

BREAKFAST							
	Monday-015	Tuesday-016	Wednesday-017	Thursday-018	Friday-019	Saturday-020	Sunday-021
Juice	Orange Juice	Apple Juice	Cranberry Juice	Apple Juice	Cranberry Juice	Apple Juice	Orange Juice
Fruit	Blueberries	Fresh Orange Wedges	Fresh Fruit Mix	Mandarin Oranges	Fresh Orange Wedges	Apricot Halves	Fresh Apple Slices
Pureed Fruit	Applesauce	Applesauce	Strawberry Kiwi Applesauce	Peach Applesauce	Pomegranate Applesauce	Strawberry Kiwi Applesauce	Blueberry Applesauce
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	Egg Patty Cheese Omelet	Cheddar Cheese Yogurt	Sausage Links Boiled Egg
Total Minced Entrée	Mcd Egg Patty	Mcd Cheddar Mushroom Bacon Quiche	Pureed Egg/Toast	Pureed Egg/Toast	Mcd Egg Patty	Pureed Egg/Toast	Pureed Sausage
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 Patty Pumpkin Muffin WW Roll	Banana Loaf WW Roll Flax Muffin	Cinnamon French Toast Cranberry Orange Muffin WW Roll
Pureed Starch	Puree French Toast/ Syrup	—	Puree Bread	—	Apple Spice Bread Puree	—	Puree Bread
Jam/ Jelly/ Syrup	Margarine Marmalade Raspberry Jam	Margarine Grape Jelly	Syrup Raspberry Jam	Margarine Strawberry Jam	Grape Jelly	Margarine Raspberry Jam	Syrup Marmalade

Dianna RD

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	Chicken Noodle	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	Western Omelet	Chicken Fingers/ Honey Dill Sauce
Entrée 2	Egg Salad Sandwich	BBQ Pork Rib	Macaroni & Cheese	Baked Beans/Mini Naan	Meatloaf/Gravy	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>	Vegetarian Chili <i>Roast Pork/ Gravy</i>	<i>Diced Chicken/ Gravy</i>	Roast Pork/ Gravy <i>Chicken Fingers/Honey Dill Sauce</i>
Total Minced Entrée	Mcd Roast Chicken	Mcd BBQ Pork Rib	Mcd Corned Beef w/ Sauerkraut	Mcd Roast Beef	Mcd Roast Chicken	Mcd Roast Pork	Mcd Chicken Fingers
	Mcd Roast Beef	Mcd Roast Chicken	Mcd Roast Pork	Mcd Roast Chicken	Mcd Roast Beef	Mcd Roast Beef	Mcd Roast Pork
Pureed Entree	Pureed Salmon/ Pasta/ Peas	Pureed Beef Sandwich	Pureed Turkey a la king/ Peas/ Pasta	Pureed Bean Medley/ Rice/ Veg	Pureed Chicken Sandwich	Pureed Beef Stroganoff/ Squash/Potato	Pureed Macaroni & Cheese/ Tomato
	Pureed Roast Chicken	Pureed Roast Pork	Pureed Roast Beef	Pureed Roast Pork	Pureed Roast Beef	Pureed Roast Pork	Pureed Roast Beef
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	Spaghetti/Meat Sauce Turkey Cutlet/Span Sauce	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
Vegetarian	Cheese Sandwich (LOVEG) / Tofu/Rice Pilaf/Peas (meal) (VEGAN) Mcd Veg Curry Pureed Veg Dahl	Baked Beans/ Rice/ Broccoli (meal) Mcd Veg Pasta Primavera Pureed Veg Dahl	Cheese Omelet/Roll (LOVEG) / Tofu/ Rice Pilaf/ Peas (meal) (VEGAN) Mcd Veg Stew Pureed Veg Dahl	Baked Beans/Mini Naan (LOVEG) / Vegan Omelet (VEGAN) Mcd Veg Curry Pureed Bean Medley/Rice/Veg	Vegetarian Chili Mcd Veg Pasta Primavera Pureed Veg Dahl	Vegetable Samosa Mcd Veg Stew Pureed Veg Curry	Tofu/ Rice Pilaf/ Peas (meal) Mcd Veg Curry Pureed Macaroni & Cheese/Tomato
Starch	Roasted Wedge Potato Mashed Potato	Mashed Potato	Rice	Mashed Potato	Rice	Diced Potato Mashed Potato	French Fries Mashed Potato
Hot Vegetable	Mixed Vegetables (Mcd Brussels Sprouts) Brussels Sprouts Pureed Broccoli	Peas Broccoli Pureed Spinach	Brussels Sprouts Pureed Carrots	Peas & Carrots Diced Squash Pureed Squash	Broccoli Pureed Carrots	Sliced Carrots Peas & Zucchini (Mcd Peas) Pureed Spinach	Diced Squash Pureed Squash
Dessert	Oreo Cookies Cinnamon Croissant	Strawberry Cookie Chocolate Pudding	Tapioca Pudding (GF Snickerdoodle Cookie) Peach Applesauce	Yogurt Vanilla Ice Cream	Wild Blueberries Digestive Cookies	Oatmeal Raisin Cookie Shortcake Cookie	Diced Peaches Butterscotch Pudding
Controlled Carbohydrate Dessert	Cinnamon Croissant Pineapple Tidbits	Strawberry Cookie Chocolate Pudding	Tapioca Pudding Peach Applesauce	Yogurt Vanilla Ice Cream	Wild Blueberries Digestive Cookies	Shortcake Cookie Pomegranate Applesauce	Diced Peaches Butterscotch Pudding
Pureed Dessert	Yogurt Strawberry Kiwi Applesauce	Chocolate Pudding Yogurt	Peach Applesauce Applesauce	Yogurt Vanilla Ice Cream	Vanilla Ice Cream Applesauce	Pomegranate Applesauce Yogurt	Peach Applesauce Butterscotch Pudding
Fresh Fruit	Fresh Orange Wedges	Fresh Grapes	Fresh Apple Slices	Fresh Grapes	Wild Blueberries	Fresh Orange Wedges	Fresh Grapes

Dianna 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	Vegetable	Cream of Cauliflower
Soup	Minestrone	Cream of Asparagus	Vegetable	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	Fresh Cucumber Slices	-	Coleslaw Tomato Cocktail	-
Entrée 1	Shaved Steak/ Gravy	Chicken Leg	Honey Garlic Meatballs	Chicken Shawarma	Beef and Cabbage Casserole	Sweet & Sour Chicken	Beef Stew
Entrée 2	Honey Garlic Chicken/ Rice	Tourtiere	Roast Pork/ Applesauce	Meatloaf/ Marinara	Grilled Chicken Breast/Gravy	Pulled Pork	Western Omelet
Entree 3	<i>Beef Strips/Gravy</i>	<i>Baked Salmon</i>	<i>Beef Strips/Gravy</i>	<i>Herb Chicken Thigh</i>	<i>Baked Salmon</i>	<i>Beef Strips/Gravy</i>	<i>Herb Chicken Thigh</i>
Total Minced Entrée	Mcd Roast Beef Mcd Roast Pork	Mcd Roast Chicken Mcd Roast Beef	Mcd Honey Garlic Meatballs Mcd Roast Beef	Mcd Chicken Shawarma Mcd Roast Pork	Mcd Roast Turkey/Gravy Mcd Roast Pork	Mcd Pulled Pork Mcd Roast Chicken	Mcd Beef Stew Mcd Roast Chicken
Pureed Entree	Pureed Roast Pork Pureed Roast Chicken/ Garlic Bread	Pureed Spaghetti/ Garlic Bread Pureed Roast Beef	Pureed Macaroni & Cheese/ Tomato Pureed Roast Pork	Pureed Roast Chicken/ Garlic Bread Pureed Roast Beef	Pureed BBQ Pork/ Green Beans/ Potato Pureed Veg Lasagna	Pureed Vegetarian Dahl Pureed Roast Beef	Pureed Roast Beef Pureed Spaghetti/ Garlic Bread
Kosher	Chicken Teriyaki Beef Stew	Beef Stew Breaded Whitefish	Turkey Cutlet/ Span Sauce Spaghetti/Meat Sauce	Breaded Whitefish Roast Beef	Spaghetti/Meat Sauce Turkey Cutlet/ Span Sauce	Roast Turkey Beef Stew	Breaded Whitefish Chicken Teriyaki
Vegetarian	Chickpeas/ Rice/ SI Carrots (meal) Mcd Veg Stew Pureed Veg Curry	Vegetable Samosa Mcd Veg Curry Pureed Veg Dahl	Beans & Marinara/ Fusilli/ Zucchini (meal) Mcd Veg Pasta Primavera Pureed Macaroni & Cheese/Tomato	Baked Beans/ Rice/Broccoli Mcd Veg Stew Pureed Veg Curry	Chickpeas / Rice/ SI Carrots (meal) Mcd Veg Curry Pureed Veg Lasagna	Beans & Marinara / Fusilli/ Zucchini (meal) Mcd Veg Pasta Primavera Pureed Veg Dahl	Veg Meatball/Grvy/ ND Mashed Pot /Mixed Veg (meal) Mcd Veg Stew Pureed Veg Curry

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 Mashed Potato	Rice Pilaf Mashed Potato	Perogies/ Sour Cream Rice	Rice Mashed Potato	Diced Potato Mashed Potato
Hot Vegetable	Fajita Mix (Mcd Cauliflower) Cauliflower Pureed Squash	Diced Squash Pureed Carrots	Broccoli Mixed Vegetables Pureed Broccoli	Zucchini (Mcd Sliced Carrots) Sliced Carrots Pureed Spinach	Brussels Sprouts Peas & Squash Pureed Squash	Cauliflower Sliced Carrots Pureed Broccoli	Broccoli Pureed Carrots
Dessert	Diced Peaches Digestive Cookies	Smooth Lemon Cottage Cheese Mandarin Oranges	Puffed Wheat Square (GF Brownie) Blueberry Applesauce	Double Chocolate Cookie (GF Chocolate Chip Cookie) Diced Peaches	Tiramisu Cake Pineapple Tidbits	Crispy Rice Square Fresh Fruit Mix	Bundt Cake (GF Snickerdoodle Cookie) Strawberry Ice Cream (Chocolate)
Controlled Carbohydrate Dessert	Diced Peaches Digestive Cookies	Smooth Lemon Cottage Cheese Mandarin Oranges	Blueberry Applesauce Yogurt	Diced Peaches Shortcake Cookie	Tiramisu Cake Pineapple Tidbits	Fresh Fruit Mix Cinnamon Croissant	Bundt Cake Strawberry Ice Cream (Chocolate)
Pureed Dessert	Peach Applesauce Banana Pudding	Smooth Lemon Cottage Cheese Strawberry Kiwi Applesauce	Blueberry Applesauce Vanilla Pudding	Peach Applesauce Ice Cream	Chocolate Pudding Strawberry Kiwi Applesauce	Pureed Carrot Cake Bread Pudding Orange Sherbet	Strawberry Ice Cream (Chocolate) Strawberry Kiwi Applesauce
Fresh Fruit	Fresh Orange Wedges	Fresh Apple Slices	Fresh Grapes	Fresh Orange Wedges	Fresh Apple Slices	Fresh Grapes	Fresh Apple Slices