

Week 2

	<u>MONDAY 4</u>	<u>TUESDAY 5</u>	<u>WEDNESDAY 6</u>	<u>THURSDAY 7</u>	<u>FRIDAY 8</u>	<u>SATURDAY 9</u>	<u>SUNDAY 10</u>
BREAKFAST	<u>Includes:</u>	<u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u>					
Feature	Oatmeal, French Toast and Syrup	Oatmeal, Yogurt w/ Berries and Granola	Oatmeal, Scrambled Eggs, White or Brown Toast	Oatmeal, Egg and Bacon McMuffin	Oatmeal, Pancakes w/ Syrup	Oatmeal, Bagel, Fruit Cocktail	Oatmeal, Fried Egg, Home Fries, Sausage White or Brown Toast
LUNCH	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>
LUNCH SOUP	Sweet and Sour Pork	Hamburger Macaroni	Chicken Noodle	Cream of Potato	Mushroom	Beef Vegetable	Tomato
LUNCH FEATURE	RVH Egg Salad Sandwich w/ Onion and Peppers	Bacon and Cheddar Quiche	Deli Turkey on a Croissant	Poutine w/ Fresh Cut French Fries Cheese Curds	Cheese Ravioli w/ Marinara Sauce	Cheese Omelette	Grilled Cheese
Side Dish	Celery Stick	Carrot Stick	Cucumber		Fresh Bun	Toast	
Vegetable /Salad							
DESSERT	Brownie & Ice Cream	Butter Tart	Date Square	Nanaimo Bar	Assorted Desserts	Pudding	Peaches
DINNER	<u>MASHED POTATOES ALWAYS AVAILABLE @ DINNER</u>						
	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day
DINNER FEATURE	Homemade Cabbage Rolls	Hot Beef Sandwich	Honey Garlic Chicken Thighs	Shepards Pie w/ Gravy	Haddock	Pork Stir Fry (Onions, Mushroom)	Ham
STARCH 1	Mashed Potato	Fries	Rice Pilaf		Mashed Potato	Broccoli, Peppers)	Scalloped Potato
Green Veg		Peas	Brussel Sprouts		Broccoli	Rice	Baked Beans
Colour Veg	Diced Carrots	Zucchini	Cauliflower		Turnip		Carrots
DESSERT	Rice Krispie Square	Mandarins	Jell-O w/Whipped Cream	Trifle	Ice Cream with Caramel or Frozen Yogurt	Éclairs	Mixed Berry Crumble Pie w Ice Cream

ALWAYS AVAILABLE AS A SUBSTITUTE: GLUTEN FREE BREAD, CHEF SALAD, ASSORTED JUICES, WATER, MILK, TEA, COFFEE, FRUIT COCKTAIL, VANILLA ICE CREAM YOGURT

SNACKS AVAILABLE: IN MCKAY LOUNGE & 2ND FLOOR AT 10AM, 3PM, 7:30PM

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