

WRHA Nutrition & Food Services Menu – Week 2

**BREAKFAST**

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

*Bliss RD*

WRHA Nutrition & Food Services Menu – Week 2

**LUNCH**

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

WRHA Nutrition & Food Services Menu – Week 2

**LUNCH (page 2)**

	<b>Monday-008</b>	<b>Tuesday-009</b>	<b>Wednesday-010</b>	<b>Thursday-011</b>	<b>Friday-012</b>	<b>Saturday-013</b>	<b>Sunday-014</b>
<b>Kosher</b>	Spaghetti/Meat Sauce Turkey Cutlet/Span Sce	Roast Turkey Roast Beef	Roast Beef Chicken Teriyaki	Beef Stew Roast Turkey	Chicken Teriyaki Beef Stew	Roast Beef Breaded Whitefish	Turkey Cutlet/Span Sauce Spaghetti/Meat Sauce
<b>Vegetarian</b>	Vegetarian Chili  Mcd Vegetarian Pasta Primavera Pureed Veg Dahl	Black Bean Patty (LOVEG) / Vegetable Samosa (VEGAN)  Mcd Vegetarian Curry Pureed Veg Dahl	Egg Salad Sandwich (LOVEG) / Chickpeas/ Rice/ Carrots (VEGAN)  Mcd Veg Stew Pureed Veg Dahl	Baked Beans & Naan (LOVEG) / Baked Beans (VEGAN)  Mcd Veg Pasta Primavera Hummus	Mac & Cheese (LOVEG) / Vegan Omelet (VEGAN)  Mcd Veg Curry Pureed Veg Dahl	Veg Meatball/ Grvy / ND Mashed Pot /Mixed Veg (meal)  Mcd Veg Stew Pureed Bean Medley/Rice/Veg	Tofu/ Rice Pilaf/ Peas (meal)  Mcd Veg Pasta Primavera Pureed Veg Dahl
<b>Starch</b>	Rice  Mashed Potato	Rice Pilaf  Rice	Mashed Potato	Roasted Potato Wedge Mashed Potato	Mashed Potato	Mashed Potato	Potato Veg Medley Mashed Potato
<b>Hot Vegetable</b>	Peas & Carrots Zucchini  Pureed Carrots	Broccoli Peas  Pureed Spinach	Diced Squash  Pureed Broccoli	Fajita Mix (McdCauliflower) Cauliflower Pureed Squash	Broccoli  Pureed Carrots	Peas & Carrots Cauliflower  Pureed Spinach	Diced Squash  Pureed Squash
<b>Dessert</b>	Smooth Lemon Cottage Cheese  Digestive Cookie	Fresh Apple Slices  Yogurt	Two-Bite Brownie (GF Brownie) Bundt Cake	Mango Mousse Cake Chocolate Ice Cream	Chocolate Chip Cookie (GF Choc Chip Cookie) Butterscotch Pudding	Ultimate Chocolate Fudge Cookie Soft Apple Cookie	Fresh Fruit Mix  Orange Sherbet
<b>Controlled Carbohydrate Dessert</b>	Smooth Lemon Cottage Cheese Digestive Cookie	Fresh Apple Slices Yogurt	Two-Bite Brownie Bundt Cake	Mango Mousse Cake Chocolate Ice Cream	Butterscotch Pudding Diced Pears	Soft Apple Cookie Chocolate Pudding	Fresh Fruit Mix  Grapes
<b>Pureed Dessert</b>	Smooth Lemon Cottage Cheese Strawberry Kiwi Applesauce	Blueberry Applesauce Yogurt	Vanilla Pudding Strawberry Kiwi Applesauce	Ice Cream Applesauce	Butterscotch Pudding Pomegranate Applesauce	Chocolate Pudding Applesauce	Orange Sherbet Peach Applesauce
<b>Fresh Fruit</b>	Fresh Apple Slices	Fresh Apple Slices	Fresh Orange Wedges	Fresh Apple Slices	Fresh Apple Slices	Fresh Orange Wedges	Fresh Grapes

WRHA Nutrition & Food Services Menu – Week 2

**SUPPER**

	<b>Monday-008</b>	<b>Tuesday-009</b>	<b>Wednesday-010</b>	<b>Thursday-011</b>	<b>Friday-012</b>	<b>Saturday-013</b>	<b>Sunday-014</b>
<b>Soup</b>	Cream of Tomato	Minestrone	Cream of Cauliflower	Minestrone	Vegetable	Cream of Asparagus	Cream of Broccoli
<b>Soup</b>	Chicken Noodle	Cream of Asparagus	Vegetable	Cream of Cauliflower	Cream of Tomato	Vegetable	Chicken Noodle
<b>Juice</b>	Cranberry Juice	Orange Juice	Cranberry Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice
<b>Salad</b>	<b>Tossed Salad/ Italian Dressing</b> Tomato Cocktail	<b>Kale Salad</b>	-	<b>Pickled Beets</b>  Tossed Salad /Ranch	-	<b>Carrot Sticks/Ranch</b> Tomato Cocktail	<b>Lettuce &amp; Tomato</b>
<b>Entrée 1</b>	<b>Beef Strips/ Gravy</b>	<b>Diced Chicken/ Stuffing/ Gravy</b>	<b>Chicken Parmesan</b>	<b>Garlic Sausage</b>	<b>Chicken Alfredo &amp; Fusilli Noodles</b>	<b>Sweet &amp; Sour Meatballs</b>	<b>Patty Melt (Sals Steak)</b>
<b>Entrée 2</b>	Orange Ginger Chicken Breast/ Rice	Meatloaf/ Marinara	BBQ Pork Rib	Beef & Cabbage Casserole	Tourtiere	Roast Pork/ Applesauce	Macaroni & Cheese
<b>Entree 3/ Availability</b>	<i>Beef Strips/Gravy</i> Salisbury Steak/Gravy	<i>Herb Chicken Thigh</i>	Salisbury Steak/Gravy <i>Baked Salmon</i>	<i>Beef Strips/Gravy</i>	<i>Herb Chicken Thigh</i>	<i>Baked Salmon</i>	<i>Herb Chicken Thigh</i>
<b>Total Minced Entrée</b>	<b>Mcd Roast Pork</b>  Mcd Roast Chicken	<b>Mcd Meatloaf/ Gravy</b>  Mcd Roast Pork	<b>Mcd BBQ Pork Rib</b>  Mcd Roast Beef	<b>Mcd Roast Chicken</b>  Mcd Roast Pork	<b>Mcd Chicken Alfredo</b>  Mcd Roast Beef	<b>Mcd Sweet &amp; Sour Meatballs</b>  Mcd Roast Pork	<b>Mcd Sals Steak/Gravy</b> Mcd Roast Chicken
<b>Pureed Entree</b>	<b>Pureed Roast Beef</b>  Pureed Roast Chicken	<b>Pureed Roast Chicken/ Garlic Bread</b>  Pureed Mac & Cheese/ Tomato	<b>Pureed Spaghetti/ Garlic Bread</b>  Pureed Roast Beef	<b>Pureed Chicken Sandwich</b>  Pureed Roast Beef	<b>Salmon/ Pasta/ Peas</b>  Pureed Roast Beef	<b>Pureed Roast Pork</b>  Pureed Spaghetti/ Garlic Bread	<b>Pureed Vegetarian Lasagna</b>  Pureed Roast Pork
<b>Kosher</b>	<b>Chicken Teriyaki</b>  Beef Stew	<b>Beef Stew</b>  Breaded Whitefish	<b>Turkey Cutlet/Span Sauce</b> Spaghetti/Meat Sauce	<b>Breaded Whitefish</b>  Roast Beef	<b>Spaghetti/Meat Sauce</b> Turkey Cutlet/Span Sauce	<b>Roast Turkey</b>  Beef Stew	<b>Breaded Whitefish</b> Chicken Teriyaki
<b>Vegetarian</b>	<b>Beans &amp; Marinara/ Fusilli/ Zucchini (meal)</b>  Mcd Veg Stew  <b>Pureed Veg Curry</b>	<b>Veg Meatball/ Gryv / ND Mashed Pot /Mixed Veg (meal)</b> Mcd Veg Pasta Primavera <b>Pureed Macaroni &amp; Cheese/Tomato</b>	<b>Vegetable Samosa</b>  Mcd Veg Curry  <b>Pureed Veg Curry</b>	<b>Tofu/ Rice Pilaf/ Peas (meal)</b>  Mcd Veg Stew  <b>Pureed Veg Curry</b>	<b>Baked Beans/ Rice/ Broccoli (meal)</b>  Mcd Veg Pasta Primavera <b>Pureed Veg Curry</b>	<b>Chickpeas/Rice/ SI Carrots (meal)</b>  Mcd Veg Curry  <b>Pureed Veg Curry</b>	<b>Beans &amp; Marinara/ Fusilli/ Zucchini (meal)</b>  Mcd Veg Stew  <b>Puree Veg Lasagna</b>

Vegetable Broth offered @ Supper

January 12, 2026

WRHA Nutrition & Food Services Menu – Week 2

**SUPPER (page 2)**

	<b>Monday-008</b>	<b>Tuesday-009</b>	<b>Wednesday-010</b>	<b>Thursday-011</b>	<b>Friday-012</b>	<b>Saturday-013</b>	<b>Sunday-014</b>
<b>Starch</b>	Rice  Mashed Potato	Mashed Potato  Rice	Garlic Toast  Mashed Potato	Perogies/ Sour Cream  Rice	Roasted Wedge Potato  Mashed Potato	Rice  Steam Cut Potatoes	French Fries  Mashed Potato
<b>Hot Vegetable</b>	Mixed Vegetables (McJ Squash) Diced Squash  Pureed Spinach	Brussels Sprouts  Cauliflower  Pureed Squash	Peas & Carrots  Brussels Sprouts  Pureed Carrots	Diced Squash  Sliced Carrots  Pureed Spinach	Sliced Carrots  Zucchini  Pureed Broccoli	Broccoli  Brussels Sprouts  Pureed Squash	Sliced Carrots    Pureed Carrots
<b>Dessert</b>	Apple Pie  Tapioca Pudding	Cinnamon Croissant  Diced Peaches	Pineapple Tidbits (GF Snickerdoodle Cookie) Peach Applesauce	Fruit Cocktail  Yogurt	Diced Peaches  Oreo Cookies	Apricot Halves  Banana Pudding	Palm Leaf Biscuit (GF Snickerdoodle Cookie) Cinnabon Pudding
<b>Controlled Carbohydrate Dessert</b>	Tapioca Pudding  Strawberry Kiwi Applesauce	Cinnamon Croissant  Diced Peaches	Pineapple Tidbits  Peach Applesauce	Fruit Cocktail  Yogurt	Diced Peaches  Blueberry Applesauce	Apricot Halves  Banana Pudding	Palm Leaf Biscuit  Chocolate Pudding
<b>Pureed Dessert</b>	Strawberry Kiwi Applesauce Applesauce	Vanilla Pudding  Pomegranate Applesauce	Peach Applesauce  Yogurt	Yogurt  Chocolate Pudding	Pureed Banana Bread Pudding Blueberry Applesauce	Strawberry Kiwi Applesauce Banana Pudding	Cinnabon Pudding  Applesauce
<b>Fresh Fruit</b>	Fresh Orange Wedges	Fresh Grapes	Fresh Apple Slices	Fresh Orange Wedges	Fresh Grapes	Fresh Orange Wedges	Fresh Apple Slices

