

Week 3

	<u>Monday 11</u>	<u>Tuesday 12</u>	<u>Wednesday 13</u>	<u>Thursday 14</u>	<u>Friday 15</u>	<u>Saturday 16</u>	<u>Sunday 17</u>
BREAKFAST	<u>Includes:</u>	<u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u>					
Feature	Oatmeal, Fresh Homemade Muffin, Fruit Cocktail, White or Brown Toast	Oatmeal, Boiled Egg, Slice Cheese, White or Brown Toast	Oatmeal, Poached Egg, White or Brown Toast	Oatmeal, Waffle w/ Syrup	Oatmeal, Scrambled Eggs w/ Tomato, White or Brown Toast	Oatmeal, Yogurt, Berries, Granola, White or Brown Toast	Oatmeal, Eggs Over Easy, 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	Pea	Creamy Chicken Veg	Irish Stew	Minestrone	Cream of Mushroom	Beef Vegetable	Cream of Potato & Leek
LUNCH FEATURE	Chicken Fingers Sweet and Sour	Ham Salad on White or Brown Bread	RVH Egg Salad on a Clover Bun	Breakfast Club (Toasted BLT w/ Fried Egg)	Cheesy Baked Spaghetti	Bacon Cheese Omelette	Irish Grilled Cheese (Sour Dough Bread, Bacon, Tomato, Cheese)
Side Dish	French Fries	Cucumber	Irish Salad (Lettuce, Clementines, Cucumber, Onion, Avocado, Goat Cheese)	French Fries	Garlic Bread	White or Brown toast	Cucumber Salad
Vegetable /Salad	Coleslaw	Tomato					
DESSERT	Jell-O w/ Whipped Cream	Triple Chocolate Cake	Green Pudding w/ Whip Cream	Fruit Cocktail	Assorted Desserts	Lemon Tart	Mandarins
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	Pizza Night	Meat Pie w/ Gravy	Turkey Schnitzel w/ Sour Cream and Fried Onions	Beef Stir Fry w/ Onion, Peppers, Mushroom, Carrot, Broccoli	Salmon, w/ Lemon Sauce	Burger w/ Fried Mushroom, Onion and Swiss cheese	Roast Chicken
STARCH 1	Pepperoni, Bacon, Mushroom	Mashed Potato	Baked Potato	Seasoned Rice	Mashed Potato	Potato Salad	Mashed Potato
Green Veg	Caesar Salad	Green Beans	Green Peas		Asparagus	Pasta Salad	Savory Carrots
Colour Veg		Carrots	Pureed Sweet Butternut Squash		Yellow Beans		Cauliflower
DESSERT	Peaches	Rice Pudding w/ Raisin	Cronut (Half Croissant, Half Doughnut) Trust Me :)	Coconut Square	Ice Cream w/ Caramel Sauce	Carrot Cupcake w/ Cream Cheese Icing	Apple 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