

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	Apple Juice	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice
Fruit	Pineapple Tidbits	Fresh Apple Slices	Fresh Orange Wedges	Apricot Halves	Fresh Apple Slices	Diced Peaches	Fresh Apple Slices
Pureed Fruit	Peach Applesauce	Blueberry Applesauce	Peach Applesauce	Strawberry Kiwi Applesauce	Peach Applesauce	Applesauce	Strawberry Kiwi Applesauce
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	Bacon Scrambled Egg	Cheddar Cheese Boiled Egg	Breakfast Skillet Cheddar Cheese	Boiled Egg Peanut Butter	Sausage Links Boiled Egg
Total Minced Entrée	Mcd Egg Patty	Greek Yogurt – Raspberry Pomegranate	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Bacon	Pureed Egg/ Toast	Pureed Egg/ Toast
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 WW Roll	Cheese Scone Apple Strawberry Muffin WW Roll	Hashbrown Patty 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	—	Puree French Toast/Syrup	—	—	Banana Bread Pudding Puree	—	Puree Bread
Jam/ Jelly/ Syrup	Margarine Raspberry Jam	Margarine Grape Jelly	Marmalade	Margarine Strawberry Jam	Margarine Grape Jelly	Margarine Raspberry Jam	Syrup Strawberry Jam

Jill RD

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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	Vegetable	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	Beef Strips/Gravy	Honey Garlic Chicken	Tuna Melt (Cheesy Tuna Salad)
Entrée 2	Meatballs/ Honey Garlic Sauce	Baked Beans/ Naan	Chicken Shawarma	Roast Beef Sandwich (GF)	Chicken Alfredo & Fusilli Noodles	Egg Salad Sandwich (GF)	Shaved Steak/ Gravy
Entrée 3/ Avail List	Vegetarian Chili <i>Roast Pork/Gravy</i>	<i>Diced Chicken/ Gravy</i>	<i>Chicken Fingers/ Honey Dill</i>	Black Bean Patty (Vegetarian) <i>Roast Pork/Gravy</i>	<i>Chicken Fingers/ Honey Dill</i>	<i>Diced Chicken/Gravy</i>	<i>Roast Pork/Gravy</i>
Total Minced Entrée	Mcd Meatballs / Honey Garlic Sauce Mcd Roast Pork	Mcd BBQ Pork Rib Mcd Roast Beef	Mcd Roast Beef Mcd Roast Pork	Mcd Pulled Pork Mcd Roast Chicken	Mcd Chicken Alfredo Mcd Roast Beef	Mcd Honey Garlic Chicken Mcd Roast Pork	Cheesy Tuna Salad Mcd Roast Beef
Pureed Entree	Pureed Bean Medley/ Rice/ Veg Pureed Roast Chicken	BBQ Pork/ Green Beans/ Potato Pureed Beef	Lemon Chicken/ Carrots/ Potato Pureed Roast Beef	Hummus Pureed Roast Pork	Pureed Chicken Sandwich Pureed Roast Beef	Pureed Spaghetti/ Garlic Toast Pureed Roast Chicken	Pureed Vegetarian Dahl 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

WRHA Nutrition & Food Services Menu - Week 1

Lunch (page 2)

	Monday- 001	Tuesday-002	Wednesday-003	Thursday-004	Friday-005	Saturday-006	Sunday-007
Kosher	Spaghetti/Meat Sauce Turkey Cutlet/Span Sauce	Roast Turkey Roast Beef	Roast Beef Chicken Teriyaki	Beef Stew Roast Turkey	Chicken Teriyaki Beef Stew	Roast Beef Breaded Whitefish	Turkey Cutlet/Span Sce Spaghetti/Meat Sauce
Vegetarian	Vegetarian Chili Mcd Veg Curry Pureed Bean Medley/ Rice/ Veg	Baked Beans/ Rice/ Broccoli (meal) Mcd VegStew Pureed Veg Dahl	Chickpeas/ Rice/ SI Carrots (meal) Mcd VegPasta Primavera Pureed Veg Dahl	Vegan Meatball/ Gravy / ND Mashed Potato/ Mixed Veg (meal) Mcd Veg Curry Hummus	Vegetable Samosa Mcd Veg Stew Pureed Veg Dahl	Baked Beans/ Rice/ Broccoli (meal) Mcd Veg Pasta Primavera Pureed Veg Curry	Chickpeas/ Rice/ SI Carrots (meal) Mcd Veg Curry Pureed Veg Dahl
Starch	Rice	Perogies/Sour Cream Mashed Potato	Mashed Potato	Rice Mashed Potato	Rice Pilaf Mashed Potato	Rice Mashed Potato	Mashed Potato
Hot Vegetable	Broccoli Peas Pureed Spinach	Sliced Carrots Brussel Sprouts Pureed Carrots	Peas & Zucchini (Mcd Peas) Pureed Spinach	Broccoli Mixed Vegetables Pureed Squash	Sliced Carrots Zucchini Pureed Broccoli	Fajita Mix (Mcd Cauliflower) Cauliflower Pureed Squash	Peas Broccoli Pureed Spinach
Dessert	Banana Pudding Apricot Halves	Ultimate Chocolate Fudge Cookie (GF Chocolate Chip Cookies) Cinnamon Croissant	Soft Apple Cookie Pineapple Tidbits	Yogurt Chocolate Pudding	Strawberry Ice Cream (Chocolate/Vanilla) Palm Leaf Biscuit	Coconut Cake Cinnabon Pudding	Ice Cream Sandwich (LTC) / Vanilla Ice Cream (Acute) Fresh Fruit Mix
Controlled Carbohydrate Dessert	Banana Pudding Apricot Halves	Cinnamon Croissant Pomegranate Applesauce	Soft Apple Cookie Pineapple tidbits	Yogurt Chocolate Pudding	Strawberry Ice Cream (Choc) Palm Leaf Biscuit	Coconut Cake Vanilla Pudding	Ice Cream Sandwich (LTC) / Vanilla Ice Cream (Acute) Fresh Fruit Mix
Pureed Dessert	Banana Pudding Strawberry Kiwi Applesauce	Pomegranate Applesauce Applesauce	Vanilla Pudding Strawberry Kiwi Applesauce	Yogurt Chocolate Pudding	Strawberry Ice Cream (Choc) Chocolate Pudding	Cinnabon Pudding Blueberry Applesauce	Vanilla Ice Cream Applesauce
Fresh Fruit	Fresh Orange Wedges	Fresh Apple Slices	Fresh Orange Wedges	Fresh Apple Slices	Fresh Orange Wedges	Fresh Grapes	Fresh Orange Wedges

J. Miller RD

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	Vegetable	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 Cocktail
Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Orange Juice	Apple Juice
Entrée 1	Tourtiere	Chicken Leg	Lasagna	Grilled Chicken Breast/Gravy	Cheese Pizza	Swedish Meatballs	Chicken Shawarma
Entrée 2	Beef & Pasta Bake	Meatloaf/Gravy	Orange Ginger Pork/Rice	Roast Pork w/ Applesauce	Salisbury Steak/ Gravy	Chicken Fingers/Honey Dill	Beef Shepherd's Pie/Gravy
Entrée 3/Avail List	<i>Baked Salmon</i>	<i>Beef Strips/Gravy</i>	<i>Herb Chicken Thigh</i>	<i>Baked Salmon</i>	<i>Herb Chicken Thigh</i>	<i>Beef Strips/Gravy</i>	<i>Baked Salmon</i>
Total Mincéd 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	Mcd Chicken Shawarma Mcd Roast Pork
Pureed Entrée	Pureed Vegetarian Lasagna Pureed Roast Beef	Pureed Macaroni & Cheese/ Tomato Pureed Roast Chicken	Pureed Roast Pork Pureed Roast Chicken/ Garlic Bread	Pureed Roast Beef Pureed Roast Chicken/ Garlic Bread	Pureed Salmon /Pasta/Peas Puree Roast Beef	Pureed Roast Beef Pureed Roast Pork	Pureed Beef Stroganoff/ Squash/Potato Pur Roast Chicken /Garlic Bread
Kosher	Chicken Teriyaki Beef Stew	Beef Stew Breaded Whitefish	Turkey Cutlet/Span Sauce Spaghetti/Meat Sauce	Breaded Whitefish Roast Beef	Spaghetti/Meat Sauce Turkey Cutlet/Span Sauce	Roast Turkey Beef Stew	Breaded Whitefish Chicken Teriyaki
Vegetarian	Tofu/Rice Pilaf/ Peas (meal) Mcd Veg Pasta Primavera Pureed Veg Lasagna	Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Veg Curry Pureed Macaroni & Cheese/Tomato	Black Bean Patty (LOVEG) / Tofu/ Rice Pilaf/Peas (VEGAN) Mcd Veg Stew Pureed Veg Curry	Baked Beans/ Rice/ Broccoli (meal) Mcd Veg Pasta Primavera Pureed Veg Curry	Chickpeas/ Rice/ SI Carrots (meal) Mcd Veg Curry Pureed Veg Curry	Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Veg Stew Pureed Veg Curry	Vegetable Samosa Mcd Veg Pasta Primavera Pureed Veg Curry

Vegetable Broth offered Daily @ Supper

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SUPPER (page 2)							
	Monday- 001	Tuesday-002	Wednesday-003	Thursday-004	Friday-005	Saturday-006	Sunday-007
Starch	Mashed Potato Steamed Cut Potatoes	Steamed Cut Potato Rice	Rice Mashed Potato	Mashed Potato Steamed Cut Potatoes	Diced Potato Rice	Mashed Potato	Roasted Potato Wedge Rice
Hot Vegetable	Zucchini (Med Cauliflower) Cauliflower Pureed Squash	Peas & Squash Mixed Vegetables Pureed Broccoli	Cauliflower Peas & Carrots Pureed Carrots	Brussels Sprouts Sliced Carrots Pureed Spinach	Diced Squash Pureed Squash	Broccoli Peas Pureed Carrots	Zucchini (Med Brussels Sprouts) Brussels Sprouts Pureed Broccoli
Dessert	Cappuccino Cake Diced Pears	Diced Peaches Chocolate Pudding	Fresh Fruit Mix Bundt Cake	Mini Donut Oatmeal Raisin Cookie	Two Bite Brownie (GF Brownie) Strawberry Kiwi Applesauce	Mandarin Oranges Butterscotch Pudding	Shortcake Cookie (GF Snickerdoodle Cookie) Yogurt
Controlled Carbohydrate Dessert	Cappuccino Cake Diced Pears	Diced Peaches Chocolate Pudding	Fresh Fruit Mix Bundt Cake	Mini Donut Diced Peaches	Two Bite Brownie Strawberry Kiwi Applesauce	Mandarin Oranges Butterscotch Pudding	Shortcake Cookie Yogurt
Pureed Dessert	Pomegranate Applesauce	Pureed Carrot Cake Bread Pudding Chocolate Pudding	Peach Applesauce Orange Sherbet	Yogurt Blueberry Applesauce	Strawberry Kiwi Applesauce Banana Pudding	Butterscotch Pudding Yogurt	Yogurt Peach Applesauce
Fresh Fruit	Fresh Apple Slices	Fresh Grapes	Fresh Apple Slices	Fresh Orange Wedges	Fresh Apple Slices	Fresh Orange Wedges	Fresh Apple Slices

Handwritten signature: J. Miller RD