

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	Fresh Apple Slices	Fresh Orange Wedges	Fresh Fruit Mix	Wild Blueberries	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 Cubes	Bacon Egg Patty	Boiled Egg Cheddar Cheese Cubes	Back Bacon Cheese Omelet	Cheddar Cheese Cubes Yogurt	Sausage Links Boiled Egg
Pureed Entree	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Egg/ Toast	Pureed Bacon Pureed Egg/ Tst	Pureed Egg/ Toast	Pureed Sausage Pureed Egg/ Toast
Starch	Diced Potato Apple Strawberry Muffin White Roll	Potato Roll Blueberry Muffin WW Roll	Belgian Waffle Cranberry Orange Muffin White Roll	Carrot Cinnamon Muffin WW Roll Apple Strawberry Muffin	Hashbrown Sticks Pumpkin Muffin White Roll	Banana Loaf WW Roll Flax Muffin	Cinnamon French Toast Cranberry Orange Muffin White Roll
Pureed Starch	Puree French Toast/ Syrup	—	W.W Bread Puree	—	W.W Bread Puree	—	W.W Bread Puree
Jam/ Jelly/ Syrup	Marmalade Raspberry Jam Grape Spread	Margarine Grape Jelly Orange Spread	Syrup/Low Cal Syrup Raspberry Jam Grape Spread	Margarine Strawberry Jam Orange Spread	Grape Jelly Strawberry Spread	Margarine Raspberry Jam Orange Spread	Syrup/Low Cal Syrup Marmalade Grape Spread

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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
Salad	Bread & Butter Pickles	Macaroni Salad	Coleslaw Tomato Juice	Pickled Beets	—	Kale Salad	
Entrée 1	BBQ Pork Rib	Roasted Chicken/Gravy	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	Turkey Sandwich	Salmon Salad Sandwich	Macaroni & Cheese	Grilled Chicken Breast	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>	Black Bean Patty (Vegetarian) <i>Chicken Fingers/ Honey Dill Sauce</i>	Vegetarian Chili <i>Roast Pork/ Gravy</i>	<i>Diced Chicken/ Gravy</i>	<i>Chicken Fingers/ Honey Dill Sauce</i>
Minced Entrée	Minced BBQ Pork Rib Minced Roast Chicken	Minced Roast Chicken Minced Roast Beef	Macaroni & Cheese Minced Roast Pork	Minced Roast Beef Minced Roast Chicken	Mediterranean Haddock (Soft/Mcd only) Minced Roast Chicken	Mcd Roast Pork Minced Roast Beef	Minced Chicken Fingers Minced 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	Turkey 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)	Egg Salad 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	Roasted Root Vegetables Mashed Potato	Mashed Potato	Roasted Wedge Potato	Rice	Mashed Potato	French Fries
Hot Vegetable	Niblet Corn Peas Pureed Broccoli	Green/Wax Beans Broccoli Pureed Spinach	Peas Zucchini Pureed Carrots	Peas & Carrots Diced Squash Pureed Squash	Sliced Carrots Niblet Corn Pureed Carrots	Broccoli Peas & Carrots Pureed Spinach	Niblet Corn 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

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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
Entrée 1	Shaved Steak/ Gravy	Tourtiere	Chicken Cutlet	Multigrain Breaded Pollock	Beef and Cabbage Casserole	Sweet & Sour Chicken	Beef Stew
Entrée 2	Honey Garlic Chicken/ Rice	Beef & Pasta Bake	Roast Pork/ Gravy	Meatloaf/ Marinara	Roast Turkey/ Gravy	Pulled Pork	Western Omelet
Entree 3	<i>Salisbury Steak/ Gravy Herb Chicken Thigh</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	Minced Roast Beef Mcd Roast Pork	Minced Roast Pork Mcd Roast Chicken	Mcd Roast Chicken Mcd Roast Pork	Minced Meatloaf/ Gravy Minced Roast Chicken	Mcd Roast Turkey/Gravy Minced Roast Beef	Minced Roast Pork Mcd Roast Beef	Minced Beef Stew Minced 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

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SUPPER (page2)							
	Monday-015	Tuesday-016	Wednesday-017	Thursday-018	Friday-019	Saturday-020	Sunday-021
Starch	Mashed Potato Rice	Mashed Potato	Pasta/Alfredo Sauce Steamed Cut Potatoes	Rice Pilaf Mashed Potato	Perogies/ Sour Cream Rice	Rice Mashed Potato	Diced Potato Mashed Potato
Hot Vegetable	Sliced Carrots Cauliflower Pureed Squash	Diced Squash Brussels Sprouts Pureed Carrots	Broccoli Green/Wax Beans Pureed Broccoli	Cauliflower Sliced Carrots Pureed Spinach	Zucchini Diced Beets Pureed Squash	Brussels Sprouts Sliced Carrots Pureed Broccoli	Peas & Carrots Green/Wax Beans Pureed Carrots
Dessert	Diced Peaches Digestive Cookies	Mandarin Oranges Rice Pudding	Tiramisu Cake Blueberry Applesauce	Double Chocolate Cookie Diced Peaches	Napoleon Pastry 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	Tiramisu Cake Blueberry Applesauce	Diced Peaches Shortcake Cookie	Pineapple Tidbits Chocolate Pudding	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 Kiwi Applesauce Pears (F)
Fresh Fruit	Fresh Orange Wedges	Fresh Apple Slices	Grapes	Fresh Orange Wedges	Fresh Apple Slices	Grapes	Fresh Apple Slices