

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 Cubes	Greek Yogurt - Vanilla Boiled Egg	Back Bacon Scrambled Egg	Cheddar Cheese Boiled Egg	Breakfast Skillet Cheddar Cheese Cubes	Boiled Egg Peanut Butter	Sausage Links Boiled Egg
Pureed Entree	Pureed Egg/ Toast	Greek Yogurt - Vanilla Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Bacon Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Egg/ Toast
Starch	Blueberry Muffin (GF Blueberry Muffin) WW Roll	Cheese Scone Apple Strawberry Muffin White Roll	Hashbrown Sticks Carrot Cinnamon Muffin WW Roll	Pumpkin Muffin Banana Loaf White Roll	Potato Roll Cranberry Orange Muffin WW Roll	Carrot Pineapple Loaf White Roll	Cinnamon French Toast Flax Muffin WW Roll
Pureed Starch	—	Banana Bread Pudding Puree	—	—	W.W Bread Puree	—	W.W Bread Puree
Jam/ Jelly/ Syrup	Margarine Raspberry Jam Grape Spread	Margarine Grape Jelly Orange Spread	Marmalade Grape Spread	Margarine Strawberry Jam Orange Spread	Margarine Grape Jelly Strawberry Spread	Margarine Raspberry Jam Orange Spread	Syrup/ Low Cal Syrup Strawberry Jam 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
Salad	Carrot/Celery Sticks w Ranch	Chickpea Broccoli Salad Tomato Juice		Coleslaw	Spring Mix/1000 Island Dressing	Kale Salad	
Entrée 1	Macaroni & Cheese	Chicken Leg	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/ Gravy</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 Roast Beef	Minced Roast Chicken Mcd Roast Beef	Minced Roast Beef Mcd Roast Pork	Minced Pulled Pork Minced Roast Chicken	Minced Roast Beef Mcd Roast Pork	Mcd Honey Garlic Chicken Mcd Roast Pork	Mcd Tuna Melt Mcd Roast Beef
Pureed Entree	Puree Bean Medley/ Rice/ Veg Pureed Roast Chicken/ Gravy	BBQ Pork/ Green Beans/ Potato Pureed Beef / Gravy	Lemon Chicken/ Carrots/ Potato Pureed Roast Beef/ Gravy	Pureed Macaroni & Cheese/ Tomato Pureed Roast Pork/ Gravy	Pureed Chicken Sandwich Pureed Roast Beef/ Gravy	Pureed Spaghetti/ Garlic Toast Pureed Roast Chicken/ Gravy	Pureed Roast Pork/ 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	Roasted Wedge Potato Mashed Potato	Mashed Potato	Rice Mashed Potato	Diced Potato	Rice Mashed Potato	Mashed Potato
Hot Vegetable	Broccoli Peas Pureed Spinach	Peas Diced Beets Pureed Carrots	Diced Squash Sliced Carrots Pureed Spinach	Broccoli Green/Wax 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	Fresh Fruit Mix Palm Leaf Biscuit	Coconut Cake Vanilla Pudding	Strawberry Ice Cream (Chocolate/Vanilla) Fresh Fruit Mix
Controlled Carbohydrate Dessert	Banana Pudding Apricot Halves	Cinnamon Croissant Pomegranate Applesauce	Digestive Cookies Pineapple tidbits	Yogurt Chocolate Pudding	Fresh Fruit Mix Palm Leaf Biscuit	Coconut Cake Vanilla Pudding	Strawberry Ice Cream (Chocolate/Vanilla) 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)	Peach Applesauce Chocolate Pudding Pears (F)	Vanilla Pudding Blueberry Applesauce Puree Pineapple (F)	Strawberry Ice Cream (Choc) 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

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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
Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Orange Juice	Apple Juice
Entrée 1	Roast Pork/ Applesauce	Meatloaf/ Gravy	Lasagna	Roast Turkey/ Gravy	Mediterranean Glazed Haddock	Swedish Meatballs	Carved Roast Turkey w/ Gravy & Cranberry Sauce
Entrée 2	Beef & Pasta Bake	Grilled Chicken Breast	Orange Ginger Pork/Rice	Fish Sticks & Tartar Sauce	Salisbury Steak/ Gravy	Chicken Fingers/Honey Dill Sauce	Beef Shepherd's Pie
Entrée 3/Avail List	Herb Chicken Thigh <i>Baked Salmon</i>	<i>Salisbury Steak/ Gravy</i>	<i>Herb Chicken Thigh</i>	<i>Baked Salmon</i>	Herb Chicken Thigh <i>Salisbury Steak/ Gravy</i>	<i>Salisbury Steak/ Gravy</i> <i>Herb Chicken Thigh</i>	<i>Baked Salmon</i>
Minced Entrée	Minced Roast Pork/ Applesauce Minced Roast Chicken	Minced Meatloaf/ Gravy Mcd Roast Pork	Minced Lasagna Minced Roast Chicken	Minced Roast Turkey/ Gravy Mcd Roast Beef	Mcd Salisbury Steak/Gravy Mcd Roast Pork	Minced Swedish Meatballs Minced Roast Chicken	Minced Roast Turkey w/Gravy Mcd Roast Beef
Pureed Entrée	Pureed Roast Pork/ Gravy Pureed Roast Beef/ Gravy	Pureed Macaroni & Cheese/ Tomato Pureed Roast Chicken/ Gravy	Pureed Roast Chicken/ Garlic Bread Pureed Roast Pork/ Gravy	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 Turkey /Sweet Potato/ Squash Pureed Roast Beef
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/ Sl Carrots (meal) Mcd Vegetarian Curry	Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Vegetarian Stew	Vegetable Samosa Mcd Vegetarian Pasta Primavera

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Vegetable Broth offered Daily @ Supper

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	Mashed Potato w/ Stuffing
Hot Vegetable	Sliced Carrots Cauliflower Pureed Squash	Creamed Corn Green/Wax Beans Pureed Broccoli	Cauliflower Peas & Carrots Pureed Carrots	Brussels Sprouts Broccoli Pureed Spinach	Zucchini Sliced Carrots Pureed Squash	Broccoli Green/Wax Beans Pureed Carrots	Brussels Sprouts Peas & Carrots 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	Shortcake Cookies Strawberry Kiwi Applesauce	Mandarin Oranges Butterscotch Pudding	Pumpkin Tart Pumpkin Spiced Greek 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	Shortcake Cookies Strawberry Kiwi Applesauce	Mandarin Oranges Butterscotch Pudding	Pumpkin Spiced Greek 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)	Pumpkin Spiced Greek 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