

WRHA Nutrition & Food Services Menu – Week 3

BREAKFAST							
	Monday-015	Tuesday-016	Wednesday-017	Thursday-018	Friday-019	Saturday-020	Sunday-021
Juice	Orange Juice Cranberry Juice	Apple Juice	Cranberry Juice	Apple Juice Cranberry Juice	Cranberry Juice	Apple Juice	Orange Juice Cranberry Juice
Fruit	Blueberries	Fresh Orange Wedges	Fresh Fruit Mix	Diced Pears	Fresh Orange Wedges	Apricot Halves	Fresh Apple Slices
Pureed Fruit	Applesauce Fruit Cocktail (F)	Applesauce (+F)	Strawberry Kiwi Applesauce Pears (F)	Peach Apple Applesauce (F)	Pomegranate Applesauce Fruit Cocktail (F)	Strawberry Kiwi Applesauce Pears(F)	Blueberry Applesauce Fruit Cocktail (F)
Cereal	Oatmeal Multigrain Cheerios	Bran Flakes Oatmeal	Special K Oatmeal	Oatmeal Rice Chex	Multigrain Cheerios Oatmeal	Oatmeal Raisin Bran	Cornflakes Oatmeal
Entrée	Egg Patty Bacon	Cheddar Mushroom Bacon Quiche Cheddar Cheese	Bacon Egg Patty	Boiled Egg Cheddar Cheese	Back Bacon Cheese Omelet	Cheddar Cheese Yogurt	Sausage Links Boiled Egg
Pureed Entree	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Bacon Pureed Egg/Toast	Pureed Egg/ Toast	Pureed Sausage Pureed Egg/ Toast
Starch	Cheese Scone Apple Strawberry Muffin WW Roll	Potato Roll Banana Muffin WW Roll	Belgian Waffle Cranberry Orange Muffin WW Roll	Carrot Cinnamon Muffin WW Roll Apple Strawberry Muffin	Hashbrown Sticks Pumpkin Muffin WW Roll	Banana Loaf WW Roll Flax Muffin	Cinnamon French Toast Cranberry Orange Muffin WW Roll
Pureed Starch	Puree French Toast/ Syrup	—	W.W Bread Puree	—	W.W Bread Puree	—	W.W Bread Puree
Jam/ Jelly/ Syrup	Margarine Marmalade Raspberry Jam Low Cal Grape Spread	Margarine Grape Jelly Low Cal Orange Spread	Syrup/Low Cal Syrup Raspberry Jam Low Cal Grape Spread	Margarine Strawberry Jam Low Cal Orange Spread	Grape Jelly Low Cal Strawberry Spread	Margarine Raspberry Jam Low Cal Orange Spread	Syrup/Low Cal Syrup Marmalade Low Cal Grape Spread

WRHA Nutrition & Food Services Menu – Week 3

LUNCH							
	Monday-015	Tuesday-016	Wednesday-017	Thursday-018	Friday-019	Saturday-020	Sunday-021
Soup	Cream of Tomato	Cream of Cauliflower	Minestrone	Cream of Broccoli	Vegetable	Cream of Asparagus	Minestrone
Soup	Beef Barley	Minestrone	Cream of Asparagus	Chicken Noodle	Cream of Mushroom	Chicken Noodle	Cream of Broccoli
Juice	Cranberry Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Orange Juice
Entrée 1	Chicken Cutlet	Beef & Pasta Bake	Corned Beef Sandwich (GF)	Beef Shepherd's Pie/ Gravy	Chicken Caesar Salad Plate/ Scallion Roll/ Margarine	Spinach Feta Quiche/ Roll/ Margarine	Chicken Fingers/ Honey Dill Sauce
Entrée 2	Egg Salad Sandwich	Salmon Salad Sandwich	Macaroni & Cheese	Baked Beans/Naan	Mediterranean Glazed Haddock	Roast Beef Sandwich (GF)	Salisbury Steak/ Gravy
Entrée 3/ Avail List	<i>Chicken Fingers/ Honey Dill Sauce</i>	<i>Roast Pork/ Gravy</i>	<i>Diced Chicken/ Gravy</i>	<i>Chicken Fingers/ Honey Dill Sauce</i>	<i>Vegetarian Chili Roast Pork/ Gravy</i>	<i>Diced Chicken/ Gravy</i>	<i>Roast Pork/ Gravy Chicken Fingers/Honey Dill Sauce</i>
Minced Entrée	Mcd Roast Chicken Mcd Roast Beef	Mcd Roast Pork Mcd Roast Chicken	Macaroni & Cheese Mcd Roast Pork	Mcd Roast Beef Mcd Roast Chicken	Mediterranean Haddock (Soft/Mcd only) Mcd Roast Chicken	Mcd Roast Pork Mcd Roast Beef	Mcd Chicken Fingers Mcd Roast Pork
Pureed Entree	Salmon/ Pasta/ Peas Pureed Chicken/ Gravy	Pureed Beef Sandwich Pureed Pork/ Gravy	Turkey a la king/ Peas/ Pasta Pureed Beef/ Gravy	Puree Bean Medley/ Rice/ Veg Pureed Pork/ Gravy	Pureed Chicken Sandwich Pureed Beef/ Gravy	Beef Stroganoff/ Squash/Potato Pureed Pork/ Gravy	Pureed Macaroni & Cheese/ Tomato Pureed Beef/ Gravy
Alternate Sandwiches	Egg Salad Sandwich (GF) Cheese Sandwich <i>GF Egg Salad</i>	Salmon Sandwich Ham Sand. (GF) <i>GF Chicken salad</i>	Tuna Salad Sandwich (GF) Chicken Salad Sandwich (GF)	Turkey Sandwich (GF) Roast Beef Sandwich (GF)	Chicken Salad Sandwich (GF) Cheese <i>GF Egg Salad</i>	Roast Beef Sandwich (GF) Roast Pork (GF)	Ham Sandwich (GF) Turkey Sandwich (GF)

*Chicken Broth Offered daily @ Lunch

LUNCH (page 2)

	Monday-015	Tuesday-016	Wednesday-017	Thursday-018	Friday-019	Saturday-020	Sunday-021
Kosher	Chicken Teriyaki Beef Stirfry	Spaghetti & Meatsauce 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	Cheese Sandwich (LOVEG) / Tofu/Rice Pilaf/Peas (meal) (VEGAN) Mcd Vegetarian Curry	Baked Beans/ Rice/ Broccoli (meal) Mcd Vegetarian Pasta Primavera	Cheese Omelet/Roll (LOVEG) / Tofu/ Rice Pilaf/ Peas (meal) (VEGAN) Mcd Veg Stew	Black Bean Patty (LOVEG) / Vegan Omelet (VEGAN) Mcd Vegetarian Curry	Vegetarian Chili (LOVEG) / Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Vegetarian Pasta Primavera	Vegetable Samosa Mcd Veg Stew	Tofu/ Rice Pilaf/ Peas (meal) Mcd Vegetarian Curry
Starch	Roasted Wedge Potato Mashed Potato	Mashed Potato	Mashed Potato	Roasted Wedge Potato	Rice	Mashed Potato	French Fries Mashed Potato
Hot Vegetable	Niblet Corn (Minced Peas) Peas Pureed Broccoli	Green Beans Broccoli Pureed Spinach	Peas Zucchini Pureed Carrots	Peas & Carrots Diced Squash Pureed Squash	Broccoli Niblet Corn Pureed Carrots	Sliced Carrots Peas Pureed Spinach	Niblet Corn (Minced Cauliflower) Cauliflower Pureed Squash
Dessert	Oreo Cookies Cinnamon Croissant	Soft Apple Cookie Chocolate Pudding	Tapioca Pudding Peach Applesauce	Wild Blueberries Vanilla Ice Cream	Yogurt Digestive Cookies	Oatmeal Raisin Cookie (GF Ginger Snap Cookies) Shortcake Cookie	Diced Peaches Butterscotch Pudding
Controlled Carbohydrate Dessert	Cinnamon Croissant Pineapple Tidbits	Soft Apple Cookie Chocolate Pudding	Tapioca Pudding Peach Applesauce	Wild Blueberries Vanilla Ice Cream	Yogurt Digestive Cookies	Shortcake Cookie Pomegranate Applesauce	Diced Peaches Butterscotch Pudding
Pureed Dessert	Yogurt Strawberry Kiwi Applesauce Pureed Pears (F)	Chocolate Pudding Puree Pineapple (F)	Peach Applesauce Applesauce (+F)	Vanilla Ice Cream Pureed Pears (F) Vanilla Ice Cream	Yogurt Applesauce (+F)	Pomegranate Applesauce Puree Pineapple (F)	Peach Applesauce Applesauce (F) Butterscotch Pudding
Fresh Fruit	Fresh Orange Wedges	Grapes	Fresh Apple Slices	Wild Blueberries	Grapes	Fresh Orange Wedges	Grapes

J. Lapinski, RD

WRHA Nutrition & Food Services Menu – Week 3

SUPPER							
	Monday-015	Tuesday-016	Wednesday-017	Thursday-018	Friday-019	Saturday-020	Sunday-021
Soup	Cream of Asparagus	Vegetable	Cream of Tomato	Minestrone	Cream of Broccoli	Beef Barley	Cream of Cauliflower
Soup	Minestrone	Cream of Asparagus	Beef Barley	Cream of Mushroom	Chicken Noodle	Cream of Broccoli	Chicken Noodle
Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Cranberry Juice	Orange Juice	Orange Juice
Salad	Bread & Butter Pickles Carrot Sticks	Macaroni Salad	Potato Salad	Kale Salad	-	Coleslaw Tomato Juice	-
Entrée 1	Shaved Steak/ Gravy	Chicken Leg	Fish Cakes/ Tartar Sauce	Chicken Souvlaki	Beef and Cabbage Casserole	Sweet & Sour Chicken	Beef Stew
Entrée 2	Honey Garlic Chicken/ Rice	Tourtiere	Roast Pork/ Applesauce	Meatloaf/ Marinara	Grilled Chicken Breast	Pulled Pork	Western Omelet
Entree 3	<i>Salisbury Steak/ Gravy</i>	<i>Baked Salmon</i>	<i>Salisbury Steak/ Gravy</i>	<i>Herb Chicken Thigh</i>	<i>Baked Salmon</i>	<i>Salisbury Steak/ Gravy</i>	<i>Herb Chicken Thigh</i>
Minced Entrée	Mcd Roast Beef Mcd Roast Pork	Mcd Roast Chicken Mcd Roast Beef	Fish Cakes (minced only) Mcd Roast Pork	Mcd Chicken Souvlaki Mcd Roast Pork	Mcd Roast Turkey/Gravy Mcd Roast Beef	Mcd Roast Chicken Mcd Roast Beef	Mcd Beef Stew Mcd Roast Chicken
Pureed Entree	Pureed Pork/ Gravy Pureed Roast Chicken/ Garlic Bread	Pureed Spaghetti/ Garlic Bread Pureed Beef/ Gravy	Pureed Macaroni & Cheese/ Tomato Pureed Pork/ Gravy	Pureed Roast Chicken/ Garlic Bread Pureed Beef/ Gravy	BBQ Pork/ Green Beans/ Potato Pureed Pork/ Gravy	Pureed Roast Chicken/ Garlic Bread Pureed Beef/ Gravy	Pureed Beef/ Gravy Pureed Spaghetti/ Garlic Bread
Kosher	Veal Cutlet/ Spanish Sauce Salmon Steak	Roast Turkey Roast Beef	Salisbury Steak Turkey Cutlet/ Spanich Sauce	Chicken Teriyaki Roast Beef	Lasagna Roast Turkey	Salmon Steak Beef Stirfry	Roast Beef Chicken Teriyaki
Vegetarian	Chickpeas/ Rice/ SI Carrots (meal) Mcd Veg Stew	Vegetable Samosa Mcd Vegetarian Curry	Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Vegetarian Pasta Primavera	Baked Beans/ Rice/Broccoli Mcd Veg Stew	Chickpeas / Rice/ SI Carrots (meal) Mcd Veg Curry	Beans & Marinara / Fusilli/ Zucchini (meal) Mcd Vegetarian Pasta Primavera	Baked Beans/ Rice/ Broccoli Mcd Veg Stew

Vegetable Broth offered @ Supper

SUPPER (page2)

	Monday-015	Tuesday-016	Wednesday-017	Thursday-018	Friday-019	Saturday-020	Sunday-021
Starch	Mashed Potato Rice	Roasted Root Vegetables Mashed Potato	Rice	Rice Pilaf Mashed Potato	Perogies/ Sour Cream Rice	Rice Mashed Potato	Diced Potato Mashed Potato
Hot Vegetable	Diced Squash Cauliflower Pureed Squash	Sliced Carrots Pureed Carrots	Broccoli Green Beans Pureed Broccoli	Zucchini (Minced Sliced Carrots) Sliced Carrots Pureed Spinach	Cauliflower Diced Squash Pureed Squash	Brussels Sprouts Sliced Carrots Pureed Broccoli	Peas & Carrots Green Beans Pureed Carrots
Dessert	Diced Peaches Digestive Cookies	Mandarin Oranges Rice Pudding	Puffed Wheat Square Blueberry Applesauce	Double Chocolate Cookie Diced Peaches	Tiramisu Cake Pineapple Tidbits	Crispy Rice Square Fresh Fruit Mix	Bundt Cake Strawberry Ice Cream (Chocolate)
Controlled Carbohydrate Dessert	Diced Peaches Digestive Cookies	Mandarin Oranges Rice Pudding	Blueberry Applesauce Yogurt	Diced Peaches Shortcake Cookie	Tiramisu Cake Pinapple Tidbits	Fresh Fruit Mix Cinnamon Croissant	Bundt Cake Strawberry Ice Cream (Chocolate)
Pureed Dessert	Peach Applesauce Applesauce (F) Banana Pudding	Ice Cream Strawberry Kiwi Applesauce Pears (F)	Blueberry Applesauce Applesauce (F) Vanilla Pudding	Peach Applesauce Puree Pineapple (F) Ice Cream	Chocolate Pudding Strawberry Kiwi Applesauce Pears (F)	Pureed Carrot Cake Bread Pudding Orange Sherbet Applesauce (+F)	Strawberry Ice Cream (Chocolate) Strawberry KiwiApplesauce Pears (F)
Fresh Fruit	Fresh Orange Wedges	Fresh Apple Slices	Grapes	Fresh Orange Wedges	Fresh Apple Slices	Grapes	Fresh Apple Slices

J. Lapinski, RD