Peaches 2% Milk	Split Pea Soup Lime Dill Tuna Sliced Egg Garnish - Shredded Cheese Dinner Roll Cucumbers & Tomatoes Lemon Square 2% Milk	Chicken Soup Slider Burger Ketchup, Mustard and Relish Tomato and Lettuce Pasta Salad Smooth Fruit Yogurt 2% Milk	Mushroom Barley Soup Cottage Cheese Garnish - Orange Twist Orange Muffin Sliced Melons Vanilla Pudding 2% Milk	Carrot Ginger Soup Chili Con Carne Garnish - Tomato Wedge Garlic Bread Cucumber Onion Salad Fruit Cocktail 2% Milk
Dinner						
Marinated Roast Pork Gravy Garnish - Apple Slice Garlic Whipped Potatoes Diced Carrots <i>Baked Basa</i> <i>Tarragon Sauce</i> Baked Apple Pie 2% Milk Whole Wheat Roll	Beef Lasagna Garnish - Italian Herbs Grilled Garlic Bread Broccoli Florets <i>Herb Roasted Chicken</i> Mandarin Oranges 2% Milk Whole Wheat Roll	Crusted Fish Fillet Tartar Sauce Garnish - Parsley Flakes Rice Pilaf Garden Peas <i>Burgundy Beef</i> Ice Cream 2% Milk Whole Wheat Roll	Chicken Stew Garnish - Dill Weed Tea Biscuit Buttered Beets <i>Breaded Pork Cutlet</i> Gravy Apricots 2% Milk Whole Wheat Roll	Maple Apricot Pork Chop Garnish - Parsley Flakes Scalloped Potatoes Butternut Squash <i>Honey Garlic Chicken</i> Blueberry Tart 2% Milk Whole Wheat Roll	Basa Almondine Lemon Wedge Red Potato Wedges French Green Beans <i>Farmer Sausage</i> Banana Cake 2% Milk Whole Wheat Roll	Chicken Pot Pie Gravy Garnish - Parsley Flakes Whipped Potatoes Tossed Salad <i>Pork Goulash</i> Chocolate Mousse 2% Milk Whole Wheat Roll

Served at each meal: Coffee, tea, hot and cold water, assorted juices - orange, cranberry, apple or prune.

Always available: Water, assorted juices, coffee, tea, digestive cookies, crackers, white and whole wheat bread, peanut butter, jam, cold cereals - including bran flakes, rice krispies, cheerios, corn flakes.

PM snacks: Served at 2:30pm and includes a seasonal fresh fruit platter and homemade baked goods HS snacks: Served at 8:00pm and includes assorted sandwiches.

Discovery Harbour Spring and Summer Menu 2018

Breakfast	Week 2					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Bacon Scrambled Eggs Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Poached Egg <i>Smooth Fruit Yogurt</i> Whole Wheat Toast Jam & Jelly 2% Milk Fresh Fruit Salad	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Peanut Butter Pkg <i>Scrambled Eggs</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Oat Bran Cereal <i>Assorted Cold Cereal</i> Cheddar Cheese <i>Poached Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Stewed Prunes	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Scrambled Eggs <i>Smooth Fruit Yogurt</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Boiled Egg <i>Peanut Butter Pkg</i> Whole Wheat Toast Jam & Jelly 2% Milk Fresh Fruit Salad	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Cheddar Cheese <i>Poached Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana
Lunch						
Red Lentil Soup Crackers Macaroni & Cheese Garnish - Parsley Flakes Spring Mix Salad Crown Jewel Dessert 2% Milk	Seafood Chowder Crackers Vegetable Sandwich Carrot and Raisin Salad Peaches 2% Milk	Cream of Broccoli Soup Crackers Deli Turkey Breast Macaroni Salad Mixed Green Salad Date Square 2% Milk	Potato Leek Soup Crackers Assorted Sandwiches B & B Pickle Creamy Coleslaw Pears 2% Milk	Vegetable Soup Crackers Spanikopita Tzatziki Greek Salad Fresh Fruit Salad 2% Milk	Navy Bean Soup Crackers Chicken Fingers Plum Sauce Potato Wedges Sliced Tomatoes Butterscotch Pudding 2% Milk	Beef Rice Soup Crackers Vegetable Egg Frittata Garnish - Paprika Garlic Bread House Salad Strawberry Mousse 2% Milk
Dinner						
Roast Beef Gravy Garnish - Horseradish Whipped Potatoes California Vegetables <i>Baked Fish Fillet</i> <i>HM Tartar Sauce</i> Baked Cherry Pie 2% Milk Whole Wheat Roll	Apricot Chicken Garnish - Parsley Flakes Parsley Potato Butternut Squash <i>Baked Ham</i> <i>Pineapple Sauce</i> Chocolate Fudge Cake 2% Milk Whole Wheat Roll	Baked Basa Dill Sauce Oven Roasted Potatoes Sautéed Vegetable <i>Savoury Salisbury Steak</i> <i>Onion Gravy</i> Mandarin Oranges 2% Milk Whole Wheat Roll	Smothered Pork Chop Garnish - Parsley Flakes Mashed Sweet Potatoes French Green Beans <i>BBQ Chicken Thigh</i> <i>Garnish - Parsley Flakes</i> Ice Cream 2% Milk Whole Wheat Roll	Swedish Meatballs Garnish - Parsley Flakes Buttered Noodles Braised Red Cabbage <i>Tuscan Turkey</i> <i>Gravy</i> Homemade Carrot Cake 2% Milk Whole Wheat Roll	Multigrain Tilapia HM Tartar Sauce Lemon Wedge Steamed Rice Broccoli Florets <i>HM Beef Pot Pie</i> <i>Gravy</i> Fruit Cocktail 2% Milk Whole Wheat Roll	Homestyle Meatloaf Gravy Whipped Potatoes Carrots and Parsnips <i>Chicken a la King</i> <i>Garnish - Parsley Flakes</i> Blueberry Cobbler 2% Milk Whole Wheat Roll

Served at each meal: Coffee, tea, hot and cold water, assorted juices - orange, cranberry, apple or prune.

Always available: Water, assorted juices, coffee, tea, digestive cookies, crackers, white and whole wheat bread, peanut butter, jam, cold cereals - including bran flakes, rice krispies, cheerios, corn flakes.

PM snacks: Served at 2:30pm and includes a seasonal fresh fruit platter and homemade baked goods HS snacks: Served at 8:00pm and includes assorted sandwiches.

Discovery Harbour Spring and Summer Menu 2018

Breakfast		Week 3				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Bacon Scrambled Eggs Whole Wheat Toast Jam & Jelly 2% Milk Mandarin Oranges	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Peanut Butter Pkg <i>Boiled Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Poached Egg <i>Smooth Fruit Yogurt</i> Whole Wheat Toast Jam & Jelly 2% Milk Fresh Fruit	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Cheddar Cheese <i>Scrambled Eggs</i> Whole Wheat Toast Jam & Jelly 2% Milk Mandarin Oranges	Assorted Juice Oat Bran Cereal <i>Assorted Cold Cereal</i> Boiled Egg <i>Peanut Butter Pkg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Smooth Fruit Yogurt <i>Poached Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Fresh Fruit Salad	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Boiled Egg <i>Peanut Butter Pkg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana
Lunch						
Chicken Soup Crackers Cottage Cheese Bran Muffin Fresh Fruit Salad Raspberry Jello 2% Milk	Cream of Mushroom Soup Crackers Pulled Pork Mini Bun Creamy Coleslaw Angel Cake 2% Milk	Beef Vegetable Soup Crackers Egg Salad Sandwich Romaine Salad Vanilla Pudding 2% Milk	Lentil Soup Crackers Chicken Salad White Roll Tomato Salad Peaches 2% Milk	French Onion Soup Crackers Turkey Burger on a Bun Ketchup, Mustard and Relish Cucumbers in Sour Cream Ambrosia 2% Milk	Red Pepper Tomato Soup Crackers Broccoli Quiche Whole Wheat Bread Mixed Green Salad Ice Cream 2% Milk	Corn Chowder Crackers Banger Sour Cream Perogies with Onions Beet Mandarin Salad Fruit Cocktail 2% Milk
Dinner						
Baked Ham Honey Mustard Sauce Scalloped Potatoes Garden Peas <i>Veal Cutlet</i> <i>Tomato Sauce</i> <i>Scalloped Potatoes</i> HM Banana Cream Pie 2% Milk Whole Wheat Roll	Cranberry Glazed Chicken Whipped Potatoes Broccoli Florets <i>Cabbage Rolls</i> <i>Garnish - Parsley Flakes</i> <i>Whipped Potatoes</i> Apple Crisp 2% Milk Whole Wheat Roll	Meatballs in Sauce Spaghetti Noodles Garnish - Parmesan Cheese Grilled Garlic Bread Caesar Salad <i>Tuna Patty</i> <i>HM Tartar Sauce</i> <i>Whipped Potatoes</i> Mandarin Oranges 2% Milk Whole Wheat Roll	Maple Glazed Salmon Lemon Wedge Oven Roasted Potatoes French Green Beans <i>Beef Vegetable Stew</i> Oven Roasted Potatoes Tapioca Pudding 2% Milk Whole Wheat Roll	BBQ Pork Ribs Gravy Garnish - Thyme Whipped Potatoes Garden Peas <i>Beef Sausage Roll</i> <i>Gravy</i> <i>Whipped Potatoes</i> Roasted Pears 2% Milk Whole Wheat Roll	Crispy Breaded Pollock HM Tartar Sauce Garnish - Parsley Flakes French Fries Braised Red Cabbage <i>Savoury Chicken Thigh</i> <i>French Fries</i> Strawberry Rhubarb Crisp 2% Milk Whole Wheat Roll	Chicken Shepherd's Pie Gravy Sauteed Spinach <i>Liver and Onions</i> <i>Gravy</i> <i>Mashed Potatoes</i> Banana Cake 2% Milk Whole Wheat Roll

Served at each meal: Coffee, tea, hot and cold water, assorted juices - orange, cranberry, apple or prune.

Always available: Water, assorted juices, coffee, tea, digestive cookies, crackers, white and whole wheat bread, peanut butter, jam, cold cereals - including bran flakes, rice krispies, cheerios, corn flakes.

PM snacks: Served at 2:30pm and includes a seasonal fresh fruit platter and homemade baked goods HS snacks: Served at 8:00pm and includes assorted sandwiches.

Discovery Harbour Spring and Summer Menu 2018

		Week 4					
Breakfast							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Scrambled Eggs Bacon Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Peanut Butter Pkg <i>Poached Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Fresh Fruit	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Cheddar Cheese <i>Boiled Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Scrambled Eggs <i>Smooth Fruit Yogurt</i> Whole Wheat Toast Jam & Jelly 2% Milk Mandarin Oranges	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Peanut Butter Pkg <i>Poached Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Smooth Fruit Yogurt <i>Scrambled Eggs</i> Whole Wheat Toast Jam & Jelly 2% Milk Fresh Fruit Salad	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Cheddar Cheese <i>Boiled Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	
Lunch							
Butternut Squash Soup Crackers Chicken Salad Sandwich Garnish - Parsley Flakes Spinach Mandarin Salad Applesauce 2% Milk	Pepperpot Soup Crackers Ham & Cheese Sandwich B & B Pickle House Salad Blueberry Tart 2% Milk	Beef Vegetable Soup Crackers Tuna Noodle Bake Beet Salad Peach Crisp 2% Milk	Chicken Leek Soup Crackers Cottage Cheese Garnish - Cinnamon Homemade Oatmeal Muffin Fresh Fruit Salad Orange Jello 2% Milk	Split Pea Soup Crackers Slider Burger Ketchup, Mustard and Relish Garnish - Diced Onions Broccoli Salad w Bacon Lime Sherbet 2% Milk	Tomato Basil Soup Crackers Deli Turkey Breast Cheddar Cheese Dinner Roll Romaine Salad Fruit Cocktail 2% Milk	Cream of Cauliflower Soup Crackers Sausage Patty Mango Sauce Whip Topping Belgian Waffle Mandarin Oranges 2% Milk	
Dinner							
Crusted Roast Beef Gravy Baked Potato with Sour Cream Broccoli Florets <i>Perch Krunchie</i> <i>HM Tartar Sauce</i> Baked Blueberry Pie 2% Milk Whole Wheat Roll	Tarragon Chicken Thigh Garnish - Parsley Flakes Scalloped Potatoes Garden Peas <i>Homestyle Meatloaf</i> Gravy Butterscotch Pudding 2% Milk Whole Wheat Roll	Savoury Salisbury Steak Onion Gravy Steamed Rice Green Beans <i>Chicken Pot Pie</i> Gravy Ice Cream 2% Milk Whole Wheat Roll	Turkey Burger Patty Rosemary Demi-Glace Cranberry Sauce Buttered Noodles Cauliflower with Peppers <i>Sweet & Sour Pork</i> Applesauce Cake 2% Milk Whole Wheat Roll	Roast Pork Gravy Whipped Potatoes Glazed Carrots <i>Herb Roasted Chicken</i> Fruit Trifle 2% Milk Whole Wheat Roll	Herb Baked Fish Lemon Wedge Garlic Roast Red Potatoes Italian Vegetables <i>Meat Sauce</i> Brownie 2% Milk Whole Wheat Roll	Dijon Chicken Thigh Garnish - Parsley Flakes Rice Pilaf Braised Red Cabbage <i>Beef Stroganoff</i> Strawberry Shortcake 2% Milk Whole Wheat Roll	

Served at each meal: Coffee, tea, hot and cold water, assorted juices - orange, cranberry, apple or prune.

Always available: Water, assorted juices, coffee, tea, digestive cookies, crackers, white and whole wheat bread, peanut butter, jam, cold cereals - including bran flakes, rice krispies, cheerios, corn flakes.

PM snacks: Served at 2:30pm and includes a seasonal fresh fruit platter and homemade baked goods HS snacks: Served at 8:00pm and includes assorted sandwiches.

Discovery Harbour Spring and Summer Menu 2018

Breakfast		Week 5				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Bacon Scrambled Eggs Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Poached Egg <i>Peanut Butter Pkg</i> Whole Wheat Toast Jam & Jelly 2% Milk Mandarin Oranges	Assorted Juice Oat Bran Cereal <i>Assorted Cold Cereal</i> Smooth Fruit Yogurt <i>Boiled Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Boiled Egg <i>Cheddar Cheese</i> Whole Wheat Toast Jam & Jelly 2% Milk Fresh Fruit Salad	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Scrambled Eggs <i>Peanut Butter Pkg</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana	Assorted Juice Cream of Wheat <i>Assorted Cold Cereal</i> Smooth Fruit Yogurt <i>Boiled Egg</i> Whole Wheat Toast Jam & Jelly 2% Milk Mandarin Oranges	Assorted Juice Oatmeal <i>Assorted Cold Cereal</i> Poached Egg <i>Cheddar Cheese</i> Whole Wheat Toast Jam & Jelly 2% Milk Banana
Lunch						
Red Pepper Tomato Soup Crackers Chicken Casserole Spinach Mandarin Salad Yogurt with Banana 2% Milk	Minestrone Soup Crackers Shaved Deli Beef Sandwich Garden Salad Chocolate Pudding 2% Milk	Cream of Potato Soup Crackers Onion Quiche Focaccia Caesar Salad Ice Cream 2% Milk	Lentil and Spinach Soup Crackers Turkey Sandwich Diced Beet Salad Mandarin Oranges 2% Milk	Vegetable Soup Crackers Mini Sausage Roll Sliced Cucumbers Homemade Potato Salad Watermelon 2% Milk	Hearty Beef Soup Crackers Sliced Egg Cheddar Cheese Garlic Bread Rainbow Garden Salad Pears 2% Milk	Chicken Lentil Soup Crackers Hawaiian Pizza Bun Spinach Salad Cherry Jello 2% Milk
Dinner						
Baked Ham Pineapple Sauce Scalloped Potatoes Diced Turnip <i>Ravioli in Rose Sauce</i> Rhubarb Custard Pie 2% Milk Whole Wheat Roll	New Brunswick Pollock Lemon Wedge Italian Roasted Potatoes Broccoli Florets <i>Turkey Sausage</i> Apple Crisp 2% Milk Whole Wheat Roll	Teriyaki Chicken Thigh Steamed Rice Asian Vegetable Stir Fry <i>Braised Pork Chop</i> Black Forest Cake 2% Milk Whole Wheat Roll	Burgundy Beef Gravy Whipped Potatoes Diced Carrots <i>Salmon Patty</i> <i>HM Tartar Sauce</i> Tapioca Pudding 2% Milk Whole Wheat Roll	Pork Loaf Gravy Creamy Mashed Potatoes Green Beans <i>Pasta Primavera</i> Ice Cream 2% Milk Whole Wheat Roll	Zesty Orange Fish Mashed Sweet Potatoes Cauliflower with Peppers <i>Turkey Cranberry Pie</i> Jelly Poke Cake 2% Milk Whole Wheat Roll	Herb Roasted Chicken Garnish - Basil Flakes Whipped Potatoes Corn <i>Shepherd's Pie</i> Gravy Fresh Fruit Salad 2% Milk Whole Wheat Roll

Served at each meal: Coffee, tea, hot and cold water, assorted juices - orange, cranberry, apple or prune.

Always available: Water, assorted juices, coffee, tea, digestive cookies, crackers, white and whole wheat bread, peanut butter, jam, cold cereals - including bran flakes, rice krispies, cheerios, corn flakes.

PM snacks: Served at 2:30pm and includes a seasonal fresh fruit platter and homemade baked goods HS snacks: Served at 8:00pm and includes assorted sandwiches.