

Spring/Summer

Week 3

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
BREAKFAST	<u>Includes:</u>	<u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u>					
Feature	Oatmeal/Cereal, Fresh Baked Muffin, Peaches	Oatmeal/Cereal Boiled Egg, Sliced Cheese, White or Brown Toast	Oatmeal/Cereal, Berry and Yogurt Parfait, White or Brown Toast	Oatmeal/Cereal, Apple and Bacon French Toast Casserole w/ Syrup	Oatmeal/Cereal, Scrambled Eggs, Sliced Cheese, Orange Slice, White or Brown Toast	Oatmeal/Cereal, Fluffy Golden Pancakes w/ Syrup, Orange Slice	Oatmeal/Cereal, Over Easy Eggs, Hash Brown, Breakfast Sausage, Orange Slice, 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	Rotisserie Chicken	Pizza	Cowboy	Asian Pork and Rice	Cream of Vegetable	Beef Noodle	Chicken Barley
LUNCH FEATURE	Ham and Cheese Quiche w/ Hollandaise	Soup & Salad Combo (Ceasar Salad)	BBQ Hot Dog w/ Diced Onion & Soft Brioche Hot Dog Bun	Mac and Cheese	Toasted Bagel w/ Cream Cheese and a Dollop of Salmon	Perogies w/ Fried Onion and Bacon	Soup & Sandwich Combo (BLT)
Side Dish		Bread Stick	French Fries	Fresh Baked Whole Wheat Bun		Sour Cream	Dill Pickle
Vegetable /Salad	Celery Stick		Coleslaw		Tossed Salad		
DESSERT	Jello w/ Whip Cream	Mandarins	Pudding w/ Wafer Cookie	Banana Split	Assorted Desserts	Fresh Melon	Ginger Loaf w/ Caramel Sauce
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	Pork Schnitzel Topped w/ Mushroom, Bacon, Cream Sauce	BBQ Chicken Breast w/ BBQ Sauce	Shepards Pie (Made w/ Ground Beef, Scallop Potatoes, and Corn	Teriyaki Beef Stir Fry	Baked Vegetable Penne Pasta w/ Cheese	BBQ Turkey Burgers Topped w/ Warm Apple Sauce	Roast Pork w/ Gravy
STARCH 1	Noodles w/ Garlic Butter	Grilled Potato and Onion w/ Sour Cream		Rice	Garlic Bread	Mashed Potato	Mashed Potato
Green Veg	Brussel Sprouts	Vinaigrette Coleslaw		Carrot, Onion, Mushroom, Celery, Broccoli, Peppers	Greek Salad	Broccoli	Snap Peas
Colour Veg						Corn	Butternut Squash
DESSERT	Lemon Cranberry Cookies	Ice Cream Sundae	Fruit Cocktail	Chocolate Poke Cake	Flavoured Ice Cream	Mini Doughnut	Banana Cream Pie

ALWAYS AVAILABLE: TOSSED SALAD, ASSORTED JUICES, WATER, MILK, TEA, COFFEE, FRUITS, VANILLA ICE CREAM, YOGURT

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