

WRHA Nutrition & Food Services Menu – Week 2

<b>BREAKFAST</b>							
	<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>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	Orange Juice Cranberry Juice	<b>Orange Juice</b>	Cranberry Juice	<b>Apple Juice</b>	<b>Orange Juice</b>
<b>Fruit</b>	Fresh Orange Wedges	Apricot Halves	<b>Diced Pears</b>	Fresh Apple Slices	<b>Pomegranate Applesauce</b>	Fresh Apple Slices	Pineapple Tidbits
<b>Pureed Fruit</b>	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)
<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	Oatmeal  Bran Flakes	<b>Cornflakes</b>  Oatmeal
<b>Entrée</b>	<b>Cheese Omelet</b>  Cheddar Cheese Cubes	<b>Bacon &amp; Egg Patty</b>  Scrambled Egg	<b>Sausage Links</b>  Boiled Egg	<b>Cheddar Cheese Cubes</b>  Scrambled Egg	<b>Egg Patty</b>  Cream Cheese	<b>Yogurt &amp; Granola Breakfast Plate</b>  Boiled Egg	<b>Boiled Egg</b>  Peanut Butter
<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>Pureed Egg/ Toast</b>	<b>Pureed Egg/ Toast</b>
<b>Starch</b>	<b>Hashbrown Sticks</b>  Blueberry Muffin White Roll	<b>Diced Potato</b>  WW Roll	<b>Pancakes</b>  Carrot Cinnamon Muffin White Roll	<b>Pumpkin Muffin</b>  WW Roll	<b>Cheese Scone</b>  Cranberry Orange Muffin White Roll	<b>Apple Strawberry Muffin</b>  WW Roll	<b>Banana Loaf</b> Carrot Cinnamon Muffin  White Roll
<b>Pureed Starch</b>	<b>W.W Bread Puree</b>	—	<b>Apple Spice Bread Puree</b>	—	<b>W.W Bread Puree</b>	—	<b>W.W Bread Puree</b>
<b>Jam/ Jelly/ Syrup</b>	Raspberry Jam  Grape Spread	Grape Jelly  Orange Spread	<b>Syrup/ Low Cal Syrup</b> Marmalade  Grape Spread	<b>Margarine</b> Strawberry Jam Orange Spread	<b>Margarine</b>  Strawberry Spread	<b>Margarine</b> Raspberry Jam  Orange Spread	<b>Margarine</b> Marmalade  Grape Spread

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>Beef Barley</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>Salad</b>	<b>Tossed Salad/ Italian Drsg</b> Tomato Cocktail	<b>Potato Salad</b>	-	<b>Cottage Cheese Pineapple Salad</b>	-	<b>Edamame Bean Salad</b> Tomato Cocktail	<b>Tomato/Lettuce</b>
<b>Entrée 1</b>	<b>Baked Spaghetti</b>	<b>Fish Cakes/ Tartar Sauce</b>	<b>Beef and Pasta Salad Plate/ Roll/ Margarine</b>	<b>Chicken Leg</b>	<b>Turkey Croissant</b>	<b>Western Omelet</b>	<b>Hamburger</b> (Sals Steak)
<b>Entrée 2</b>	Roast Pork Sandwich	Chicken Fingers/ Honey Dill Sauce/ Potato Salad	Mediterranean Haddock	Baked Beans/ Mini Naan	Cheese Omelet/WW Roll	Tuna Salad Sandwich	Spinach Feta Quiche
<b>Entrée 3/ Availability</b>	Vegetarian Chili <i>Diced Chicken/ Gravy</i>	<i>Black Bean Patty (Vegetarian)</i> <i>Roast Pork/ Gravy</i>	<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> <i>Roast Pork/Gravy</i>	<i>Diced Chicken/ Gravy</i>
<b>Minced Entrée</b>	<b>Mcd Baked Spaghetti</b> Mcd Roast Chicken	<b>Fish Cakes</b>  Mcd Roast Beef	<b>Minced Roast Beef</b>  Minced Roast Pork	<b>Baked Beans</b>  Minced Roast Chicken	<b>Cheese Omelet</b> Minced Roast Chicken	<b>Tuna Sandwich</b>  Mcd Roast Pork	<b>Minced Salisbury Steak/ Gravy</b> Mcd Roast Chicken
<b>Pureed Entree</b>	<b>Pur Turkey a la king/ Peas/ Pasta</b> Pureed Roast Pork	<b>Pureed Beef Sandwich</b> Pureed Roast Pork	<b>Pur Lemon Chicken/ Carrots/ Potato</b> Pureed Roast Beef	<b>Pureed Macaroni &amp; Cheese/ Tomato</b> Pureed Roast Chicken	<b>Pur BBQ Pork/ Green Beans/ Potato</b> Pureed Roast Chicken	<b>Puree Bean Medley/ Rice/ Veg</b> Pureed Roast Beef	<b>Pur 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

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<b>LUNCH (page2)</b>							
	<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>	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
<b>Vegetarian</b>	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
<b>Starch</b>	Rice Mashed Potato	Mashed Potato	Rice Pilaf	Roasted Potato Wedge Mashed Potato	Mashed Potato	Diced Potato	French Fries Mashed Potato
<b>Hot Vegetable</b>	Peas Zucchini  Pureed Carrots	Niblet Corn Green/Wax Beans  Pureed Spinach	Diced Squash Broccoli  Pureed Broccoli	Peas Cauliflower  Pureed Squash	Broccoli Green/Wax Beans  Pureed Carrots	Peas & Carrots Cauliflower  Pureed Spinach	Diced Squash Zucchini  Pureed Squash
<b>Dessert</b>	Oatmeal Raisin Cookie  Tapioca Pudding	Fresh Apple Slices  Yogurt	Two-Bite Brownie  Bundt Cake	Napoleon Pastry  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>	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
<b>Pureed Dessert</b>	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)
<b>Fresh Fruit</b>	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**

	<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	Beef Barley	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>Entrée 1</b>	<b>Tourtiere</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>Roast Turkey/ Gravy/ Cran Sauce</b>
<b>Entrée 2</b>	Orange Ginger Chicken Breast/ Rice	Meatloaf/ Marinara	BBQ Pork Rib	Beef & Cabbage Casserole	Fish Sticks/ Tartar Sauce	Roast Pork/ Gravy	Macaroni & Cheese
<b>Entree 3/ Availability</b>	<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>Herb Chicken Thigh</i>	<i>Baked Salmon</i>	<i>Salisbury Steak/ Gravy</i>
<b>Minced Entrée</b>	<b>Minced Roast Pork</b>  Mcd Roast Chicken	<b>Minced Meatloaf/Gravy</b>  Mcd Roast Pork	<b>Minced BBQ Pork Rib</b>  Mcd Roast Beef	<b>Minced Salisbury Steak</b>  Mcd Roast Pork	<b>Minced Fish Sticks</b>  Mcd Roast Beef	<b>Mcd Sweet &amp; Sour Meatballs</b>  Mcd Roast Pork	<b>Mcd Roast Turkey/ Gravy</b>  Mcd Roast Beef
<b>Pureed Entree</b>	<b>Pureed Roast Beef/ Gravy</b> Pureed Roast Chicken/ Gravy	<b>Pureed Roast Chicken/ Garlic Bread</b> Pureed Macaroni & Cheese/ Tomato	<b>Pureed Spaghetti/ Garlic Bread</b> Pureed Roast Beef/ Gravy	<b>Pureed Chicken Sandwich</b> Pureed Roast Beef/ Gravy	<b>Salmon/ Pasta/ Peas</b> Pureed Roast Beef/ Gravy	<b>Pureed Roast Pork/ Gravy</b> Pureed Spaghetti/ Garlic Bread	<b>Pureed Roast Chicken/ Gravy</b> <b>Garlic Bread</b> Pureed Roast Pork/ Gravy
<b>Kosher</b>	<b>Veal Cutlet/ Spanish Sauce</b>  Salmon Steak	<b>Roast Turkey</b>  Roast Beef	<b>Salisbury Steak</b>  Turkey Cutlet/ Spanish Sauce	<b>Chicken Teriyaki</b>  Roast Beef	<b>Lasagna</b>  Roast Turkey	<b>Salmon Steak</b>  Beef Stir fry	<b>Roast Beef</b>  Chicken Teriyaki
<b>Vegetarian</b>	<b>Beans &amp; Marinara/ Fusilli/ Zucchini (meal)</b> Mcd Veg Stew	<b>Baked Beans/ Rice/ Broccoli (meal)</b> Mcd Vegetarian Pasta Primavera	<b>Vegetable Samosa</b>  Mcd Vegetarian Curry	<b>Tofu/ Rice Pilaf/ Peas (meal)</b> Mcd Veg Stew	<b>Baked Beans/ Rice/ Broccoli (meal)</b> Mcd Vegetarian Pasta Primavera	<b>Chickpeas/Rice/ SI Carrots (meal)</b> Mcd Vegetarian Curry	<b>Beans &amp; Marinara/ Fusilli/ Zucchini (meal)</b> Mcd Veg Stew

Vegetable Broth offered @ Supper

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SUPPER (page 2)							
	Monday-008	Tuesday-009	Wednesday-010	Thursday-011	Friday-012	Saturday-013	Sunday-014
<b>Starch</b>	French Fries  Rice	Mashed Potato  (Rice)	<b>Mashed Potato</b>	<b>Perogies/ Sour Cream</b>  Rice	Roasted Wedge Potato	<b>Rice</b>  Steam Cut Potatoes	<b>Potato Vegetable Medley</b>  Mashed Potato
<b>Hot Vegetable</b>	<b>Sliced Carrots</b> Corn  <b>Pureed Spinach</b>	<b>Zucchini</b> Cauliflower  <b>Pureed Squash</b>	<b>Brussels Sprouts</b>  Peas & Carrots  <b>Pureed Carrots</b>	<b>Corn</b>  Sliced Carrots  <b>Pureed Spinach</b>	<b>Sliced Carrots</b>  Zucchini  Pureed Broccoli	<b>Broccoli</b>  Brussels Sprouts  <b>Pureed Squash</b>	Green/Wax Beans   <b>Pureed Carrots</b>
<b>Dessert</b>	<b>Mango Mousse</b>  Wild Blueberries	<b>Cinnamon Croissant</b>  Diced Peaches	<b>Rice Pudding</b>  Peach Applesauce	<b>Fruit Cocktail</b>  Yogurt	<b>Pineapple Tidbits</b>  Oreo Cookies	<b>Apricot Halves</b>  Banana Pudding	<b>Palm Leaf Biscuit</b>  Chocolate Pudding
<b>Controlled Carbohydrate Dessert</b>	<b>Mango Mousse</b>  Wild Blueberries	<b>Cinnamon Croissant</b>  Diced Peaches	<b>Rice Pudding</b>  Peach Applesauce	<b>Fruit Cocktail</b>  Yogurt	<b>Pineapple Tidbits</b>  Blueberry Applesauce	<b>Apricot Halves</b>  Banana Pudding	<b>Palm Leaf Biscuit</b>  Chocolate Pudding
<b>Pureed Dessert</b>	<b>Ice Cream</b>  Applesauce (+F)	<b>Vanilla Pudding</b>  Pomegranate Applesauce Pureed Pears (F)	<b>Peach Applesauce</b>  Yogurt Applesauce (F)	<b>Yogurt</b>  Chocolate Pudding Pears (F)	<b>Pureed Banana Bread Pudding</b> Blueberry Applesauce Orange Sherbet Applesauce (F)	<b>Strawberry Kiwi Applesauce</b> Pureed Pears (F) Banana Pudding	<b>Chocolate Pudding</b>  Applesauce (+F)
<b>Fresh Fruit</b>	Fresh Orange Wedges	Grapes	Fresh Apple Slices	Fresh Orange Wedges	Grapes	Fresh Orange Wedges	Fresh Apple Slices