

2016 Fall Winter Menu

Week 1

1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Rolled Oats OR Assorted Cold Cereal Fried Egg Toast	Assorted Juice Oat Bran OR Assorted Cold Cereal Bacon Toast	Assorted Juice Cream of Wheat OR Assorted Cold Cereal Scrambled Eggs Toast or Morning Glory Muffin	Assorted Juice Red River Cereal OR Assorted Cold Cereal Boiled Egg Toast	Assorted Juice Rolled Oats OR Assorted Cold Cereal Pork Sausage Toast	Assorted Juice Oatmeal OR Assorted Cold Cereal Poached Egg Toast	Assorted Juice Oat Bran OR Assorted Cold Cereal Scrambled Eggs Raisin Toast
LUNCH	Borscht	Baked Potato Soup	Country Vegetable Soup	Cream of Broccoli Cheddar Soup	Spanish Bean Soup	Corn Chowder	Cream of Carrot Soup
DINNER	Chicken Salad Sandwich OR Assorted Sandwiches	Shaved Beef Sandwich with Horseradish Mayo OR Assorted Sandwiches	Italian Sausage & Mushroom Pizza Bun OR Assorted Sandwiches	Sweet Relish Tuna Salad Sandwich on Multigrain Bread OR Assorted Sandwiches	Cottage Cheese Fruit Plate with Banana Bread OR Assorted Sandwiches Tomato Slices	Grilled Reuben Sandwich OR Assorted Sandwiches	Shaved Ham Sandwich with Mustard OR Assorted Sandwiches
DINNER	Tossed Salad/Dressing	Deli Style Coleslaw Vinaigrette	Creamy Caesar Salad	Tossed Salad/Dressing	Assorted Sandwiches Tomato Slices	Tossed Salad/Dressing	Pickled Beets
DINNER	Seasonal Fresh Fruit	Blushing Applesauce	Fresh Banana	Traditional Fruit Cocktail	Jell-O with Whipped Topping	Mandarin Oranges	Tropical Fruit Cocktail
DINNER	Pork Chop in Mushroom Gravy Mashed Potatoes OR Shrimp Quiche	Oven Baked Chicken Garlic Mashed Potatoes OR Spinach & Feta Perogies with Sour Cream	Chunky Beef Stew OR Baked Fish with Lemon Slice	Hawaiian Ham OR Sliced Roast Beef/Gravy	English Style Fish with Tartar Sauce OR Teriyaki Pork Riblet	Spaghetti & Meatsauce Garlic Toast OR Chicken Burger with Lettuce & Tomato	Roast Turkey/Gravy Savoury Dressing and Cranberry Sauce OR Pork Cutlet/Gravy
DINNER	Garden Peas Assorted Bread/Bun	Carrots Assorted Bread/Bun	Mashed Potatoes Corn with Red Peppers Assorted Bread/ Bun	Rice Pilaf Mixed Vegetables Assorted Bread/Bun	French Fries Creamy Coleslaw Assorted Bread/Bun	Creamy Caesar Salad	Mashed Potatoes Carrot Coins Assorted Bread/ Bun
DINNER	Ice Cream	Bread Pudding with Vanilla Sauce	Butterscotch Pudding with Whipped Topping	Butter Tart	Diced Pears	German Apple Cake	Fruit Pie

Peanut Butter available at Breakfast

2016 Fall Winter Menu

Week 2

2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Red River Cereal OR Assorted Cold Cereal Pork Sausage Toast	Assorted Juice Cream of Wheat OR Assorted Cold Cereal Poached Egg Toast	Assorted Juice Rolled Oats OR Assorted Cold Cereal Fried Egg Toast	Assorted Juice Oat Bran OR Assorted Cold Cereal Bacon Raisin Toast	Assorted Juice Cream Of Wheat OR Assorted Cold Cereal Boiled Egg Toast	Assorted Juice Red River Cereal OR Assorted Cold Cereal Fried Egg Toast	Assorted Juice Rolled Oats OR Assorted Cold Cereal Poached Egg Toast or Raisin Bran Muffin
LUNCH	Turkey Noodle Soup Devilled Egg Salad Sandwich OR Assorted Sandwiches Sliced Tomatoes Mandarin Oranges	Clam Chowder Potato Pancakes & Sour Cream Bacon OR Assorted Sandwiches Coleslaw Vinaigrette Diced Pears	Red Lentil Soup Sliced Cheese & Tomato Sandwich OR Assorted Sandwiches Traditional Spinach Salad Banana	Cream of Cauliflower Cheddar Soup Salmon Salad Sandwich on Multigrain Bread OR Assorted Sandwiches Tossed Salad/Dressing Raspberry Jell-O with Whipped Topping	Chicken Rice Soup Pancakes alternating with French Toast Sausage OR Assorted Sandwiches Tomato Slices Traditional Fruit Cocktail	Cream of Vegetable Soup Shaved Beef Sandwich with Horseradish Mayo OR Assorted Sandwiches Creamy Cucumber Salad Mandarin Oranges	Russian Borscht Shaved Chicken Sandwich OR Assorted Sandwiches Creamy Caesar Salad Diced Peaches
DINNER	Hungarian Goulash OR Parmesan Crusted Fish Mashed Potatoes Garden Peas Assorted Bread/Bun Tapioca Pudding with Whipped Topping & a Cherry	Chicken Pot Pie OR Liver & Onions with Gravy Mashed Potatoes Buttered Turnips Assorted Bread/Bun Pumpkin Cake with Cream Cheese Icing	Roast Pork/Gravy OR Meatballs in Mushroom Gravy Cornmeal Casserole Diced Beets Assorted Bread/ Bun Strawberry Tart /Cream Puff (MW)	Corned Beef with Mustard Sauce OR Oven Baked Chicken Hot German Potato Salad Braised Purple Cabbage with Apples Assorted Bread/Bun Fresh Fruit	Fish Cakes with Tartar Sauce & Lemon Wedge OR BBQ Pork Riblet Sweet Potato Fries Buttered Corn Assorted Bread/Bun Plum Upside Down Cake	Baked Honey Garlic Chicken OR Salisbury Steak/Gravy Rice Pilaf Diced Carrots Assorted Bread/Bun Ice Cream	Baked Ham OR Veal Steakette/Gravy Scalloped Potatoes Garden Peas Assorted Bread/Bun Fruit Pie

Peanut Butter available at Breakfast

2016 Fall Winter Menu

Week 3

3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Oat Bran OR Assorted Cold Cereal Scrambled Eggs Toast	Assorted Juice Cream of Wheat OR Assorted Cold Cereal Boiled Egg Raisin Toast	Assorted Juice Rolled Oats OR Assorted Cold Cereal Bacon Toast	Assorted Juice Red River Cereal OR Assorted Cold Cereal Poached Egg Toast or Fruit & Fibre Muffin	Assorted Juice Oat Bran OR Assorted Cold Cereal Scrambled Eggs Toast	Assorted Juice Oatmeal OR Assorted Cold Cereal Fried Egg Toast	Assorted Juice Cream of Wheat OR Assorted Cold Cereal Sausage Toast
LUNCH	Oriental Chicken Noodle Soup Tuna Salad Sandwich OR Assorted Sandwiches Tossed Salad/Dressing Sliced Peaches	Cream of Mushroom Soup Hot BBQ Beef on a Bun OR Assorted Sandwiches French Fries Dill Pickle Coins Fruit Cocktail	Mulligatawny Soup Chicken Salad Sandwich OR Assorted Sandwiches Mandarin Orange Romaine Salad Banana	Split Pea Soup Shaved Ham Sandwich with Mustard OR Assorted Sandwiches Tossed Salad/Dressing Rice Pudding with Whip Topping and a Cherry	Cream of Chicken Soup Pan Western Omelet OR Assorted Sandwiches Hashbrown Triangle Jellied Fruit with Whipped Topping	Beef Barley Soup Shaved Turkey Sandwich OR Assorted Sandwiches Creamy Cucumber Salad Mandarin Oranges	Cream of Tomato Soup Grilled Cheese Sandwich OR Assorted Sandwiches Dill Pickle Spears Diced Pears
DINNER	Meatloaf with Gravy Mashed Potatoes OR Four Cheese Pasta Bake Mixed Vegetables Assorted Bread/Bun Apple Crisp with Whipped Topping	Cinnamon Spice Chicken OR Herbed Basa Steamed Rice Cut Green Beans Assorted Bread/ Bun Jell-O with Whipped Topping	Kielbasa OR Roast Pork/Gravy Perogies with Onions & Sour Cream Braised Sauerkraut Assorted Bread/Bun Lemon Poppyseed Cake	Veal Cutlet/Gravy OR BBQ Chicken Thigh Baked Potato with Sour Cream & Chives Apple Squash Casserole Assorted Bread/Bun Fresh Fruit	Salmon Crunch Pie OR Meatballs with Gravy Mashed Potatoes Mixed Vegetables Assorted Bread/Bun Chocolate Fudge Pudding Cake	Glazed Chicken OR Sliced Ham Garlic Mashed Potatoes Buttered Corn with Red Pepper Assorted Bread/Bun Coconut Cream Pudding with Whipped Topping	Roast Beef & Gravy OR Fish Sticks Mashed Potatoes Broccoli & Cheese Sauce Assorted Bread/Bun Cream Pie

Peanut Butter available at Breakfast