

SPRING/ SUMMER MENU - WEEK -1-

Sunday Day 1	Monday Day 2	Tuesday Day 3	Wednesday Day 4	Thursday Day 5	Friday Day 6	Saturday Day 7
BREAKFAST						
Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Raisin Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal
LUNCH						
Cream of Carrot Soup Belgian Waffle with Blueberry Sauce Bacon Fruit Cocktail Puree: Fruit Cocktail	Green Pea Soup Turkey Pot Pie Tossed Salad Diced Pears Puree: Pear	Butternut Squash Soup Egg Salad Sandwich Coleslaw Watermelon Puree: Applesauce	Minestrone Soup Chicken Pizza Caesar Salad Diced Peach Puree: Peach	Cream of Mushroom Cottage Cheese & Cantaloupe/Honeydew Fruit Plate/ Muffin Vanilla Pudding	Broccoli Soup Roast Beef & Swiss Sandwich Pickled Beets Apricots Puree: Applesauce	Tomato Rice Soup Mac and Cheese Tossed Salad Mandarin Oranges Puree: Pear
Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand
Veg: Curry	Veg: Dahl	Veg: Same	Veg: Pizza	Veg: Same	Veg: Chana Masala	Veg: Same
Minced: Chicken	Minced: Turkey	Minced: Scrambled Egg	Minced: Chicken	Minced: Same	Minced: Beef	Minced: Same
Puree: Chicken	Puree: Turkey	Puree: Scrambled Egg	Puree: Chicken	Puree: Cottage Cheese	Puree: Beef	Puree: Mac Cheese
DINNER						
Spaghetti Meat Sauce Tossed Salad or Carrots Diced Lemon Meringue Pie Puree: Lemon Pudding	Pork Cutlet with Gravy Sweet Potatoes Chopped Spinach or Parsnip Diced Vanilla Caramel Cake Puree: Vanilla Pudding	Lemon Herb Fish Rice Pilaf Broccoli or Green Beans Cheesecake Fruit Sauce Puree:	Shepherd's Pie Four Mixed Vegetable or Italian Mixed Veg Brownie Puree: Choc Pudding	Chicken Cacciatore Egg Noodles Zucchini or Carrots Diced Strawberry Ice Cream Puree: Thick Ice Cream	Teriyaki Salmon Rice Squash Diced or California Veg Mix Fruit Strudel Puree: Pear	BBQ Pork Rib Mashed Potatoes Green Bean or Wax Beans Strawberry Shortcake Puree: Strawberry Pudding
Alt: Chicken	Alt: Meatballs	Alt: Chicken Strips	Alt: Breaded Fish	Alt: Fish	Alt: Meatballs	Alt: Chicken Nuggets
Veg: Pasta	Veg: Dahl	Veg: Curry	Veg: Veg Nugget	Veg: Veg Burger	Veg: Chana Masala	Veg: Curry
Minced: Beef	Minced: Pork	Minced: Fish	Minced: Beef	Minced: Chicken	Minced: Salmon	Minced: Pork
Pureed: Beef	Pureed: Pork	Pureed: Fish	Pureed: Beef	Pureed: Chicken	Pureed: Salmon	Pureed: Pork

Milk and juice served at all meals, and available in all communal fridges. Yogurt available at all meals, PM and HS. Sandwiches available at lunch, dinner, PM and HS. Congee available at lunch and dinner daily. Crackers with soup available at lunch. Cookies or fresh baked goods available at PM and HS. Pureed bread available at all meals, PM and HS. Fruits available at all meals, PM and after dinner. Coffee, tea, water served at all meals and PM. Hot choc served at HS.

SPRING/ SUMMER MENU - WEEK -2-

Sunday Day 8	Monday Day 9	Tuesday Day 10	Wednesday Day 11	Thursday Day 12	Friday Day 13	Saturday Day 14
BREAKFAST						
Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Raisin Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal
LUNCH						
Split Pea Soup French Toast w/Syrup Breakfast Sausage Diced Peach Puree: Peach	Vegetable Soup Chicken Burger Carrot Raisin Salad Watermelon Puree: Applesauce	Cream of Broccoli Soup Crab Salad Croissant Cucumber Salad Apricot Halves Puree: Pear	Chicken and Rice Soup Vegetarian Quiche Three Bean Salad Mango Chunks Puree: applesauce	Squash Soup Salmon Salad Sand Tossed Salad Diced Pear Puree: Pear	Chicken Noodle Soup Chili Con Carne Corn Bread Toss Salad ½ Banana Puree: Banana Pudding	Crn of Mushroom Soup Beef Pie with Gravy Peas and Carrots Fruit Cocktail Puree: Fruit Cocktail
Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand
Veg: Dahl	Veg: Veg Burger	Veg: Curry	Veg: Same	Veg: Chana Masala	Veg: Chili	Veg: Curry
Minced: Egg	Minced: Chicken	Minced: Fish	Minced: Scrambled Eggs	Minced: Salmon	Minced: Beef	Minced: Beef
Puree: Egg	Puree: Chicken	Puree: Fish	Puree: Scrambled Eggs	Puree: Salmon	Puree: Beef	Puree: Beef
DINNER						
Maryland Chicken Gravy Potato Salad Dinner Roll Broccoli or Four Mix Veg Cherry Tart Puree: Cherry Mousse	Baked Salmon with Lemon Sauce Rice Pilaf Chopped Spinach or Diced Squash Vanilla Ice Cream Puree: Thick Ice Cream	Pork Chop with Mushroom Sauce Mashed Potato Diced Beets or Carrots Orange Cake Puree: Lemon Pudding	Lasagna Caesar Salad or Broccoli Chocolate Cream Pie Puree: Choc Pudding	BBQ Chicken Thigh Baked Potato Sour Cream Zucchini or Broccoli Rice Pudding Puree: Vanilla Pudding	Breaded Sole with Tartar Sauce Parslied Potatoes Carrots or Peas Bread Pudding Puree: Custard	Greek Chicken Rice Pilaf Greek Salads or Squash Vanilla Caramel Cake Puree: Vanilla Pudding
Alt: Breaded Fish	Alt: Chicken Burger	Alt: Meatballs	Alt: Cod Nuggets	Alt: Fish	Alt: Meatballs	Alt: Chicken Nuggets
Veg: Curry	Veg: Dahl	Veg: Curry	Veg: Veg Pasta	Veg: Veg Burger	Veg: Chana Masala	Veg: Curry
Minced: Chicken	Minced: Fish	Minced: Pork	Minced: Beef	Minced: Chicken	Minced: Salmon	Minced: Chicken
Pureed: Chicken	Pureed: Fish	Pureed: Pork	Pureed: Beef	Pureed: Chicken	Pureed: Salmon	Pureed: Chicken

Milk and juice served at all meals, and available in all communal fridges. Yogurt available at all meals, PM and HS. Sandwiches available at lunch, dinner, PM and HS. Congee available at lunch and dinner daily. Crackers with soup available at lunch. Cookies or fresh baked goods available at PM and HS. Pureed bread available at all meals, PM and HS. Fruits available at all meals, PM and after dinner. Coffee, tea, water served at all meals and PM. Hot choc served at HS.

SPRING/ SUMMER MENU - WEEK -3-

Sunday Day 15	Monday Day 16	Tuesday Day 17	Wednesday Day 18	Thursday Day 19	Friday Day 20	Saturday Day 21
BREAKFAST						
Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Raisin Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal
LUNCH						
Cream of Celery Soup Waffles with Blueberry Sauce 2 SI Bacon Pineapple Tidbits Puree: Pear	Cream of Spinach Soup Shrimp Croissant Tossed Salad Watermelon Puree: applesauce	Baked Squash Soup Grilled Cheese SW Cucumber & Tomato Salad ½ Banana Puree: Banana Pudding	Beef Barley Soup Chicken Strips Tater Tots Caesar Salad Apricot Halves Puree: Fruit Cocktail	Clam Chowder Fish Burger Coleslaw Cantaloupe Puree: Pear	Egg Swirl Corn Soup Chicken Vegetable Chow Mein Peaches Puree: Peaches	Chicken Noodle Soup Turkey Sandwich Pickled Beets Mango Diced Puree: Fruit Cocktail
Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand
Veg: Curry	Veg: Same	Veg: Same	Veg: Veg Nugget	Veg: Veg Burger	Veg: Chana Masala	Veg: Curry
Minced: Scrambled Eggs Puree: Scrambled Eggs	Minced: Cottage Cheese Puree: Cottage Cheese	Minced: Pork Puree: Pork	Minced: Chicken Puree: Chicken	Minced: Fish Puree: Fish	Minced: Chicken Puree: Chicken	Minced: Turkey Puree: Turkey
DINNER						
Roast Pork Loin Gravy Mashed Sweet Potato Green Bean or Carrots Carrot Cake Puree: Vanilla Pudding	Beef Stroganoff Herbed Noodles Squash or Peas Maple Chocolate Cake Puree: Choc Pudding	Turkey Schnitzel Mashed Potato Zucchini or Carrots Strawberry Short Cake Puree: Strawberry Pudding	Spaghetti with Meat Sauce Caesar Salad or Italian Mix Homemade Lemon Square Puree: Tangerine Mousse	Rosemary Chicken Baked Potato Sour Cream Broccoli or Diced Parsnip Apple Crisp Puree: Applesauce	Baked Salmon with Dill Sauce Rice Pilaf Chopped Spinach or Italian Mix Strawberry Mousse	Veal Cutlet with Gravy Mashed Potato Four Mix Vegetable or Diced Carrots Apple Strudel Puree: Applesauce
Alt: Salisbury Steak	Alt: Chicken Pie	Alt: Fish	Alt: Chicken Strips	Alt: Fish	Alt: Salisbury Steak	Alt: Chicken Nuggets
Veg: Curry	Veg: Dahl	Veg: Curry	Veg: Veg Nugget	Veg: Veg Burger	Veg: Chana Masala	Veg: Curry
Minced: Pork Pureed: Pork	Minced: Beef Pureed: Beef	Minced: Turkey Pureed: Turkey	Minced: Beef Pureed: Beef	Minced: Chicken Pureed: Chicken	Minced: Salmon Pureed: Salmon	Minced: Beef Pureed: Beef

Milk and juice served at all meals, and available in all communal fridges. Yogurt available at all meals, PM and HS. Sandwiches available at lunch, dinner, PM and HS. Congee available at lunch and dinner daily. Crackers with soup available at lunch. Cookies or fresh baked goods available at PM and HS. Pureed bread available at all meals, PM and HS. Fruits available at all meals, PM and after dinner. Coffee, tea, water served at all meals and PM. Hot choc served at HS.

SPRING/ SUMMER MENU - WEEK -4-

Sunday Day 22	Monday Day 23	Tuesday Day 24	Wednesday Day 25	Thursday Day 26	Friday Day 27	Saturday Day 28
BREAKFAST						
Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Raisin Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal	Oatmeal/Cr of Wheat Boiled Egg/Scr Egg Buttered Toast Stewed Prunes ALT: Cold Cereal
LUNCH						
Broccoli Soup Pancakes with Syrup and Breakfast Sausage Tropical Fruit Puree: Tropical Fruit	Potato Leek Soup Cheeseburger Toss Salad Mango Chunks Puree: peach	Cream of Asparagus Soup Chicken Salad Plate (Corn Salad, Tomato Slice) Dinner Roll Apricots Puree: Pear	Corn Chowder Fish and Chips Tartar Sauce Coleslaw Pineapple Tidbits Puree: Peaches	Yellow Pea Soup Vegetarian Pizza Toss Salad Fruit Cocktail Puree: Fruit Cocktail	Cream of Carrot Soup Ham Sandwich Rotini Pasta Salad Cantaloupe Diced Puree: Applesauce	Chicken Vegetable Soup Macaroni Beef Casserole Toss Salad Mandarin Sections Puree: Pear
Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand	Alt: Assort Sand
Veg: Curry	Veg: Veg Burger	Veg: Curry	Veg: Veg Nugget	Veg: Same	Veg: Chana Masala	Veg: Curry
Minced: Egg	Minced: Beef	Minced: Chicken	Minced: Fish	Minced: Chicken	Minced: Pork	Minced: Beef
Puree: Egg	Puree: Beef	Puree: Chicken	Puree: Fish	Puree: Chicken	Puree: Pork	Puree: Beef
DINNER						
Cold Plate Sliced Ham and Cheese Potato Salad and Carrot Raisin Salad Dinner Roll Broken Glass Jell-O Puree: Jell-O	Orange Chicken Rice Green Beans or Cauliflower Ice Cream Puree: Ice Cream	Salisbury Steak w/ Mushroom Gravy Baked Potato Brussels Sprouts or Squash Apple Pie Puree: Applesauce	Sweet & Sour Pork Rice Diced Carrots or alternate veg Rice Pudding Puree: Vanilla Pudding	Beef Sausage Onion Gravy Mashed Potatoes Diced Beets or Diced Carrots Carrot Cake Puree: Applesauce	Lemon Herb Fish Parslied Potatoes Broccoli or Sunrise Blend Lemon Tart Puree: Lemon Pudding	Lemon Baked Chicken Rice Pilaf Peas or Italian Mix Mango Pudding
Alt: Cod Nugget	Alt: Meatballs	Alt: Chicken Strips	Alt: Fish	Alt: Chicken Pot Pie	Alt: Meatballs	Alt: Fish
Veg: Curry	Veg: Dahl	Veg: Curry	Veg: Veg Nugget	Veg: Veg Burger	Veg: Chana Masala	Veg: Curry
Minced: Pork	Minced: Chicken	Minced: Beef	Minced: Pork	Minced: Beef	Minced: Fish	Minced: Chicken
Pureed: Pork	Pureed: Chicken	Pureed: Beef	Pureed: Pork	Pureed: Beef	Pureed: Fish	Pureed: Chicken

Milk and juice served at all meals, and available in all communal fridges. Yogurt available at all meals, PM and HS. Sandwiches available at lunch, dinner, PM and HS. Congee available at lunch and dinner daily. Crackers with soup available at lunch. Cookies or fresh baked goods available at PM and HS. Pureed bread available at all meals, PM and HS. Fruits available at all meals, PM and after dinner. Coffee, tea, water served at all meals and PM. Hot choc served at HS.