

**NEWPORT HARBOUR CARE CENTRE MENU**  
**Spring & Summer 2018**  
**WEEK 1**

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<p>Apple Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Orange Juice Milk Oatbran Cereal Cheddar Cheese Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Cranberry Juice Milk Oatmeal Cereal Muffin Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Apple Juice Milk Cream of Wheat Cereal Yogurt Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Cheese Spread Assorted Cold Cereal Peanut Butter</p>	<p>Orange Juice Milk Oatmeal Cereal Omelet Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Cranberry Juice Milk Oatbran Cereal Yogurt Pancakes/Syrup Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast</p>	<p>Apple Juice Milk Oatmeal Cereal Scrambled Eggs Bacon Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>
<b>LUNCH</b>	<p>Pepper Steak Butter Noodles Glazed Carrots Stewed Rhubarb</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Asian Cuisine Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello</p>	<p>Hawaiian Baked Chicken <b>Roasted Potatoes (no skin)</b> Stir Fried Broccoli Mandarins</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello</p>	<p>Baked Basa with Ginger Sauce Asian Fried Rice Seasoned Spinach Peaches</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello</p>	<p>Spaghetti &amp; Meat Sauce Garlic Bread Mixed California Vegetables Watermelon</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello</p>	<p>Crunchy Italian Fish Fillets Ranch Style Potatoes Broiled Tomatoes Fresh Fruit in Season</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello</p>	<p>Pork Chops w/ Maple Apricot Sauce Polenta Herbed Zucchini Spears Tropical Fruit Salad</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello</p>	<p>Roast Turkey Gravy Lyonnais Potatoes Julienne Carrots Baked Apple Slices</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello</p>
<b>DINNER</b>	<p>Cream of Tomato Soup Grilled Cheese Sandwich Garlicky Green Beans Pickle Cherry Delight</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>	<p>Barley Soup BBQ Beef Slider Potato Chips Cucumber Salad Strawberry Shortcake</p> <p><b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich</p>	<p>Cream of Celery Soup Cottage Cheese Seasonal Fruit Plate Banana Loaf Tapioca Pudding</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>	<p>Mushroom, Dijon &amp; Dill Soup BLT Sandwich Ceasar Salad Baked Custard</p> <p><b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich</p>	<p>Chicken Rice Soup Macaroni &amp; Cheese Spinach Salad Butterscotch Ice Cream</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>	<p>Mulligatawny Soup Egg Salad Plate w/ Sliced Eggs, Potato Salad, Pickled Beets, Tomato, Cucumber, WW Roll Date Square</p> <p><b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich</p>	<p>Navy Bean Soup Chicken Burger w/ Tomato, Lettuce on a Bun French Fries Cole Slaw Raspberry Orange Trifle</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

**NEWPORT HARBOUR CARE CENTRE MENU**  
**Spring & Summer 2018**  
**WEEK 2**

<b>W2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit  <b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	Cranberry Juice Milk Oatmeal Cereal Scrambled Egg Buttered WW Toast Fruit  <b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit  <b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	Orange Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit  <b>Alternate Choices</b> Yogurt Assorted Cold Cereal	Cranberry Juice Milk Cream of Wheat Cereal Omelet Buttered WW Toast Fruit  <b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Fruit  <b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	Orange Juice Milk Cream of Wheat Cereal Breakfast Sausage Buttered WW Toast Fruit  <b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast
<b>LUNCH</b>	Swedish Meatballs Rice Pilaf French Style Green Beans Fresh Fruit in Season  <b>Alternate Choices</b> Assorted Sandwiches Chef's Choice Indian Cuisine Alternative Chef's Choice Vegetable Tossed Sald/Dressing Variety of Jello	Basa Florentine Oat Bran Potatoes Garden Blend Vegetables Pears  <b>Alternate Choices</b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Roast Chicken w/ Dressing Gravy Parslied Boiled Potatoes Gingered Carrots Peaches  <b>Alternate Choices</b> Assorted Sandwich Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Salisbury Steak Mashed Potatoes Roasted Summer Squash Diced Honeydew  <b>Alternate Choices</b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Stuffed Salmon w/ Hollandaise Sauce Scalloped Potatoes California Mix Vegetables Fruit Cocktail  <b>Alternate Choices</b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Beef Pot Roast w/ Gravy Oven Brownd Potatoes Parslied Cauliflower Crushed pineapple  <b>Alternate Choices</b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Pork Schnitzel w/ Gravy Whipped Potatoes Brussel Sprouts Mixed Berries  <b>Alternate Choices</b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello
<b>DINNER</b>	Cream of Vegetable Soup Pulled Pork w/ BBQ sauce on Soft Bun Mediterranean Salad Peach Cobbler  <b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	Hearty Chicken Noodle Potato Cheddar Perogies Sausage Stir Fried Cabbage Strawberry Mousse  <b>Alternate Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich	Lentil Soup Breakfast Slider w/ Condiments Poutine Carrot Cake w/ Cream Cheese Icing  <b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	Garden Vegetable Soup Chicken Salad Sub Sugar Snap Peas & Bean Salad Pickles Cinnamon Pudding Cake  <b>Alternate Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich	Minestrone Soup Lasagna Caesar Salad Dinner Roll Vanilla Ice Cream  <b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	Corn Chowder Crispy Chicken Wrap Garden Salad Rhubarb Crisp  <b>Alternate Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich	Country Veg Beef & Barley Soup Rueban on Rye <b>Tomato Basil Salad</b> Apple Pie  <b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

**NEWPORT HARBOUR CARE CENTRE MENU**  
**Spring & Summer 2018**  
**WEEK 3**

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cranberry Juice Milk Oatbran Cereal Spinach and Cheese Omlette Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatmeal Cereal Cheese Slices Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal	Orange Juice Milk Cream of Wheat Cereal Peanut Butter Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal	Cranberry Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatbran Cereal Smoothie Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Cheese Spread Assorted Cold Cereal Peanut Butter	Orange Juice Milk Oatmeal Cereal Peanut Butter Belgian Waffle Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal  Buttered WW Toast	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Bacon Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter
	Chicken Pot Pie w/ Gravy Mashed Potatoes Glazed Parsnips Fresh Fruit in Season  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Asian Cuisine Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Brunswick Beef Stew Homemade Tea Biscuit Peas and Carrots Peaches  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Lemon Herb Crusted Haddock Roasted Potatoes Mixed Vegetables Tropical Fruit Salad  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Garlic Sausage Perogi w/ Sour Cream, Green Onions Broccoli Stewed Rhubarb  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Mango Chicken Stir Fry Mexican Style Rice Mandarin Orange Sections  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Indian Cuisine Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Shepherd's Pie Gravy California Mixed Vegetables Strawberries  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Baked Ham Slices w/ Raisin Sauce Scalloped Potatoes Corn on the Cob Pears  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello
	Cream of Carrots Soup Egg Salad Sandwich Waldof Salad Pickles Banana Cake  <u><b>Alternate Choice</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Won Ton Soup Vegetarian Spring Rolls Fried Rice Stir Fried Vegetables Caramel Bread Pudding  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	French Onion Soup Cheese Dreams Asian Slaw Mint Brownie  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Borscht Chicken Fettucine Alfredo Mixed Vegetables Banana Loaf Neopolitan Ice Cream  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	Creamy Potato & Leek Soup Creamy Baked Salmon on Cornbread Greek Salad Rice Pudding  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Vegetable Florentine Soup Deluxe Pizza Caesar Salad Gingerbread Cake  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	Cream of Cauliflower Soup Seafood Quiche Carrot Raisin Salad Strawberry Rhubarb Pie  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
 Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.  
 Side salad with choice of dressing offered everyday at Lunch.

**NEWPORT HARBOUR CARE CENTRE MENU**  
**Spring & Summer 2018**  
**WEEK 4**

W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Apple Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Cranberry Juice Milk Oatmeal Cereal Scrambled Egg Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatbran Cereal Sliced Cheese Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Orange Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Cranberry Juice Milk Cream of Wheat Cereal Boiled Egg Assorted Muffin Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Bacon Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast
LUNCH	Baked Basa Fish w/ Cranberry Salsa Potato Romanoff Broccoli Fresh Apple Slices  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Indian Cuisine Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chicken Cacciatore Baby Roasted Potatoes French Style Green Beans Citrus Fruit Cup  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Fried Chicken Buttermilk Mashed Potatoes Mixed Vegetable Fresh Fruit in Season  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Ginger Beef Fried Rice Stir Fried Vegetables Cantaloupe  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Honey Garlic Pork Drummies Potato Salad Harvard Beets Apricots  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Beef Bourguignon Herbed Fettuccine Roast Lemon Cauliflower Grapes  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Roast Lamb Lamb Gravy Oven Browned Potatoes Creamed Corn Tropical Fruit Salad  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello
DINNER	Minestrone Soup Potato Pancake w/ Sour Cream Breakfast Sausage Mixed Vegetables French Cream Cheesecake w/ Chocolate Drizzle <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Cream of Asparagus Soup Mini Sub Sandwich Sliced Pickles Quinoa Salad Ice Cream Sundae  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad Tomato sandwich	Butternut Squash Soup Lemon Herb Breaded Pollock Yam Fries Creamy Coleslaw Coconut Tart  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Turkey Noodle Soup Vegetable Baked Beans Italian Herb Tea Biscuit Caesar Salad Cookies and Milk  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	Harvest Vegetable Soup Cheese Burger on a Bun Mixed Greens w/ Dressing Tangerine Mousse  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Cream of Mushroom Soup Turkey Chili Garlic Bun Garden Salad Maple Cake  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	French Canadian Pea Soup Chicken Caesar Salad Homemade Scone Cherry Pie  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
 Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

**NEWPORT HARBOUR CARE CENTRE MENU**  
**Spring & Summer 2018**  
**WEEK 5**

W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Cranberry Juice Milk Oatbran Cereal Poached Egg Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter	Cranberry Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatbran Cereal Yogurt Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Cheese Spread Assorted Cold Cereal Peanut Butter	Orange Juice Milk Oatmeal Cereal Sliced Cheese Chef's Choice Muffin Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Bacon Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter
<b>LUNCH</b>	Chicken Curry Naan Bread Stir-Fried Vegetables Diced Honeydew  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Asian Cuisine Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Liver w/ Grilled Onions, Bacon, Beef Gravy Mashed Potatoes Mixed Vegetables Ice Cream w/ Chocolate Sauce  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	BBQ Spare Ribs Roast Potatoes Italian Mixed Vegetables Strawberry Mousse  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Salmon Teriyaki Whipped Potatoes Broccoli Crushed Pineapple  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Homemade Meatloaf Risotto Mashed Yams Fruit Cocktail  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chicken Soulvaki Herbed Potatoes Greek Salad Pita Bread/Tzitziki Watermelon  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Roast Pork Gravy/Dinner Roll Mashed Potato Brussel Sprouts Mandarin Oranges  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello
<b>DINNER</b>	Beef Barley Soup Fish Nuggets Pom Poms Spinach Salad Butter Tart (no raisins)  <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich	Corn Chowder Chicken Quesadilla Mexican Rice Salsa and Guacamole Saucy Lemon Sponge Pudding  <b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich	Lentil Soup Chef's Salad w/ Tomato, Cucumber Slices, Egg, Turkey Cold Cuts Dinner Roll Macaroni Salad Pineapple Upside Down Cake  <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich	Cream of Broccoli Soup Ravioli w/ Tomato sauce Mixed Greens Balsamic Vinaigrette Lemon Tart  <b><u>Alternative Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich	Cream of Carrot Turkey Burger w/ Tomato, Lettuce on a Bun Southwest Salad Chocolate Souffle  <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich	Mulligatawny Soup Roast Beef on a Bun w/ Beef Au Jus Blanched Vegetables w/ Ranch Dip Banana Cream Pie  <b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich	Vegetable Noodle Soup Chicken Fingers w/ Plum sauce French Fries Cole Slaw Strawberry Mousse  <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
 Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

## NEWPORT HARBOUR CARE CENTRE Puree MENU

### Spring & Summer 2018

#### WEEK 1

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Apple Juice Milk Oatmeal Cereal Pureed Egg Yogurt Pureed Banana	Orange Juice Milk Oatmeal Cereal Peanut Butter Yogurt Pureed Banana	Cranberry Juice Milk Oatmeal Cereal Peanut Butter Yogurt Pureed Banana <b>Pureed Muffin</b>	Apple Juice Milk Cream of Wheat Yogurt Peanut Butter Pureed Banana	Orange Juice Milk Oatmeal Cereal Pureed Egg Yogurt Pureed Banana	Cranberry Juice Milk Oatbran Cereal Pureed Pancakes w/ Syrup Yogurt Pureed Banana	Apple Juice Milk Oatmeal Cereal Pureed Egg Yogurt Pureed Banana
LUNCH	Pureed Pepper Steak Mashed Potato Carrots Pureed Phubarb  <b><u>Alternate Choices</u></b> Tres Puree	Puree Chicken w/pinapple Mashed Potato Pureed Broccoli Pureed Mandarains  <b><u>Alternate Choices</u></b> Tres puree	Pureed Basa w/ Giner Sauce Mashed Potato Pureed Spinach Pureed Peaches  <b><u>Alternate Choices</u></b> Tres puree	Pureed Meat Sauce Mashed Potato Pureed Mixed Vegetables Pureed Watermelon  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Fish w/ white sauce Mashed Potato Pureed Tomato Pureed Fruit  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Pork w/Gravy Polenta Pureed Zucchini Pureed Tropical Fruit  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Roast Turkey Gravy Mashed Potato Pureed Carrots Apple Sauce <b><u>Alternate Choices</u></b> Tres Puree
DINNER	Pureed Garden Vegetable Soup Pureed Pork Potato W/Gravy Pureed Green Beans Pureed Cherry Delight  <b><u>Alternate Choices</u></b> Tres Puree	Puree Barley Soup Pureed Beef Pureed Carrot Mashed Potato Pureed Strawberry Shortcake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Cream of Celery Soup Pureed Pork Pureed Mixed Seasonal Vegetable Mashed Potato Pureed Banana Loaf  <b><u>Alternate Choices</u></b> Tres Puree Tangerine Mousse	Pureed Vegetable Soup Pureed Ham Pureed Mix Vegetable Mashed Potato Custard  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Chicken Rice Soup Pureed Macaroni & Cheese Pureed Yam Mashed Potato Butterscotch Ice Cream  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Mulligatawny Soup Pureed Chicken W/Gravy Mashed Potato Pureed Beets Vanilla Pudding  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Navy Bean Soup Pureed Chicken Mashed Potato Pureed Mix Vegetable Pureed Raspberry Orange Trifle  <b><u>Alternate Choices</u></b> Tres Puree

## NEWPORT HARBOUR CARE CENTRE Puree MENU

### Spring & Summer 2018

#### WEEK 2

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Orange Juice Milk Cream of Wheat Cereal Peanut Butter Yogurt Pureed Banana	Cranberry Juice Milk Oatmeal Cereal Pureed Egg Yogurt Pureed Banana	Apple Juice Milk Oatmeal Cereal Peanut Butter Yogurt Pureed Banana	Orange Juice Milk Oatmeal Cereal Pureed Egg Yogurt Pureed Banana	Cranberry Juice Milk Cream of Wheat Cereal Pureed Egg Yogurt Pureed Banana	Apple Juice Milk Oatmeal Cereal Pureed French Toast Yogurt Pureed Banana	Orange Juice  Oatmeal Cereal
LUNCH	Pureed Meatball Mashed Potato Pureed Green Beans Pureed Fruit in Season  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Fish w/ dill sauce Mashed Potato Pureed Garden Vegetables Pureed Pears  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Chicken with Gravy Mashed Potato Pureed Gingered Carrot Pureed Peaches  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Beef W/ Gravy Mashed Potato Pureed Squash Pureed Honeydew  <b><u>Alternate Choices</u></b> Tres Puree	Puree Fish W/Hollandaise Mashed Potato Pureed California Mix Pureed Fruit Cocktail  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Beef w/Gravy Mashed Potato Pureed Cauliflower Pureed Oranges  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Roast Pork w/ Gravy Mashed Potato Pureed Brussels sprouts Pureed Berries (strained) <b><u>Alternate Choices</u></b> Tres Puree
DINNER	Pureed Cream of Vegetable Pureed Pork w/ BBQ Sauce Mashed Potato Pureed Mix Vegetable pureed Peach Cobbler  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Hearty Chicken Noodle Pureed Beef Pureed Mixed Vegetable Mashed Potato Strawberry Mousse  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Lentil Soup Pureed Egg Pureed Peas Mashed Potato Pureed Carrot Cake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Cream of Broccoli Soup Pureed Chicken Pureed Mix Vegetable Mashed Potato Pureed Cinnamon Cake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Minestrone Soup Pureed Lasagna Pureed Mixed Vegetable Mashed Potato Vanilla Ice Cream  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Corn Chowder Pureed Chicken W/Gravy Mashed Potato Pureed Mix Vegetable Pureed Cake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Beef & Barley Soup Pureed Beef Mashed Potato Pureed Mixed Vegetable Pureed Muffin  <b><u>Alternate Choices</u></b> Tres Puree

NOTE:  
30 ml Peanut Butter and/or yogurt as a choice at Breakfast. Banana or prunes available everyday at Breakfast

250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner  
125 ml Assorted Juices are offered everyday at Lunch & Dinner

## NEWPORT HARBOUR CARE CENTRE Puree MENU

### Spring & Summer 2018

### WEEK 3

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cranberry Juice Milk Oatbran Cereal Pureed Egg Yogurt Pureed Banana	Apple Juice Milk Oatmeal Cereal Peanut Butter Yogurt Pureed Banana	Orange Juice Milk Oatmeal Cereal Peanut Butter Yogurt Pureed Banana	Cranberry Juice Milk Oatmeal Cereal Pureed Egg Yogurt Pureed Banana	Apple Juice Milk Cream of Wheat Cereal Peanut Butter Smoothie Pureed Banana	Orange Juice Milk Oatmeal Cereal Pureed Waffle/Syrup Yogurt Pureed Banana	Cranberry Juice Milk Cream of Wheat Cereal Pureed Egg Yogurt Pureed Banana
LUNCH	Pureed Chicken W/ Gravy Mashed Potato Pureed Parsnips Pureed Fresh Fruit  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Beef Stew Mashed Potato Pureed Carrots  Peachs <b><u>Alternate Choices</u></b> Tres Puree	Pureed Fish w/ white sauce Mashed Potato Pureed Mix Vegetable Pureed Tropical Fruit Salad  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Sausage Mashed Potato Pureed Broccoli Pureed Rhubarb  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Chicken Mashed Potato w/ gravy Pureed Mixed Vegetable Pureed Oranges  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Beef Mashed Potato Pureed California mixed Veg. Pureed Strawberry (strained)  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Ham Pureed Spinach Mashed Potato Pureed Pears  <b><u>Alternate Choices</u></b> Tres Puree
DINNER	Pureed Cream of Carrot Soup Pureed Turkey Potato W/Gravy Pureed Peas Pureed Banana Cake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Chef's Choice Soup Pureed Pork Pureed Summer Vegetables Mashed Potato Pureed Bread Pudding  <b><u>Alternate Choices</u></b> Tres Puree	Pureed French Onion Soup Pureed Chicken Pureed Yam Mashed Potato Strawberry Mousse  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Borscht Pureed Chicken with Alfredo Pureed Mixed Vegetable Mashed Potato Pureed Banana Bread  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Potato & leek Soup Pureed Salmon Pureed Mix Vegetable Polenta Butterscotch Pudding  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Vegetable Forentine Pureed Turkey Mashed Potato Pureed Turnip Pureed Gingerbread Cake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Cream of Cauliflower Pureed Salmon Mashed Potato Pureed Carrot  Stawberry rhubarb pie <b><u>Alternate Choices</u></b> Tres Puree



**NEWPORT HARBOUR CARE CENTRE MENU**  
**Spring & Summer 2018**  
**WEEK 4**

<b>W4</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	Apple Juice Milk Oatmeal Cereal Peanut Butter Yogurt Pureed Banana	Orange Juice Milk Cream of Wheat Cereal Peanut Butter Yogurt Pureed Banana	Cranberry Juice Milk Oatmeal Cereal Pureed Egg Yogurt Pureed Banana	Apple Juice Milk Oatbran Cereal Peanut Butter Yogurt Pureed Banana	Orange Juice Milk Oatmeal Cereal Peanut Butter Yogurt Pureed Banana	Cranberry Juice Milk Cream of Wheat Cereal Pureed Egg Yogurt Pureed Banana	Apple Juice Milk Oatmeal Cereal Pureed French Toast w/ Syrup Yogurt Pureed Banana
<b>LUNCH</b>	Pureed Fish with white sauce Mashed Potato Pureed Broccoli Apple Sauce  <b><u>Alternate Choices</u></b> Tres puree	Pureed Chicken Cacciatore Mashed Potato Pureed Green Beans Pureed Citrus Fruit  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Chicken Mashed Potato Pureed Mixed Vegetable Pureed Fresh Fruit  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Beef Mashed Potato Pureed Mix Vegetables Pureed Cantaloupe  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Pork with Honey Garlic Mashed Potato Pureed Harvard Beets Pureed Apricots  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Beef Mashed Potato Pureed Cauliflower Pureed Fruit in Season  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Lamb Mashed Potato Pureed Mix Vegetable Creamed Corn Pureed Tropical Fruit  <b><u>Alternate Choices</u></b> Tres Puree
<b>DINNER</b>	Pureed Minestrone Soup Pureed Beef Mashed Potato Pureed Mixed Vegetable Pureed Cheesecake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Cream of Asparagus Pureed Pork Mashed Potato Pureed Mix Vegetable Vanilla Ice Cream  <b><u>Alternate Choices</u></b> Tres Puree	Butternut Squash Soup Pureed Pollock Mashed Potato Pureed Carrots Chocolate Pudding  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Turkey Noodle Soup Pureed Egg Mashed Potato Pureed Turnip Pureed Cake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Harvest Vegetable Soup Pureed Chicken Mashed Potato Pureed Mix Vegetable Tangerine Mousse  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Mushroom Soup Pureed Turkey Chili Mashed Potato Pureed Mix Vegetable Pureed Maple Cake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed French Pea Soup Pureed Chicken Mashed Potato Pureed Peas Pureed Cherry Pie Filling  <b><u>Alternate Choices</u></b> Tres Puree

**NOTE:**  
**30 ml Peanut Butter and/or yogurt as a choice at Breakfast. Banana or prunes available 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 everyday at Lunch & Dinner**

**NEWPORT HARBOUR CARE CENTRE MENU**  
**Spring & Summer 2018**  
**WEEK 5**

<b>W4</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	Cranberry Juice Milk Oatbran Cereal Pureed Egg Yogurt Pureed Banana	Apple Juice Milk Oatmeal Cereal Peanut Butter Yogurt Pureed Banana	Orange Juice Milk Cream of Wheat Cereal Peanut Butter Yogurt Pureed Banana	Cranberry Juice Milk Oatmeal Cereal Pureed Egg Yogurt Pureed Banana	Apple Juice Milk Oatbran Cereal Peanut Butter Yogurt Pureed Banana	Orange Juice Milk Oatmeal Cereal Peanut Butter Yogurt Pureed Banana Pureed Croissant with Jam	Cranberry Juice Milk Oatbran Cereal Pureed Egg Yogurt Pureed Banana
<b>LUNCH</b>	Pureed Chicken with Curry Mashed Potato Pureed Mix Vegetable Pureed Honeydew  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Beef Mashed Potato Pureed Mixed Vegetable Ice cream w/ Chocolate Sauce  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Pork w/ BBQ sauce Mashed Potato Pureed Italian Mixed Strawberry Mousse  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Salmon w/ Teriyaki Mashed Potato Pureed Broccoli Pureed Tropical Fruit  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Beef Mashed Potato w/ gravy Roast Yam Pureed Fruit Cocktail  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Chicken Mashed Potato Pureed Mix Vegetable Pureed Watermelon (Strained)  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Roast Pork Mashed Potatoes Pureed Brussel Sprouts Pureed Oranges  <b><u>Alternate Choices</u></b> Tres Puree
<b>DINNER</b>	Pureed Beef Barley Soup Pureed Fish Mashed Potato Pureed Yam Chocolate Mousse  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Corn Chowder Pureed Chicken Mashed Potato Pureed Turnip Pureed Lemon Sponge Pudding  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Lentil Soup Pureed Turkey Mashed Potato Pureed Cauliflower Pureed Pineapple Cake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Mushroom & Dill Soup Pureed Ravioli Mashed Potato Pureed Mix Vegetable Lemon Mousse  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Cream of Carrot Soup Pureed Turkey Mashed Potato w/ gravy Pureed Pea Pureed Chocolate Cake  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Mulligatawny Soup Pureed Beef Mashed Potato Pureed Mixed Vegetables Pureed Banana Cream Pie  <b><u>Alternate Choices</u></b> Tres Puree	Pureed Vegetable Noodle Soup Pureed Chicken Mashed Potato Pureed Mix Vegetable Strawberry Mousse  <b><u>Alternate Choices</u></b> Tres Puree

**NOTE:**

**30 ml Peanut Butter and/or yogurt as a choice at Breakfast. Banana or prunes available**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

**EASY TO CHEW MENU**  
**Spring & Summer 2018**  
**WEEK 1**

<b>W1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	<p>Apple Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Orange Juice Milk Oatbran Cereal Cheddar Cheese Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Cranberry Juice Milk Oatmeal Cereal Peanut Butter Muffin Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Apple Juice Milk Cream of Wheat Cereal Yogurt Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Cheese Spread Assorted Cold Cereal Peanut Butter</p>	<p>Orange Juice Milk Oatmeal Cereal Omelet Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Cranberry Juice Milk Oatbran Cereal Yogurt Pancakes/Syrup Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast</p>	<p>Apple Juice Milk Oatmeal Cereal Scrambled Eggs Buttered WW Toast Bacon Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>
<b>LUNCH</b>	<p>1 cm dice Pepper Steak Butter Noodles Glazed Carrots Stewed Rhubarb</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Asian Cuisine Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>1 cm dice Hawaiian Baked Chicken Roasted Potatoes (no skins) Stir Fried Broccoli Mandarins</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>Baked Basa w/ Dill Sauce Asian Fried Rice Seasoned Spinach Apricot Halves</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>Spaghetti &amp; Meat Sauce Soft Garlic Bread Mixed California Vegetables Watermelon</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>Crunchy Italian Fish Fillets w/ Ranch Style Potatoes Broiled Tomatoes Fresh Fruit in Season (no skins, grapes or hard fruits)</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>1 cm dice Pork Chops w/ Maple Apricot Sauce Polenta Herbed Zucchini Spears Fruit Cocktail</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>1 cm dice Roast Turkey Gravy Lyonnise Potatoes Julienne Carrots Baked Apple Slices (no skin)</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>
<b>DINNER</b>	<p>Cream of Tomato Soup Grilled Cheese Sandwich Garlicky Green Beans Cherry Delight</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>	<p>Barley Soup BBQ Beef Sliders Peeled Cucumber Salad Potato Chips Strawberry Shortcake</p> <p><b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich</p>	<p>Cream of Celery Soup Cottage Cheese Seasonal Fruit Plate Banana Loaf Tapioca Pudding</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>	<p>Mushroom, Dijon &amp; Dill Soup Egg Salad Sandwich Creamy Coleslaw Baked Custard</p> <p><b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich</p>	<p>Chicken Rice Soup Macaroni &amp; Cheese Steamed Spinach Butterscotch Ice Cream</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>	<p>Mulligatawny Soup Egg Salad Plate w/ Sliced Eggs, Potato Salad, Pickled Beets, Diced Tomato, Peeled Cucumber, WW Roll Date Square</p> <p><b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich</p>	<p>Navy Bean Soup Chicken Burger (no lettuce) Fries w/gravy, Cole Slaw Raspberry Orange Trifle</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

**EASY TO CHEW MENU**  
**Spring & Summer 2018**  
**WEEK 2**

<b>W2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Cranberry Juice Milk Oatmeal Cereal Scrambled Egg Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatbran Cereal Peanut Butter Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal	Orange Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Cranberry Juice Milk Cream of Wheat Cereal Omelet Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	Orange Juice Milk Cream of Wheat Cereal <b>Cut-up Breakfast Sausage</b> Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast
<b>LUNCH</b>	Swedish Meatballs Rice Pilaf French Style Green Beans Fresh Fruit in Season  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Indian Cuisine Alternative Chef's Choice Vegetable Variety of Jello	Basa Florentine <b>Oat Bran Potatoes (no skin)</b> Peas Tropical Fruit Salad  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	1 cm dice Roast Chicken w/ Dressing and Gravy <b>Parslied Boiled Potatoes (no</b> Gingered Carrots Peaches  <u><b>Alternate Choices</b></u> Assorted Sandwich Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Variety of Jello	1 cm dice Salisbury Steak Mashed Potatoes Roasted Summer Squash Diced Honeydew  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Stuffed Salmon w/ Hollandaise Sauce Scalloped Potatoes California Mix Vegetables Fruit Cocktail  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	1 cm dice Beef Pot Roast w/ Gravy <b>Oven Brownd Potatoes (no</b> Parslied Cauliflower Crushed pineapple  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	1 cm dice Pork Schnitzel w/ Whipped Potatoes Brussel Sprouts Mixed Berries  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello
<b>DINNER</b>	Cream of Vegetable Soup Pulled Pork w/ BBQ sauce on Soft Bun <b>Italian Mixed Vegetables</b> Peach Cobbler  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Hearty Chicken Noodle Perogies w/ Sour Cream <b>1 cm diced turkey sausage</b> Stir Fried Cabbage Strawberry Mousse  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	Lentil Soup Breakfast slider Condiments Poutine Carrot Cake w/ Cream Cheese Icing (no raisins)  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Garden Vegetable Soup Chicken Salad Sub <b>Steamed Sugar Snap Peas</b> Bean Salad Cinnamon Pudding Cake  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	Minestrone Soup Lasagna Dinner Roll Mixed Vegetables Vanilla Ice Cream  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Corn Chowder Baked Chicken Wrap w/ Shredded Romaine, Diced and Grated Cheese Mixed California Vegetables Rhubarb Crisp  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	Country Veg Beef & Barley Soup Rueban on Rye Tomato Basil Salad Apple Pie  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
 Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

**EASY TO CHEW MENU**  
**Spring & Summer 2018**  
**WEEK 3**

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Cranberry Juice Milk Oatbran Cereal Spinach and Cheese Omlette Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatmeal Cereal Cheddar Cheese Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Orange Juice Milk Cream of Wheat Cereal Peanut Butter Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal	Cranberry Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatbran Cereal Smoothie Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Cheese Spread Assorted Cold Cereal Peanut Butter	Orange Juice Milk Oatmeal Cereal Cheddar Cheese Belgian Waffle Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Toast Bacon Fruit  <u><b>Alternate Choices</b></u> Yogurt Assorted Cold Cereal Peanut Butter
<b>LUNCH</b>	Chicken Pot Pie w/ Gravy Mashed Potatoes Glazed Parsnips Canned Apple slices  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Asian Cuisine Alternative Chef's Choice Vegetable Variety of Jello	Brunswick Beef Stew Homemade Tea Buscuit Carrots and Peas Peaches  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Lemon Herb Crusted Haddock Roasted Potatoes (no skins) Mixed Vegetables Tropical Fruit Salad  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Variety of Jello	1 cm diced Garlic Sausage Perogi w/ Sour Cream, Minced Green Onions Broccoli Stewed Rhubarb  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Mango Chicken Stir Fry Mexican Style Rice Mandarin Orange Sections  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Indian Cuisine Alternative Chef's Choice Vegetable Variety of Jello	Shepherd's Pie Gravy California Mixed Vegetables Strawberries  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	1 cm diced Baked Ham Slices Raisin Sauce Scalloped Potatoes Corn on the Cob Pears  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello
<b>DINNER</b>	Cream of Carrots Soup Egg Salad Sandwich Shredded Waldorf Salad Banana Cake  <u><b>Alternate Choice</b></u> Chicken Salad, Egg Salad or Tomato Sanwich	Won Ton Soup Sweet and Sour Chicken w/ Stir Fried Veggies Fried Rice Caramel Bread Pudding  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	French Onion Soup Cheese Dreams (no bacon) Asian Slaw Coconut Tart  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Borscht Fettucine Alfredo Chicken Mixed Vegetables Neopolitan Ice Cream  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	Creamy Potato & Leek Soup Creamy Baked Salmon on Cornbread Peas and Carrots Rice Pudding  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich	Vegetable Florentine Soup Deluxe Pizza Cole Slaw Gingerbread Cake  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or Tomato Sandwich	Cream of Cauliflower Soup Seafood Quiche Carrot Raisin Salad (cooked raisin) Strawberry Rhubarb Pie  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
 Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

**MINCED MENU**  
**Spring & Summer 2018**  
**WEEK 1**

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Apple Juice Milk Oatmeal Cereal Mincd Boiled Egg Buttered Crustless WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Orange Juice Milk Oatbran Cereal Cheddar Cheese Buttered Crustless WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Cranberry Juice Milk Oatmeal Cereal Peanut Butter Buttered Crustless WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Apple Juice Milk Cream of Wheat Cereal Yogurt Buttered Crustless WW Toast Fruit  <u><b>Alternate Choices</b></u> Cheese Spread Peanut Butter	Orange Juice Milk Oatmeal Cereal Omelet Buttered Crustless WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Cranberry Juice Milk Oatbran Cereal Yogurt Pancakes/Syrup Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter Crustless Buttered WW Toast	Apple Juice Milk Oatmeal Cereal Scrambled Eggs Buttered Crustless WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter
<b>LUNCH</b>	Mincd Pepper Steak w/gravy Mincd Butter Noodles Mincd Glazed Carrotes Stewed Rhubarb  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Asian Cuisine Alternative Chef's Choice Vegetable Variety of Jello	Mincd Hawaiian Baked Chicken Mashed Potatoes Mincd Broccoli Mincd Mandarins  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Baked Basa w/ Dill Sauce Asian Fried Rice Mincd Seasoned Spinach Mincd Apricot  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Variety of Jello	Mincd Spaghetti & Meat Sauce Soft Roll Mincd California Vegetables Mincd Watermelon  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Baked Italian Fish Fillets Ranch style mashed potatoes Mincd Mixed Vegetables Mincd Seasonal Fruit (no pineapple, grapes or skins)  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Mincd Pork Chops w/ Maple Apricot Sauce (blended) Polenta Mincd Herbed Zucchini Mincd Fruit Cocktail  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Mincd Roast Turkey Gravy Mashed Potatoes Mincd Carrots Mincd Baked Apple Slices (no skins)  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello
<b>DINNER</b>	Cream of Tomato Soup Cheese Sandwich Mincd Garlicky Green Beans Cherry Delight  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Barley Soup Mincd BBQ Beef Slider Mincd Mixed Vegetables Strawberry Shortcake  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad (no celery)	Cream of Celery Soup Cottage Cheese Mincd Fresh Fruit (no skins) Banana Loaf Tapioca Pudding  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Mushroom, Dijon & Dill Soup Egg Salad Sandwich Mincd Coleslaw Baked Custard  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad (no celery)	Chicken Rice Soup Macaroni & Cheese Mincd Steamed Spinach Butterscotch Ice Cream  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Mulligatawny Soup Egg Salad Plate w/ Mincd egg Mincd steamed vegetables Mincd Pickled Beets WW Roll Date Square w/ cream <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad or (no celery)	Navy Bean Soup Seasoned minced chicken Soft dinner roll Mincd Cole Slaw Raspberry Orange Trifle  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)

**NOTE:**  
 Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
 Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

**MINCED MENU**  
**Spring & Summer 2018**  
**WEEK 2**

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Cranberry Juice Milk Oatmeal Cereal Scrambled Egg Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Apple Juice Milk Oatbran Cereal Peanut Butter Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Orange Juice Milk Oatmeal Cereal Boiled Egg Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Cranberry Juice Milk Cream of Wheat Cereal Omelet Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter Crustless Buttered WW Toast	Orange Juice Milk Cream of Wheat Cereal Minced Breakfast Sausage Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter Crustless Buttered WW Toast
<b>LUNCH</b>	Minced Swedish Meatballs Rice Pilaf Minced French Style Green Minced Seasonal Fruit (no pineapple, grapes or skins)  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Indian Cuisine Alternative Chef's Choice Vegetable Variety of Jello	Basa Florentine Mashed Potatoes Minced Peas Minced Tropical Fruit Cocktail  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Minced Roast Chicken Minced Dressing w/ Gravy Mashed Potatoes Minced Gingered Carrots Minced Peaches  <u><b>Alternate Choices</b></u> Assorted Sandwich Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Variety of Jello	Minced Salisbury Steak Mashed Potatoes Minced Roasted Summer Squash Minced Honeydew  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Stuffed Salmon w/ Hollandaise Sauce Mashed Potatoes Minced California Mix Minced Fruit Cocktail  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Minced Beef Pot Roast w/ Mashed Potatoes Minced Parslied Cauliflower Crushed pineapple  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Minced Pork w/ Gravy Whipped Potatoes Minced Brussel's Sprouts Jell-o  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello
<b>DINNER</b>	Cream of Vegetable Soup Minced Pork with BBQ sauce Soft Dinner Roll Minced Italian Mixed Vegetables Peach Cobbler  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Hearty Chicken Noodle Minced Sausage Minced Stir Fried Cabbage Strawberry Mousse  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad (no celery)	Lentil Soup Breakfast Slider Condiments Poutine Carrot Cake w/ Cream Cheese Icing (no raisins)  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Garden Vegetable Soup Chicken Salad Sub (no celery) Minced Bean Salad Minced Steamed Sugar Snap Peas Cinnamon Pudding Cake  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad (no celery)	Minestrone Soup Minced Lasagna Soft Dinner Roll Minced California Vegetables Vanilla Ice Cream  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Pureed Corn Chowder Chicken Salad Sandwich (no tomatoes/lettuce/celery) Minced Mixed Vegetables Rhubarb Crisp w/ cream  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad (no celery)	Country Veg Beef & Barley Soup Minced Beef Sandwich Minced Tomato Basil Salad Apple Pie  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
 Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

**MINCED MENU**  
**Spring & Summer 2018**  
**WEEK 3**

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Cranberry Juice Milk Oatbran Cereal Spinach and Cheese Omllette Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Apple Juice Milk Oatmeal Cereal Cheddar Cheese Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Orange Juice Milk Cream of Wheat Cereal Cheese Slices Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Cranberry Juice Milk Oatmeal Cereal Boiled Egg Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Apple Juice Milk Oatbran Cereal Smoothie Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Cheese Spread Peanut Butter	Orange Juice Milk Oatmeal Cereal Peanut Butter Belgian Waffle/Syrup Fruit  <u><b>Alternate Choices</b></u> Yogurt  Crustless Buttered WW Toast	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter
<b>LUNCH</b>	Minced Chicken Pot Pie w/ Gravy Mashed Potatoes Minced Glazed Parsnips Minced Seasonal Fruit (no grapes, skins or pineapple) <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Asian Cuisine Alternative Chef's Choice Vegetable Variety of Jello	Brunswick Beef Stew Homemade Tea Biscuit Minced Peas and Carrots Minced Peaches  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Lemon Herb Baked Haddock Mashed Potatoes Minced Mixed Vegetables Minced Fruit Salad  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Variety of Jello	Minced Garlic Sausage Mashed Potato, Minced Broccoli Stewed Rhubarb  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Minced Mango Chicken Stir Fry Mexican Style Rice (no corn) Minced Mandarins  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Indian Cuisine Alternative Chef's Choice Vegetable Variety of Jello	Shepherd's Pie (minced peas/carrots) Gravy Minced California Vegetables Minced Seasonal Fruit (no grapes, skins or pineapple) <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Minced Baked Ham w/ Raisin Sauce (no raisins) Mashed Potatoes Creamed Corn Minced Pears  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello
<b>DINNER</b>	Cream of Carrot Soup Egg Salad Sandwich (no celery) Minced Mixed Vegetables Banana Cake  <u><b>Alternate Choice</b></u> Chicken Salad, Egg Salad (no celery)	Minced Sweet and Sour Chicken and Veggie Stir Fry Fried Rice Caramel Bread Pudding  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad (no celery) Assorted canned soups	French Onion Soup Cheese Dreams (no bacon or tomato) Minced Asian Slaw Coconut Tart  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Borscht Minced Fettucine Alfredo Minced Chicken Minced Mixed Vegetables Neopolitan Ice Cream  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad (no celery)	Creamy Potato & Leek Soup Creamy Baked Salmon Cornbread Minced Peas and Carrots Rice Pudding  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Vegetable Florentine Soup Deluxe Cheese Pizza on Soft Minced Cole Slaw Gingerbread Cake  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad (no celery)	Cream of Cauliflower Soup Chicken Salad Sandwich Minced Roasted Carrots Strawberry Rhubarb Pie  <u><b>Alternate Choices</b></u> Egg Salad (no celery)

**NOTE:**  
**Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.**  
**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.**  
**Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.**



**MINCED MENU**  
**Spring & Summer 2018**  
**WEEK 4**

W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<p>Apple Juice Milk Oatmeal Cereal Peanut Butter Crustless Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt</p>	<p>Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Crustless Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Peanut Butter</p>	<p>Cranberry Juice Milk Oatmeal Cereal Scrambled Egg Crustless Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Peanut Butter</p>	<p>Apple Juice Milk Oatbran Cereal Sliced Cheese Crustless Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Peanut Butter</p>	<p>Orange Juice Milk Oatmeal Cereal Peanut Butter Crustless Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Peanut butter</p>	<p>Cranberry Juice Milk Cream of Wheat Cereal Minced Boiled Egg Assorted Muffin (no Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Peanut Butter Crustless Buttered WW Toast</p>	<p>Apple Juice Milk Yogurt French Toast/Syrup Fruit</p> <p><b><u>Alternate Choices</u></b> Peanut Butter Crustless Buttered WW Toast</p>
<b>LUNCH</b>	<p>Baked Basa Fish w/ Cranberry Salsa Potato Romanoff Minced Broccoli Minced Canned Apples</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Indian Cuisine Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>Minced Chicken Cacciatore Mashed Potatoes Minced Green Beans Minced Citrus Fruit Cup</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>Minced Chicken Buttermilk Mashed Potatoes Mixed Vegetable Minced Fresh Fruit in Season</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>Minced Beef w/ Sweet Ginger Sauce Fried Rice Minced Stir Fried Vegetables Minced Cantaloupe</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>Minced Pork w/ Honey Garlic Sauce Minced Potato Salad Minced Harvard Beets Minced Apricots</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>Minced Beef Bourguignon Minced Herbed Fettuccine Minced Roast Cauliflower Minced Tropical Fruit Salad</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>Minced roast Lamb Lamb Gravy Mashed Potatoes Pureed Corn Minced Peaches</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>
<b>DINNER</b>	<p>Minestrone Soup Mashed Potato w/ gravy Minced Mixed Vegetables Minced Sausage French Cream Cheesecake w/ Chocolate Drizzle</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad (no celery)</p>	<p>Cream of Asparagus Soup Minced Beef w/ gravy and Quinoa Salad Minced Mixed Vegetables Ice Cream Sundae</p> <p><b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad (no celery)</p>	<p>Butternut Squash Soup Lemon Herb Baked Pollock Mashed Potatoes Minced Creamy Coleslaw Mint Brownie</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad (no celery)</p>	<p>Turkey Noodle Soup Vegetable Baked Beans Italian Herb Tea Biscuit Minced Mixed Vegetables Soft Cookies/Milk</p> <p><b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad (no celery)</p>	<p>Harvest Vegetable Soup Minced Beef w/ gravy Minced Mixed Vegetables Dinner Roll Tangerine Mousse</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad (no celery)</p>	<p>Cream of Mushroom Soup Beef Chili Garlic Bun Minced Italian Vegetables Maple Cake</p> <p><b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad (no celery)</p>	<p>French Canadian Pea Soup Minced Chicken w/gravy Minced Mixed Vegetables Homemade Blueberry Scone Cherry Pie</p> <p><b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad (no celery)</p>

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.

250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.

Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

**MINCED MENU**  
**Spring & Summer 2018**  
**WEEK 5**

W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Cranberry Juice Milk Oatbran Cereal Mined Egg Crustless Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Apple Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Cranberry Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Apple Juice Milk Oatbran Cereal Yogurt Buttered WW Toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter	Orange Juice Milk Oatmeal Cereal Sliced Cheese Croissant Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter Crustless Buttered WW Toast	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Crustless Buttered WW toast Fruit  <u><b>Alternate Choices</b></u> Yogurt Peanut Butter
<b>LUNCH</b>	Minced Chicken w/ Curry Sauce Buttered Crustless Toast Minced Stir-Fried Vegetables Minced Honeydew  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Asian Cuisine Alternative Chef's Choice Vegetable Variety of Jello	Minced Liver w/ Beef Gravy Mashed Potatoes Minced Mixed Vegetables Ice Cream w/ Chocolate Sauce  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Minced BBQ Pork Mashed Potatoes Minced Italian Mixed Vegetables Strawberry Mousse  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Variety of Jello	Salmon Teriyaki Whipped Potatoes Minced Broccoli Crushed Pineapple  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Minced Meatloaf Risotto Mashed Yams Minced Fruit Cocktail  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Minced Chicken Mashed Potatoes Pita/Tzitziki Minced Vegetables Minced Watermelon  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Minced Roast Pork Gravy/Dinner Roll Mashed Potatoes Minced Brussel's Sprouts Minced Mandarin Oranges  <u><b>Alternate Choices</b></u> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello
<b>DINNER</b>	Beef Barley Soup Baked Basa w/ Dill Sauce Pom Poms with Ketchup Minced Mixed Vegetables Butter Tart (no raisins)  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Pureed Corn Chowder Minced Mexican Style Chicken Mexican Rice (no corn) Smooth Salsa and Guacamole Saucy Lemon Sponge Pudding  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad (no celery)	Lentil Soup Minced Egg w/ Potato Salad Minced Macaroni Salad Pineapple Upside Down Cake (use crushed pineapple)  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Cream of Broccoli Soup Minced Ravioli w/ Tomato Minced Turnips Lemon Tart  <u><b>Alternative Choices</b></u> Salmon Salad, Egg Salad (no celery)	Cream of Carrot Minced Herbed Turkey w/ Dinner Roll Minced Mixed Vegetables French Cream Cheese Cake w/ Chocolate Drizzle  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)	Mulligatawny Soup Minced Beef w/gravy Fresh Roll Minced Mixed Vegetables Banana Cream Pie  <u><b>Alternate Choices</b></u> Salmon Salad, Egg Salad (no celery)	Vegetable Noodle Soup Minced Baked Chicken w/ Plum Sauce Mashed Potatoes Minced Squash Strawberry Mousse  <u><b>Alternate Choices</b></u> Chicken Salad, Egg Salad (no celery)

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
 Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

**EASY TO CHEW MENU**  
**Spring & Summer 2018**  
**WEEK 4**

W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<p>Apple Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal</p>	<p>Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Cranberry Juice Milk Oatmeal Cereal Scrambled Egg Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Apple Juice Milk Oatbran Cereal Sliced Cheese Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter</p>	<p>Orange Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal</p>	<p>Cranberry Juice Milk Cream of Wheat Cereal Boiled Egg Assorted Muffin Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast</p>	<p>Apple Juice Milk Bacon French Toast/Syrup Oatmeal Fruit</p> <p><b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast</p>
<b>LUNCH</b>	<p>Baked Basa Fish w/ Cranberry Salsa <b>Potato Romanoff (no skins)</b> Broccoli <b>Fresh Apple Slices (no skins)</b></p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Indian Cuisine Alternative Chef's Choice Vegetable Variety of Jello</p>	<p><b>1 cm dice Chicken Cacciatore</b> Mashed Potatoes French Style Green Beans Citrus Fruit Cup</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>1 cm diced Fried Chicken Buttermilk Mashed Potatoes Mixed Vegetables Fresh Fruit in Season</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Variety of Jello</p>	<p><b>1 cm dice Ginger beef w/ sauce</b> Fried Rice Stir Fried Vegetables Diced Cantaloupe</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p><b>1 cm dice Honey Garlic Pork Drummies</b> Potato Salad Harvard Beets Apricots</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p><b>1 cm diced Beef Bourguignon</b> Herbed Fettuccine Baked Lemon Cauliflower Tropical Fruit Salad</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>	<p>1 cm diced Roast Lamb Lamb Gravy Oven Browned Potatoes (no Creamed Corn Diced Peaches</p> <p><b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello</p>
<b>DINNER</b>	<p>Minestrone Soup Potato Pancake w/ Sour Cream <b>1 cm dice Breakfast Sausage</b> Mixed Vegetables French Cream Cheesecake w/ Chocolate Drizzle <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>	<p>Cream of Asparagus Soup Mini Sub Sandwich (thin tomato, shredded romaine, thin sliced skinless cucumber) <b>Sliced Pickles</b> Quinoa Salad Ice Cream Sundae <b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad Tomato sandwich</p>	<p>Butternut Squash Soup Lemon Herb Breaded Pollock w/ Sauce <b>Yam Fries w/ Ketchup</b> Coleslaw Coconut Tart  <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>	<p>Turkey Noodle Soup Vegetable Baked Beans Italian Herb Tea Biscuit California Mixed Vegetables Cookies and Milk  <b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich</p>	<p>Harvest Vegetable Soup Cheeseburger (no lettuce/tomato) on Soft Bun Mixed Vegetables Tangerine Mousse  <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>	<p>Cream of Mushroom Soup Beef Chili Garlic Bun California Vegetable Mix Maple Cake  <b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich</p>	<p>French Canadian Pea Soup Chicken Salad w/ 1 cm diced Chicken, Finely Shredded Romaine Diced Tomatoes, Peel Diced Cucumber Homemade Scone Cherry Pie <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich</p>

**NOTE:**  
**Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.**  
**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.**  
**Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.**

**EASY TO CHEW MENU**  
**Spring & Summer 2018**  
**WEEK 5**

W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cranberry Juice Milk Oatbran Cereal Poached Egg Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter	Cranberry Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter	Apple Juice Milk Oatbran Cereal Yogurt Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Cheese Spread Assorted Cold Cereal Peanut Butter	Orange Juice Milk Oatmeal Cereal Sliced Cheese Croissant Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Toast Fruit  <b><u>Alternate Choices</u></b> Yogurt Assorted Cold Cereal Peanut Butter
LUNCH	Chicken Curry Naan Bread Stir-Fried Vegetables Diced Honeydew  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Asian Cuisine Alternative Chef's Choice Vegetable Variety of Jello	1 cm dice Liver w/ Grilled Beef Gravy Mashed Potatoes Mixed Vegetables Canned Pears  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	1 cm Dice BBQ Spare Ribs Roasat Potatoes Italian Mixed Vegetables Mixed Berries  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal/ Halal Chicken Alternative Chef's Choice Vegetable Variety of Jello	Salmon Teriyaki Whipped Potatoes Broccoli Crushed Pineapple  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable variety or Jello	Homemade Meatloaf Risotto Mashed Yam Fruit Cocktail  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello	Chicken Souvlaki Herbed Potatoes Small Diced Greek Salad Pita Bread/Tzitziki Watermelon  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable variety or Jello	1 cm dice Roast Pork Gravy/Dinner Roll Mashed Potatoes Brussel Sprouts Mandarin Oranges  <b><u>Alternate Choices</u></b> Assorted Sandwiches Chef's Choice Hot Meal Alternative Chef's Choice Vegetable Variety of Jello
DINNER	Beef Barley Soup Fish Nuggets Pom Poms Shredded Spinach Salad Yogurt/Fruit Parfait  <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich	Corn Chowder Chicken Quesadilla Mexican Spiced Veggies Salsa and Guacamole Ice Cream with Chocolate Sauce  <b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich	Lentil Soup Chicken Salad w/ Diced Peeled Cucumber Slices, Egg, Dinner Roll Macaroni Salad Pineapple Upside Down Cake  <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich	Cream of Broccoli Soup Ravioli w/ Tomato sauce Diced Squash Lemon Tart  <b><u>Alternative Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich	Cream of Carrots Turkey Burger (no lettuce) on soft bun Southwest Salad French Cream Cheese Cake w/ Chocolate Drizzle  <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich	Mulligatawny Soup Shaved Roast Beef on a Bun w/ Beef Au Jus Mixed Italian Vegetables Ranch Dip Banana Cream Pie  <b><u>Alternate Choices</u></b> Salmon Salad, Egg Salad or Tomato Sandwich	Vegetable Noodle Soup Chicken Strips w/ Plum Sauce Fries w/ Gravy Cole Slaw Strawberry Mousse  <b><u>Alternate Choices</u></b> Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or prunes available everyday at Breakfast.  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.  
 Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.