

WRHA Nutrition & Food Services Menu – Week 2

BREAKFAST

	Monday-008	Tuesday-009	Wednesday-010	Thursday-011	Friday-012	Saturday-013	Sunday-014
Juice	Apple Juice	Cranberry Juice	Orange Juice Cranberry Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
Fruit	Fresh Orange Wedges	Apricot Halves	Blueberries	Fresh Apple Slices	Pomegranate Applesauce	Pinapple Tidbits	Fresh Apple Slices
Pureed Fruit	Strawberry Kiwi Applesauce Puree Pineapple (F)	Peach Applesauce Pears (F)	Applesauce (+F)	Blueberry Applesauce Puree Pineapple (F)	Pomegranate Applesauce (+F)	Peach Apple Puree Pineapple (F)	Strawberry Kiwi Applesauce Pears(F)
Cereal	Raisin Bran Oatmeal	Rice Chex Oatmeal	Oatmeal Cornflakes	Multigrain Cheerios Oatmeal	Special K Oatmeal	Oatmeal Bran Flakes	Cornflakes Oatmeal
Entrée	Cheese Omelet Cheddar Cheese	Bacon & Egg Patty Scrambled Egg	Sausage Links Boiled Egg	Cheddar Cheese Scrambled Egg	Egg Patty Cream Cheese	Greek Yogurt - Vanilla Boiled Egg	Boiled Egg Peanut Butter
Pureed Entrée	Pureed Sausage Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Bacon Pureed Egg/ Toast	Greek Yogurt - Vanilla Pureed Egg/ Toast	Pureed Egg/ Toast
Starch	Hashbrown Sticks Banana Muffin WW Roll	Diced Potato WW Roll	Apple Pancakes Carrot Cinnamon Muffin WW Roll	Pumpkin Muffin WW Roll	Cheese Scone Cranberry Orange Muffin WW Roll	Cherry Danish Apple Strawberry Muffin WW Roll	Banana Loaf Carrot Cinnamon Muffin WW Roll
Pureed Starch	W.W Bread Puree	—	Apple Spice Bread Puree	—	W.W Bread Puree	—	W.W Bread Puree
Jam/ Jelly/ Syrup	Raspberry Jam Low Cal Grape Spread	Grape Jelly Low Cal Orange Spread	Syrup/ Low Cal Syrup Marmalade Low Cal Grape Spread	Margarine Strawberry Jam Low Cal Orange Spread	Margarine Low Cal Strawberry Spread	Margarine Raspberry Jam Low Cal Orange Spread	Margarine Marmalade Low Cal Grape Spread

WRHA Nutrition & Food Services Menu – Week 2

LUNCH

	Monday-008	Tuesday-009	Wednesday-010	Thursday-011	Friday-012	Saturday-013	Sunday-014
Soup	Vegetable	Cream of Broccoli	Cream of Mushroom	Cream of Asparagus	Beef Barley	Minestrone	Cream of Mushroom
Soup	Cream of Cauliflower	Chicken Noodle	Minestrone	Vegetable	Cream of Cauliflower	Cream of Broccoli	Vegetable
Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Cranberry Juice
Entrée 1	Baked Spaghetti	Multigrain Pollock	Beef and Pasta Salad Plate/ Roll/ Margarine	Meatloaf/Gravy	Turkey Croissant	Western Omelet	Roast Turkey Strips/Gravy
Entrée 2	Roast Pork Sandwich	Chicken Fingers/ Honey Dill Sauce	Roast Turkey Strips/Gravy	Baked Beans/ Mini Naan	Cheese Omelet/WW Roll	Tuna Salad Sandwich	Spinach Feta Quiche
Entrée 3/ Availability	Vegetarian Chili <i>Diced Chicken/ Gravy</i>	<i>Black Bean Patty (Vegetarian)</i> Roast Pork/ Gravy	<i>Chicken Fingers/ Honey Dill</i>	<i>Diced Chicken/ Gravy</i>	<i>Roast Pork/Gravy</i> <i>Chicken Fingers/ Honey Dill Sauce</i>	<i>Chicken Fingers/ Honey Dill</i> Roast Pork/Gravy	<i>Diced Chicken/ Gravy</i>
Minced Entrée	Mcd Baked Spaghetti	Mcd Roast Chicken	Mcd Roast Beef	Mcd Meatloaf	Cheese Omelet	Tuna Sandwich	Mcd Roast Turkey/Gravy
	Mcd Roast Chicken	Mcd Roast Beef	Mcd Roast Pork	Mcd Roast Chicken	Mcd Roast Chicken	Mcd Roast Pork	Mcd Roast Beef
Pureed Entree	Pur Turkey a la king/ Peas/ Pasta Pureed Roast Pork	Pureed Beef Sandwich Pureed Roast Pork	Pur Lemon Chicken/ Carrots/ Potato Pureed Roast Beef	Pureed Macaroni & Cheese/ Tomato Pureed Roast Chicken	Pur BBQ Pork/ Green Beans/ Potato Pureed Roast Chicken	Puree Bean Medley/ Rice/ Veg Pureed Roast Beef	Pur Beef Stroganoff/ Squash/Potato Pureed Roast Chicken
Alternate Sandwiches	Roast Pork Sandwich (GF) Cheese Sandwich <i>GF Chicken Salad</i>	Chicken Salad (GF) Ham Sandwich (GF)	Tuna Salad Sandwich (GF) Egg Salad (GF)	Salmon Salad Sandwich Roast Turkey Sandwich (GF) <i>GF Egg Salad</i>	Cheese Sandwich Chicken Salad Sandwich (GF)	Tuna Sandwich (GF) Roast Beef Sandwich (GF)	Ham Sandwich (GF) Egg Salad (GF)

*Chicken Broth Offered daily @ Lunch

J. Lepore RD

WRHA Nutrition & Food Services Menu – Week 2

LUNCH (page2)							
	Monday-008	Tuesday-009	Wednesday-010	Thursday-011	Friday-012	Saturday-013	Sunday-014
Kosher	Chicken Teriyaki Beef Stir fry	Spaghetti & Meat sauce Turkey Cutlet/ Spanish Sauce	Salmon Steak Beef Stew	Beef Stir fry Breaded Whitefish	Turkey Cutlet/ Spanish Sauce Spaghetti/ Meat sauce	Beef Stew Chicken Teriyaki	Breaded Whitefish Salisbury Steak
Vegetarian	Vegetarian Chili (LOVEG) / Tofu/ Rice Pilaf/ Peas (meal) (VEGAN) Mcd Vegetarian Pasta Primavera	Black Bean Patty (LOVEG) / Vegetable Samosa (VEGAN) Mcd Vegetarian Curry	Egg Salad Sandwich (LOVEG) / Chickpeas/ Rice/ Carrots (VEGAN) Mcd Veg Stew	Baked Beans & Naan (LOVEG) / Beans & Marinara/ Fusilli/ Zucchini (meal) (VEGAN) Mcd Vegetarian Pasta Primavera	Mac & Cheese (LOVEG) / Vegan Omelet (VEGAN) Mcd Vegetarian Curry	Vegetable Samosa Mcd Veg Stew	Tofu/ Rice Pilaf/ Peas (meal) Mcd Vegetarian Pasta Primavera
Starch	Rice Mashed Potato	Rice Pilaf Rice	Mashed Potato	Roasted Potato Wedge Mashed Potato	Mashed Potato	Diced Potato Mashed Potato	Potato Vegetable Medley Mashed Potato
Hot Vegetable	Cauliflower Zucchini Pureed Carrots	Broccoli Green Beans Pureed Spinach	Diced Squash Broccoli Pureed Broccoli	Green Beans Cauliflower Pureed Squash	Broccoli Peas Pureed Carrots	Peas & Carrots Cauliflower Pureed Spinach	Diced Squash Pureed Squash
Dessert	Oatmeal Raisin Cookie Tapioca Pudding	Fresh Apple Slices Yogurt	Two-Bite Brownie Bundt Cake	Apple Pie Chocolate Ice Cream	Chocolate Chip Cookie (GF Choc Chip Cookie) Butterscotch Pudding	Ultimate Chocolate Fudge Cookie Soft Apple Cookie	Fresh Fruit Mix Orange Sherbet
Controlled Carbohydrate Dessert	Tapioca Pudding Banana Pudding	Fresh Apple Slices Yogurt	Bundt Cake Vanilla Pudding	Chocolate Ice Cream Apple Slices	Butterscotch Pudding Diced Peaches	Soft Apple Cookie Chocolate Pudding	Fresh Fruit Mix Grapes
Pureed Dessert	Banana Pudding Strawberry Kiwi Applesauce Pureed Pears (F)	Blueberry Applesauce Pureed Pineapple (F) Yogurt	Vanilla Pudding Strawberry Kiwi Applesauce Pears (F)	Ice Cream Applesauce (+F)	Butterscotch Pudding Pomegranate Applesauce Puree Pineapple (F)	Chocolate Pudding Applesauce (F)	Orange Sherbet Peach Applesauce Fruit Cocktail (F)
Fresh Fruit	Fresh Apple Slices	Fresh Apple Slices	Fresh Orange Wedges	Fresh Apple Slices	Fresh Apple Slices	Fresh Orange Wedges	Grapes

WRHA Nutrition & Food Services Menu – Week 2

SUPPER

	Monday-008	Tuesday-009	Wednesday-010	Thursday-011	Friday-012	Saturday-013	Sunday-014
Soup	Cream of Tomato	Beef Barley	Cream of Cauliflower	Minestrone	Vegetable	Cream of Asparagus	Cream of Broccoli
Soup	Chicken Noodle	Cream of Asparagus	Vegetable	Cream of Cauliflower	Cream of Tomato	Vegetable	Chicken Noodle
Juice	Cranberry Juice	Orange Juice	Cranberry Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice
Salad	Tossed Salad/ Italian Dressing Tomato Cocktail	Kale Salad	-	Pickled Beets Gardan Salad/Ranch	-	Edamame Bean Salad Tomato Cocktail	Lettuce & Tomato
Entrée 1	Tourtiere	Diced Chicken/ Stuffing/ Gravy	Chicken Parmesan	Garlic Sausage	Chicken Alfredo & Fusilli Noodles	Sweet & Sour Meatballs	Patty Melt (Sals Steak)
Entrée 2	Orange Ginger Chicken Breast/ Rice	Meatloaf/ Marinara	BBQ Pork Rib	Beef & Cabbage Casserole	Fish Sticks/ Tartar Sauce	Roast Pork/ Applesauce	Macaroni & Cheese
Entree 3/ Availability	<i>Salisbury Steak/ Gravy</i>	<i>Herb Chicken Thigh</i>	<i>Baked Salmon</i>	<i>Salisbury Steak/ Gravy</i>	<i>Herb Chicken Thigh</i>	<i>Baked Salmon</i>	<i>Herb Chicken Thigh</i>
Minced Entrée	Mcd Roast Pork Mcd Roast Chicken	Mcd Meatloaf/ Gravy Mcd Roast Pork	Mcd BBQ Pork Rib Mcd Roast Beef	Mcd Roast Chicken Mcd Roast Pork	Mcd Fish Sticks Mcd Roast Beef	Mcd Sweet & Sour Meatballs Mcd Roast Pork	Mcd Sals Steak/Gravy Mcd Roast Chicken
Pureed Entree	Pureed Roast Beef/ Gravy Pureed Roast Chicken/ Gravy	Pureed Roast Chicken/ Garlic Bread Pureed Macaroni & Cheese/ Tomato	Pureed Spaghetti/ Garlic Bread Pureed Roast Beef/ Gravy	Pureed Chicken Sandwich Pureed Roast Beef/ Gravy	Salmon/ Pasta/ Peas Pureed Roast Beef/ Gravy	Pureed Roast Pork/ Gravy Pureed Spaghetti/ Garlic Bread	Pureed Roast Chicken/ Gravy Garlic Bread Pureed Roast Pork/ Gravy
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 Stir fry	Roast Beef Chicken Teriyaki
Vegetarian	Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Veg Stew	Baked Beans/ Rice/ Broccoli (meal) Mcd Vegetarian Pasta Primavera	Vegetable Samosa Mcd Vegetarian Curry	Tofu/ Rice Pilaf/ Peas (meal) Mcd Veg Stew	Baked Beans/ Rice/ Broccoli (meal) Mcd Vegetarian Pasta Primavera	Chickpeas/Rice/ SI Carrots (meal)Mcd Vegetarian Curry	Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Veg Stew

Vegetable Broth offered @ Supper

April 29, 2024

J. Lapinski, RD

WRHA Nutrition & Food Services Menu – Week 2

SUPPER (page 2)

	Monday-008	Tuesday-009	Wednesday-010	Thursday-011	Friday-012	Saturday-013	Sunday-014
Starch	Rice	Mashed Potato Rice	Garlic Toast Mashed Potato	Perogies/ Sour Cream Rice	Roasted Wedge Potato Mashed Potato	Rice Steam Cut Potatoes	French Fries Mashed Potato
Hot Vegetable	Sliced Carrots Niblet Corn Pureed Spinach	Zucchini (Minced Cauliflower) Cauliflower Pureed Squash	Brussels Sprouts Peas & Carrots Pureed Carrots	Niblet Corn (Minced Sliced Carrots) Sliced Carrots Pureed Spinach	Sliced Carrots Zucchini Pureed Broccoli	Broccoli Brussels Sprouts Pureed Squash	Green Beans Zucchini Pureed Carrots
Dessert	Mango Mousse Wild Blueberries	Cinnamon Croissant Diced Peaches	Rice Pudding Peach Applesauce	Fruit Cocktail Yogurt	Diced Peaches Oreo Cookies	Apricot Halves Banana Pudding	Palm Leaf Biscuit Chocolate Pudding
Controlled Carbohydrate Dessert	Mango Mousse Wild Blueberries	Cinnamon Croissant Diced Peaches	Rice Pudding Peach Applesauce	Fruit Cocktail Yogurt	Diced Peaches Blueberry Applesauce	Apricot Halves Banana Pudding	Palm Leaf Biscuit Chocolate Pudding
Pureed Dessert	Ice Cream Applesauce (+F)	Vanilla Pudding Pomegranate Applesauce Pureed Pears (F)	Peach Applesauce Yogurt Applesauce (F)	Yogurt Chocolate Pudding Pears (F)	Pureed Banana Bread Pudding Blueberry Applesauce Orange Sherbet Applesauce (F)	Strawberry Kiwi Applesauce Pureed Pears (F) Banana Pudding	Chocolate Pudding Applesauce (+F)
Fresh Fruit	Fresh Orange Wedges	Grapes	Fresh Apple Slices	Fresh Orange Wedges	Grapes	Fresh Orange Wedges	Fresh Apple Slices