

WRHA Nutrition & Food Services Menu - Week 1

BREAKFAST							
	Monday- 001	Tuesday-002	Wednesday-003	Thursday-004	Friday-005	Saturday-006	Sunday-007
Juice	Orange Juice Cranberry Juice	Cranberry Juice	Apple Juice	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice
Fruit	Pineapple	Fresh Apple Slices	Fresh Orange Wedges	Diced Pears	Fresh Apple Slices	Diced Peaches	Fresh Apple Slices
Pureed Fruit	Peach Applesauce Applesauce (F)	Blueberry Applesauce Puree Pears (F)	Peach Applesauce Puree Pineapple (F)	Strawberry Kiwi Applesauce Puree Pears (F)	Peach Applesauce Puree Pineapple (F)	Applesauce (+F)	Strawberry Kiwi Applesauce Puree Pineapple (F)
Cereal	Bran Flakes Oatmeal	Oatmeal Rice Chex	Raisin Bran Oatmeal	Oatmeal Multigrain Cheerios	Cornflakes Oatmeal	Special K Oatmeal	Oatmeal Bran Flakes
Entrée	Turkey Sausage & Egg on Naan Cheddar Cheese	Greek Yogurt – Raspberry Pomegranate Boiled Egg	Back Bacon Scrambled Egg	Cheddar Cheese Boiled Egg	Breakfast Skillet Cheddar Cheese	Boiled Egg Peanut Butter	Sausage Links Boiled Egg
Pureed Entree	Pureed Egg/ Toast	Greek Yogurt – Raspberry Pomegranate Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Bacon Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Egg/ Toast
Starch	Banana Muffin (GF Blueberry Muffin) WW Roll	Cheese Scone Apple Strawberry Muffin WW Roll	Hashbrown Sticks Carrot Cinnamon Muffin WW Roll	Pumpkin Muffin Banana Loaf WW Roll	Potato Roll Cranberry Orange Muffin WW Roll	Carrot Pineapple Loaf Banana Muffin WW Roll	Cinnamon French Toast Flax Muffin WW Roll
Pureed Starch	—	W.W Bread Puree	—	—	Banana Bread Pudding Puree	—	W.W Bread Puree
Jam/ Jelly/ Syrup	Margarine Raspberry Jam Low Cal Grape Spread	Margarine Grape Jelly Low Cal Orange Spread	Marmalade Low Cal Grape Spread	Margarine Strawberry Jam Low Cal Orange Spread	Margarine Grape Jelly Low Cal Strawberry Spread	Margarine Raspberry Jam Low Cal Orange Spread	Syrup/ Low Cal Syrup Strawberry Jam Low Cal Grape Spread

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LUNCH							
	Monday- 001	Tuesday-002	Wednesday-003	Thursday-004	Friday-005	Saturday-006	Sunday-007
Soup	Cream of Tomato	Vegetable	Cream of Broccoli	Beef Barley	Cream of Mushroom	Minestrone	Cream of Asparagus
Soup	Chicken Noodle	Cream of Cauliflower	Minestrone	Cream of Asparagus	Chicken Noodle	Cream of Mushroom	Vegetable
Juice	Cranberry Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
Entrée 1	Macaroni & Cheese	BBQ Pork Rib	Egg Salad Plate	Pulled Pork on a Bun	Cheese Pizza	Honey Garlic Chicken	Tuna Melt
Entrée 2	Meatballs/ Honey Garlic Sauce	Baked Beans/ Naan	Multigrain Breaded Pollock	Roast Beef Sandwich (GF)	Chicken Alfredo & Fusilli Noodles	Egg Salad Sandwich (GF)	Shaved Steak/ Gravy
Entrée 3/ Avail List	Vegetarian Chili <i>Roast Pork</i>	<i>Diced Chicken/ Grav</i>	<i>Chicken Fingers/ Honey Dill Sauce</i>	Black Bean Patty (Vegetarian) <i>Roast Pork</i>	Chicken Fingers/ Honey Dill <i>Diced Chicken</i>	<i>Diced Chicken Chicken Fingers/ Honey Dill</i>	<i>Roast Pork</i>
Minced Entrée	Macaroni & Cheese	Mcd BBQ Pork Rib	Mcd Roast Beef	Mcd Pulled Pork	Mcd Roast Chicken	Mcd Honey Garlic Chicken	Mcd Tuna Melt
	Mcd Roast Beef	Mcd Roast Beef	Mcd Roast Pork	Mcd Roast Chicken	Mcd Roast Beef	Mcd Roast Pork	Mcd Roast Beef
Pureed Entree	Puree Bean Medley/ Rice/ Veg	BBQ Pork/ Green Beans/ Potato	Lemon Chicken/ Carrots/ Potato	Pureed Macaroni & Cheese/ Tomato	Pureed Chicken Sandwich	Pureed Spaghetti/ Garlic Toast	Pureed Roast Pork/ Gravy
	Pureed Roast Chicken/ Gravy	Pureed Beef / Gravy	Pureed Roast Beef/ Gravy	Pureed Roast Pork/ Gravy	Pureed Roast Beef/ Gravy	Pureed Roast Chicken/ Gravy	Turkey a la king/ Peas/ Pasta
Alternate Sandwiches	Roast Beef Sandwich (GF) Cheese Sandwich <i>GF Chicken Salad</i>	Salmon Sandwich Ham Sandwich (GF) <i>GF Egg Salad</i>	Tuna Salad Sandwich (GF) Chicken Salad (GF)	Roast Beef Sandwich (GF) Egg Salad Sandwich (GF)	Chicken Salad Sandwich (GF) Cheese Sandwich <i>GF Egg Salad</i>	Tuna Sandwich (GF) Egg Salad Sandwich (GF)	Ham Sandwich (GF) Roast Beef Sandwich (GF)

*Chicken Broth offered Daily @ Lunch

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Lunch (page 2)							
	Monday- 001	Tuesday-002	Wednesday-003	Thursday-004	Friday-005	Saturday-006	Sunday-007
Kosher	Chicken Teriyaki Beef Stirfry	Spaghetti & Meat sauce Turkey Cutlet/ Spanish Sauce	Salmon Steak Beef Stew	Beef Stirfry Breaded Whitefish	Turkey Cutlet/ Spanish Sauce Spaghetti/ Meatsauce	Beef Stew Chicken Teriyaki	Breaded Whitefish Salisbury Steak
Vegetarian	Vegetarian Chili Mcd Vegetarian Curry	Baked Beans/ Rice/ Broccoli (meal) Mcd Vegetarian Stew	Chickpeas/ Rice/ SI Carrots (meal) Mcd Vegetarian Pasta Primavera	Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Vegetarian Curry	Vegetable Samosa Mcd Vegetarian Stew	Baked Beans/ Rice/ Broccoli (meal) Mcd Vegetarian Pasta Primavera	Chickpeas/ Rice/ SI Carrots (meal) Mcd Vegetarian Curry
Starch	Rice Diced Potato	Steamed Cut Potato Mashed Potato	Mashed Potato	Rice Mashed Potato	Diced Potato	Rice Mashed Potato	Mashed Potato
Hot Vegetable	Peas Broccoli Pureed Spinach	Zucchini (Minced Peas) Peas Pureed Carrots	Diced Squash Sliced Carrots Pureed Spinach	Broccoli Green Beans Pureed Squash	Peas & Carrots Diced Squash Pureed Broccoli	Cauliflower Zucchini Pureed Squash	Peas Sliced Carrots Pureed Spinach
Dessert	Banana Pudding Apricot Halves	Ultimate Chocolate Fudge Cookie Cinnamon Croissant	Digestive Cookies Pineapple Tidbits	Yogurt Chocolate Pudding	Strawberry Ice Cream (Chocolate/Vanilla) Palm Leaf Biscuit	Coconut Cake Vanilla Pudding	Shortcake Cookie Fresh Fruit Mix
Controlled Carbohydrate Dessert	Banana Pudding Apricot Halves	Cinnamon Croissant Pomegranate Applesauce	Digestive Cookies Pineapple tidbits	Yogurt Chocolate Pudding	Strawberry Ice Cream (Chocolate/Vanilla) Palm Leaf Biscuit	Coconut Cake Vanilla Pudding	Shortcake Cookie Fresh Fruit Mix
Pureed Dessert	Banana Pudding Strawberry Kiwi Applesauce Pureed Pears (F)	Pomegranate Applesauce Applesauce (+F)	Vanilla Pudding Strawberry Kiwi Applesauce Pureed Pineapple (F)	Yogurt Chocolate Pudding Applesauce (+F)	Strawberry Ice Cream (Choc) Chocolate Pudding Pears (F)	Vanilla Pudding Blueberry Applesauce Puree Pineapple (F)	Peach Applesauce Applesauce (F)
Fresh Fruit	Fresh Orange Wedges	Fresh Apple Slices	Fresh Orange Wedges	Fresh Apple Slices	Fresh Orange Wedges	Grapes	Fresh Orange Wedges

WRHA Nutrition & Food Services Menu - Week 1

SUPPER							
	Monday- 001	Tuesday-002	Wednesday-003	Thursday-004	Friday-005	Saturday-006	Sunday-007
Soup	Minestrone	Cream of Asparagus	Beef Barley	Cream of Tomato	Vegetable	Cream of Cauliflower	Cream of Broccoli
Soup	Cream of Cauliflower	Minestrone	Cream of Asparagus	Minestrone	Cream of Broccoli	Vegetable	Chicken Noodle
Salad	Carrot/Celery sticks w Ranch Carrot Sticks	Cottage Cheese Pineapple Salad	-	Spring Mix /1000 Island Dressing	-	Coleslaw	Cucumber/ Tomato Salad w Italian Dressing Tomato Juice
Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Orange Juice	Apple Juice
Entrée 1	Tourtiere	Chicken Leg	Lasagna	Roast Turkey Strips/ Gravy	Mediterranean Glazed Haddock	Swedish Meatballs	Chicken Souvlaki
Entrée 2	Beef & Pasta Bake	Meatloaf/Gravy	Orange Ginger Pork/Rice	Fish Sticks & Tartar Sauce	Salisbury Steak/ Gravy	Chicken Fingers/Honey Dill Sauce	Beef Shepherd's Pie
Entrée 3/Avail List	<i>Baked Salmon</i>	<i>Salisbury Steak/ Gravy</i>	<i>Herb Chicken Thigh</i>	<i>Baked Salmon</i>	<i>Herb Chicken Thigh</i>	<i>Salisbury Steak/ Gravy</i>	<i>Baked Salmon</i>
Minced Entrée	Mcd Roast Pork/ Applesauce Mcd Roast Chicken	Mcd Roast Chicken Mcd Roast Pork	Mcd Lasagna Mcd Roast Chicken	Mcd Roast Turkey/ Gravy Mcd Roast Beef	Mcd Salisbury Steak/Gravy Mcd Roast Pork	Mcd Swedish Meatballs Mcd Roast Chicken	McdRoast Chicken Souvlaki Mcd Roast Pork
Pureed Entrée	Pureed Roast Pork/ Gravy Pureed Roast Beef/ Gravy	Pureed Macaroni & Cheese/ Tomato Pureed Roast Chicken/ Gravy	Pureed Roast Pork/ Gravy Pureed Roast Chicken/ Garlic Bread	Pureed Roast Beef/ Gravy Pureed Roast Chicken/ Garlic Bread	Pureed Salmon /Pasta/Peas Puree Roast Beef/ Gravy	Pureed Roast Beef/ Gravy Pureed Roast Pork/ Gravy	Pureed Beef Stroganoff/ Squash/Potato Pur Roast Chicken /Garlic Bread
Kosher	Veal Cutlet/ Spanish Sauce Salmon Steak	Roast Turkey Roast Beef	Salisbury Steak Turkey Cutlet/ Spanish Sauce	Chicken Teriyaki Roast Beef	Lasagna Roast Turkey	Salmon Steak Beef Stirfry	Roast Beef Chicken Teriyaki
Vegetarian	Tofu/Rice Pilaf/ Peas (meal) Mcd Vegetarian Pasta Primavera	Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Vegetarian Curry	Black Bean Patty (LOVEG) / Tofu/ Rice Pilaf/Peas (VEGAN) Mcd Vegetarian Stew	Baked Beans/ Rice/ Broccoli (meal) Mcd Vegetarian Pasta Primavera	Chickpeas/ Rice/ SI Carrots (meal) Mcd Vegetarian Curry	Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Vegetarian Stew	Vegetable Samosa Mcd Vegetarian Pasta Primavera

Vegetable Broth offered Daily @ Supper

April 29, 2024

J. Lapinski, RD

WRHA Nutrition & Food Services Menu - Week 1

SUPPER (page 2)							
	Monday- 001	Tuesday-002	Wednesday-003	Thursday-004	Friday-005	Saturday-006	Sunday-007
Starch	Mashed Potato Steamed Cut Potatoes	Perogies/ Sour Cream Rice	Rice Mashed Potato	Mashed Potato Steamed Cut Potatoes	Rice Pilaf Rice	Mashed Potato	Roasted Potato Wedge Rice
Hot Vegetable	Sliced Carrots Cauliflower Pureed Squash	Niblet Corn (Minced Green Beans) Green Beans Pureed Broccoli	Cauliflower Peas & Carrots Pureed Carrots	Peas Brussels Sprouts Pureed Spinach	Green Beans Sliced Carrots Pureed Squash	Broccoli Green Beans Pureed Carrots	Zucchini (Minced Brussels Sprouts) Brussels Sprouts Pureed Broccoli
Dessert	Cappuccino Cake Diced Pears	Diced Peaches Chocolate Pudding	Two-Bite Brownie (GF Chocolate Chip Cookie) Bundt Cake	Ice Cream Sandwich (LTC) / Vanilla Ice Cream (Acute) Oatmeal Raisin Cookie	Fresh Fruit Mix Strawberry Kiwi Applesauce	Mandarin Oranges Butterscotch Pudding	Puffed Wheat Square Yogurt
Controlled Carbohydrate Dessert	Cappuccino Cake Diced Pears	Diced Peaches Chocolate Pudding	Bundt Cake Fresh Apple Slices	Ice Cream Sandwich (LTC) / Vanilla Ice Cream (Acute) Digestive Cookies	Fresh Fruit Mix Strawberry Kiwi Applesauce	Mandarin Oranges Butterscotch Pudding	Yogurt Diced Peaches
Pureed Dessert	Pomegranate Applesauce Pureed Pineapple (F)	Pureed Carrot Cake Bread Pudding Strawberry Kiwi Applesauce Puree Pears (F)	Peach Applesauce Applesauce (F) Orange Sherbet	Vanilla Ice Cream Blueberry Applesauce Puree Pineapple (F)	Strawberry Kiwi Applesauce Applesauce (F) Ice Cream	Butterscotch Pudding Pureed Pears (F)	Yogurt Peach Applesauce Pureed Pineapple(F)
Fresh Fruit	Fresh Apple Slices	Grapes	Fresh Apple Slices	Fresh Orange Wedges	Fresh Apple Slices	Fresh Orange Wedges	Fresh Apple Slices