

Spring Summer Week 4

	<u>Monday 22</u>	<u>Tuesday 23</u>	<u>Wednesday 24</u>	<u>Thursday 25</u>	<u>Friday 26</u>	<u>Saturday 27</u>	<u>Sunday 28</u>
BREAKFAST	<u>Includes:</u>	<u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u>					
Feature	Oatmeal, Cheesy Fried Egg, Fruit, White or Brown Toast	Oatmeal, Fruit, Bagel w/ Cream Cheese	Oatmeal, Scrambled Eggs, Sliced Tomato, White or Brown Toast	Oatmeal, Yogurt, Berry w/ Granola, White or Brown Toast	Oatmeal, Boiled Egg, Slice Cheese, Fruit, White or Brown Toast	Oatmeal, Egg Over Easy, Bacon, White or Brown Toast	Oatmeal, Belgium Waffle w/ Mixed Berries
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	Chicken Noodle	Italian Wedding	Tomato Soup	Hamburger Soup	Cream of Mushroom	Vegetable	Cream of Broccoli
LUNCH FEATURE	Ham Salad Sandwich Cut in 4	Tortellini Pasta w/ Tomato Parmesan Cream Sauce	BBQ Hot Dog w/ Ketchup, Mustard & Relish	Chicken Nachos w/ Sour Cream	Chickpea Salad Loaded w/ Crisp Cucumbers, Cherry Tomato, Feta Cheese & Creamy	Pineapple BBQ Sauce Ribette on a Bun	BLT on Toasted White or Brown Bread w/ Mayo
Side Dish	Roasted Sweet Potato Salad w/	Warm Freshly Baked Bun	Macaroni Salad		Avocado w/ Lemon Vinaigrette	Apple Salad	Peach & Basil Salad
Vegetable /Salad	Spinach & a Sweet Vinaigrette						w/ Feta
DESSERT	Jell-O w/ Whipped Cream	Shortbread Cookies	Banana Bread w/ Raspberry Filling	Doughnuts	Assorted Desserts	Chocolate Cake	Lemon Loaf
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	Dijon Chicken Breast	Teriyaki Grilled Pork Loin w/ Pineapples	Turkey Schnitzel w/ Fried Mushrooms & Sour Cream	Shepards Pie w/ Gravy	Homemade English Style Beer Battered Fish	Homemade Meat Lasagna	Roast Pork w/ Gravy
STARCH 1	Seasoned White Rice	Roasted Potato	Rice Pilaf	Layer of Ground Beef, Corn &	French Fries	Garlic Bread	Mashed Potato
Green Veg	Broccoli	Peas	Honey Carrots	Mashed Potato	Coleslaw	Caesar Salad	Savory Turnips
Colour Veg	Cauliflower	Coleslaw	Savory Turnips				French Style Green Beans
DESSERT	Vanilla Cake w/ Icing	Mandarins	Pudding w/ Whipped Cream	Blueberry Squares	Flavoured Ice Cream	Raspberry Tart	Warm 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

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