

# WINTER MENU 2008--2009

## WEEK AT A GLANCE

Week 1 of 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>						
<b>6 OZ OF WATER, MILK, TEA, COFFEE, ASSORTED GRAIN BREAD, JAMS, PEANUT BUTTER, CHEESE , EGGS MARGARINE AND BUTTER ARE PROVIDED AT EVERY BREAKFAST</b>						
Assorted Juices or Prunes Cream of Wheat or Asst Cold Cereals Cheddar Cheese or Poached Eggs Choice of Toast or Blueberry Muffin	Assorted Juices or Orange Slices Oatmeal or Asst Cold Cereals Scrambled Egg or Peanut Butter Raisin Bread or Choice of Toast	Assorted Juices or Pear Wedges Cream of Wheat or Asst Cold Cereal Yogurt or Cheddar Cheese Toasted English Muffin or Choice of Toast	Assorted Juices or Fruit Cup Oatmeal cereal or Asst Cold Cereals Poached Egg or Cream Cheese Bagels or Choice of Toast	Assorted Juices or Bananas Cream of Wheat or Asst Cold Cereals Yogurt or Cottage Cheese Bran Muffin or Choice of Toast	Assorted Juices or Prunes Oatmeal Cereal or Asst Cold Cereals Scrambled Eggs or Peanut Butter Danish or Choice of Toast	Assorted Juices or Diced Melons Cream of Wheat or Asst Cold Cereals Boiled Egg Bacon Carrot Muffin or Choice of Toast
<b>MAIN MEAL</b>						
V-8 or Harvest Vegetable Soup Coleslaw  Salmon Pie or BBQ Sausage Patty  Boiled Potatoes  Baked Squash or Cauliflower  French Cream Cheese Cake/Sauce or Diced Peaches	Pineapple Orange Juice or Tomato Vegetable Soup Spinach & Orange Salad  Roast Chicken/Stuffing or Swedish Meatballs  Mashed Potatoes  Cream Corn or PEI Mix Vegetables  Mixed Berries or Vanilla Pudding	Grape Drink or Scotch Broth Soup Lettuce & Shredded Carrot  Sweet & Sour Pork or Swiss Steak Corn Bread  Rice  Scandinavian Mixed Veg Sliced Beets  Blueberry Peach Crisp Or Pineapple	Raspberry Drink or Turkey Rice Soup Caesar Salad  Baked Fish/Lemon Sauce Veal/Mushrooms/Peppers  Baked Potatoes  Asparagus or Yellow Beans  Banana Split Cherries	Peach Drink or Chicken Vegetable Soup Garden Salad  Oktoberfest Sausage/Sauerkraut Or Beef Stroganoff  Buttered Noodles  5 Blend Mix Vegetable or Julienne Carrots  Custard/Warm Carmel Sauce or Diced Pears	Fruit Punch or Minestrone Soup Tossed Salad  Pork Drummies Or Tortellini Garlic Bread  Mashed Potatoes  Succotash Or Whole Green Beans  Stewed Rhubarb/cookie or Lemon Mousse/Cookie	V-8 Juice or Country Vegetable Mediterranean Salad  Roast Beef/Yorkshire Or Cottage Roll/Mustard  Sweet Potato  Squash or Parslied Cauliflower  Raisin Pie/Ice Cream or Fruit Salad
<b>LIGHT MEAL</b>						
Pineapple Juice or Chicken Gumbo Soup <b>Cream of Carrot Soup</b>  Mac & Cheese or Toasted Western SW  Wax Beans or Salad Greens  Baked Apple or Fruit Yogurt Cookie	Apple Juice or Garden Vegetable Soup <b>Cream of Celery Soup</b>  Corned Beef Hash & or Sliced Turkey Sandwich  Garden Mixed Vegetables or Chef Salad  Tapioca or Fruit Cocktail	Fruit Punch or Vegetable Bee/Barley <b>Cr Of Mushroom/Onion</b>  Hamburger/Condiments Or Veg Chili/Roll  Seasoned Zucchini or Lettuce Leaves/Tomato  Pumpkin Squares or Apricot	Grape Drink or French Canadian Pea Soup <b>Cream of Tomato</b>  Chicken A La King/Puff Pastry Or Mini Subs  Carrot/Celery Sticks Winter Mix Vegetable or  Lime Pear Dessert or Diced Melon	Tomato Juice or Vegetable Soup <b>Cream of Potato</b>  Cream Salmon/Toast Pastrami on Rye S/W  Italian Mixed Vegetables or House Salad  Date Square or Mixed Fruit	Raspberry Drink or Bean & Bacon Soup <b>Cream of Broccoli Soup</b>  French Toast/Syrup/Ham /Or Grilled Chicken Salad/Roll  Peas or Mixed Green Salad  Éclairs or Mandarin Oranges	Pineapple Orange Juice or Italian Tomato Soup <b>Cream of Cauliflower Soup</b>  Fruit /Cottage Cheese /Jello Cold Plate / Fruit Bread Or Hot Turkey Sandwich  Parsnip or Peach Half/Cream Cheese  Strawberries //Cookie or Yogurt/Cookie

**6 OZ OF WATER, TEA, COFFEE, MILK, ASSORTED GRAIN BREADS, PEANUT BUTTER, CHEESE, CRACKERS, BUTTER OR MARGARINE ARE PROVIDED AT EVERY MEAL**

# WINTER MENU 2008--2009

## WEEK AT A GLANCE

Week 2 of 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>						
<b>6 OZ OF WATER, MILK, TEA, COFFEE, ASSORTED GRAIN BREAD, JAMS, PEANUT BUTTER, CHEESE ,EGGS, MARGARINE AND BUTTER ARE PROVIDED AT EVERY BREAKFAST</b>						
Assorted Juices or Prunes Oatmeal or Asst Cold Cereals Bagel/Cream Cheese or Peanut Butter Choice of Toast	Assorted Juices or Orange Sections Cream of Wheat or Asst Cold Cereals Yogurt or Boiled Egg Oatmeal Apple Muffin Choice of Toast	Assorted Juices or Bananas Oatmeal or Asst Cold Cereal Scrambled Egg or Cheddar Cheese Choice of Toast or Raisin Toast	Assorted Juices or Applesauce Cream of Wheat or Asst Cold Cereals Yogurt or Peanut Butter Blueberry Muffin Choice of Toast	Assorted Juices or Bananas Oatmeal or Asst Cold Cereals Poached Egg or Peanut Butter English Muffin or Choice of Toast	Assorted Juices or Pears Cream of Wheat or Asst Cold Cereals Cottage Cheese or Poached Eggs Bran Muffins Choice of Toast	Assorted Juices or Fruit Cup Oatmeal or Asst Cold Cereals Bacon & Egg Choice of Toast or Raisin Bread
<b>MAIN MEAL</b>						
Grape Juice or Tomato Penne Soup Greek Salad  Lemon Asparagus Chicken or Pork Ribettes  Rice  Peaches & Cream Corn or Turnip  Buttermilk Cake or Sliced Peaches	Fruit Punch or Vegetable Florentine Soup Mixed Green Salad  Meatloaf/Chili Sauce Roast Lamb Mint Jelly  Boiled Potato  Green Beans & Mushroom Fancy Mixed Vegetable  Rice Pudding Or Pineapple	Pineapple Juice or Spring Vegetable Soup Chef Salad  Pot Roast/Gravy or Grilled Sausage/Sauerkraut  Mashed Potatoes  Carrots or Spinach  Banana Cream Pie or Apricots	Tomato Juice or Mediterranean Chicken Soup Tossed Salad  Salisbury Steak Stuffed Salmon  Baked Potato/Sour Cream  Baked Squash Or Wax Beans  Butter Tart Diced Peaches	Peach Drink or Chicken Vegetable Soup Coleslaw  Glaze Ham Steak Or Liver/Onions/Gravy  Mashed Potato  Cream Corn or Lima Beans  Ice Cream or Fruit Cocktail	Raspberry Drink or Chicken Noodle Soup Caesar Salad  Chicken Cacciatore Or Sweet & Sour Meatballs  Noodles  Italian Mix Or Broccoli  Angel Cake / Fruit Sauce Mandarin Oranges	V-8 Juice or Scotch Broth Chef Salad  Roast Beef/Gravy Or Roast Pork/Applesauce  Mashed Potato  Roasted Root Vegetable or Peas  Lemon Meringue Pie or Pineapple Tidbits
<b>LIGHT MEAL</b>						
Apple Juice or Louisiana Chicken Soup Cream of Vegetable Soup  Poached Egg/Bacon/Toast or Salmon on Pumpnickel  California Mixed Veg or Pasta Salad  Warm Fruit Crisp or Pear Halves	V-8 Juice or Cream of Chicken Soup Bean & Bacon Soup  Captain Burger Chicken Salad SW  Lettuce/Tomato or Peas  Ice Cream Sundae or Apple Sauce/Cookie	Peach Juice or Italian Wedding Corn Chowder  Chili/Roll Or Sliced Turkey on Whole Grain/Cranberry Sauce  Garden Salad or Winter Mixed Vegetables  Chocolate Cake or Grapes	Pineapple Orange Juice or Beef Noodle Soup Clam Chowder  Chicken Finger/Potato Salad Or Pastrami on Rye/ Dill Pickle  Stewed Tomatoes or Potato Salad  Strawberry/Rhubarb/Cookie Vanilla Pudding	Grape Juice or Tomato Rotini Soup Cream of Mushroom  Cabbage Roll Casserole Or Grilled Cheese SW  PEI Mixed Vegetable or Garden Salad  Jellied Fruit/Cookie Yogurt/Cookie	Fruit Punch or Beef Vegetable Roasted Red Pepper Soup  Pizza Or or Egg Salad on a Croissant  House Salad or Seasoned Zucchini  Tapioca Pudding or Sliced Banana	Cranberry Juice or French Onion Soup Cream of Cauliflower Soup  Tuna Salad SW Or Weiner/Bean Casserole Cornmeal Muffin  Carrots or Radish & Lettuce Salad Pasta Salad  Frozen Yogurt Diced Pears Mini Muffins

**6 OZ OF WATER, TEA, COFFEE, MILK, ASSORTED GRAIN BREADS, CRACKERS, PEANUT BUTTER, CHEESE, BUTTER OR MARGARINE ARE PROVIDED AT EVERY MEAL**

Revised October/05

**WINTER MENU 2008--2009**

**WEEK AT A GLANCE**

**Week 3 of 4**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>BREAKFAST</b>						
<b>6 OZ OF WATER, MILK, TEA, COFFEE, ASSORTED GRAIN BREAD, JAMS, PEANUT BUTTER, EGGS, CHEESE, MARGARINE AND BUTTER ARE PROVIDED AT EVERY BREAKFAST</b>						
Assorted Juices or Prunes Oatmeal or Asst Cold Cereals Peanut Butter French Toast/Syrup Choice of Toast	Assorted Juices or Orange Wedges Cream of Wheat Cereal or Asst Cold Cereals Scrambled Egg or Bagel Choice of Toast	Assorted Juices or Bananas Oatmeal or Asst Cold Cereal Cottage Cheese or Berry Muffin Choice of Toast	Assorted Juices or Applesauce Cream of Wheat or Asst Cold Cereals Cheddar Cheese or Choice of Toast	Assorted Juices Cream of Wheat or Asst Cold Cereals Yogurt Raisin Bran Muffin Choice of Toast	Assorted Juices or Bananas Oat Bran Cereal or Asst Cold Cereals Poached Eggs Choice of Toast	Assorted Juices o Vita B or Asst Cold Cereals Bacon Boiled Egg Choice of Toast
<b>MAIN MEAL</b>						
Apple Juice or Spring Vegetable Soup Coleslaw  Fish Cake/Lemon/Tartar Beef Pie /Gravy  Lyonnaise Potatoes  Peaches & Cream Corn or Italian Green Beans  Ice Cream or Mixed Berries Cookies	Grape Juice or Lentil & Bell Pepper Soup Shredded Green Salad  Corned Beef/Mustard Sausage/Onion  Boiled Potato  Cabbage or Steamed Carrots  Boston Cream Pie Diced Pears	Pineapple Juice or Spring Vegetable Soup Garden Salad  Honey Garlic Thigh or Roast Veal/Gravy  Mashed Potatoes  Baked Squash Florentine Mixed Vegetable  Caramel Pudding Grapes	Pineapple Orange Juice or Chicken Vegetable Soup Lettuce & Shredded Carrot  Salmon Loaf/Parsley Sauce Ham Steak  Whipped Potatoes  Peas or Niagara Blend Vegetables  Strawberry Crème Cake Mandarin Oranges	Peach Drink or Turkey Rice Soup Mediterranean Salad  Pork Chops /Mushroom Gravy Or Spinach Quiche  Vegetable Fried Rice  Winter Mixed Parsnips  Sherbet or Cherries	Cran Apple Drink or Scotch Broth Soup Chef Salad  BBQ Ribs Or Cheese Tortellini  Mashed Potatoes  Turnip Casserole Or Green Beans  Ambrosia Apricot Halves	Tomato Juice or Mediterranean Chicken Soup Spinach Salad  Peameal Bacon/ Corn Relish Or Roast Beef/Yorkshire  Boiled Potatoes  Asparagus Creamed Onions or  Apple Pie/Cheddar Cheese or Mixed Fruit
<b>LIGHT MEAL</b>						
Pineapple Juice or Chicken Vegetable Soup <b>Cream of Asparagus Soup</b>  Philly Cheese Steak on a Bun or Ham Salad SW  Caesar Salad or Mixed Beans  Butterscotch Pudding or Tropical Fruit Salad	Fruit Punch or French Canadian Pea Soup <b>Cream of Mushroom Soup</b>  Chicken Pie/Dice Potatoes /Gravy Canadian Back Bacon/Bun  5 Way Mixed Vegetable or Cucumber Salad  Baked Apple Slices or Strawberry Mousse	Apple Juice or Tomato Vegetable <b>Cream of Chicken</b>  Mac & Cheese Beef Sandwich  Stewed Tomatoes or Tossed Salad  Orange Mallow Treat or Pineapple Tidbits	Cranberry Juice or Beef Vegetable/Barley Soup <b>Cream of Leek Soup</b>  Pancakes/Syrup /Bacon Or Sliced Turkey S/W  PEI Mixed Veg or Jell-o Salad  Banana Loaf Stewed Rhubarb	Raspberry Juice or Minestrone Soup <b>Cream of Carrot</b>  Ham & Potato Bake Or Tuna Salad Sandwich  Corn or Garden Salad  Vanilla Pudding or Homemade Applesauce Cookie	Pineapple Orange Juice or Chicken Noodle Soup <b>Clam Chowder</b>  Sausage Roll/Honey Mustard Or Mini Subs  Peas or Carrot & Raisin Salad  Sliced Peaches/Mini Muffins Fruit Yogurt	Grape Juice or Vegetable Soup <b>Cream of Celery Soup</b>  Hot Hamburg /Gravy/ Potato Wedges Or Cheese & Fruit Cold Plate/Fruit Bread  Lettuce Leaf/Tomato Slices or Italian Mixed  Lemon Squares or Bananas

**6OZ OF WATER, TEA, COFFEE, MILK, ASSORTED GRAIN BREADS, CRACKERS, PEANUT BUTTER, CHEESE, BUTTER OR MARGARINE ARE PROVIDED AT EVERY MEAL**

Revised October/05

# WINTER MENU 2008

## WEEK AT A GLANCE

Week 4 of 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>						
<b>6 OZ OF WATER, MILK, TEA, COFFEE, ASSORTED GRAIN BREAD, JAMS, PEANUT BUTTER, CHEESE, EGGS, MARGARINE AND BUTTER ARE PROVIDED AT EVERY BREAKFAST</b>						
Assorted Juices Cream of Wheat or Asst Cold Cereals Poached Egg Choice of Toast	Assorted Juices or Prunes Vita B Cereal or Asst Cold Cereals Bagel/Cream Cheese Choice of Toast	Assorted Juices Oatmeal or Asst Cold Cereal Yogurt Blueberry Muffin Choice of Toast	Assorted Juices or Prunes Cream of Wheat or Asst Cold Cereals Scrambled Egg Choice of Toast	Assorted Juices or Bananas Oat Bran or Asst Cold Cereals Cheddar Cheese Raisin Bran Muffin Choice of Toast	Assorted Juices Cream of Wheat Cereal or Asst Cold Cereals Peanut Butter Cinnamon Scone Choice of Toast	Assorted Juices o Oatmeal or Asst Cold Cereals Bacon Choice of Toast
<b>MAIN MEAL</b>						
Peach Juice or Tomato Barley Soup Coleslaw	Raspberry Juice or Vegetable Florentine Soup Romaine & Orange Salad	Grape Juice or Garden Vegetable Soup House Side Salad	V-8 Juice or Tomato Penne Soup Garden Salad	Pineapple Orange Juice or Beef Vegetable Soup Caesar Salad	Apple Juice or French Onion Soup Chef Salad	White Grape Juice or Tomato Tortellini Soup Tossed Salad
Baked Fish/Lemon Sauce or Beef & Veg Stew/ Tea Biscuit	Marinated Pork Loin Shepard Pie/Gravy	Cheese Cannelloni/ or Mini Sizzlers	Salmon Loin Veal Cutlet	Salisbury Steak Or Shrimp Stir Fry	BBQ Chicken Or Cabbage Rolls	Roast Turkey/Stuffing Spinach Ravioli/Rose Sauce
Mashed Potatoes	Mashed Potato	Boiled Potatoes	Roasted Diced Potatoes	Rice	Baked Yams	Mashed Potato
Broccoli or Peas & Carrots	Baked Tomato Green Bean Amandine	Beets or Spinach	Baked Squash or Turnip	Garden Mix or Corn	Niagara Blend Or Peas	Whole Green Beans or Honey Baby Carrots
Angel Cake/Fruit Sauce or Apricots Cookies	Lemon Tart Apple Sauce	Bread Pudding /Sauce Mandarin Oranges	Coconut Crème Square Mixed Berries	Apple Blossoms /Brown Sugar Sauce or Fruit Yogurt	Rice Pudding Fruit Cocktail	Cherry Pie/Ice Cream or Pineapple Tidbits Fruit Salad
<b>LIGHT MEAL</b>						
Fruit Punch or Chicken Rotini Soup <b>Cream of Veg Soup</b>	Cranberry Juice or Roasted Red Pepper Soup <b>Vegetable Soup</b>	Pineapple Juice or Chicken/Rice <b>Cream of Mushroom</b>	Cranberry Apple Juice or Italian Wedding Soup <b>Cream of Asparagus Soup</b>	Peach Juice or Cream of Tomato Soup <b>Bean &amp; Bacon</b>	Tomato Juice or Chicken Gumbo Soup <b>Corn Chowder</b>	Fruit Punch or Beef Noodle Soup <b>Cream of Potato Soup</b>
<b>Vegetarian Chili/Roll</b> Or Egg Salad SW	Tuna Noodle Casserole or Sliced Turkey Sandwich	Hot Dog/Condiments Or Ham Salad SW	Chicken Salad/WW Roll Or Grilled Cheese SW	Pulled Pork on a Bun or Sliced Beef SW	Vegetable Omelet/Toast Or Seafood Salad on a Croissant	Mac And Beef/Bread Stick Or Salmon Sandwich
Mexican Corn or Tossed Salad	Cauliflower or Vegetable Salad	Macaroni Salad or Florentine Mixed	Winter Mixed or Bean Salad	Sliced Carrots or Carrot Salad	Stewed Tomato or Mixed Green Salad	Fancy Blend Vegetables or Tomato Cucumber Slices
Frozen Yogurt or Diced Melon	Tapioca Pudding or Pears	Ice Cream/Cookie or Peaches	Banana Cake Stewed Rhubarb	Chocolate Cream Pie or Sliced Banana	Peach Crisp Pear Halves	Chocolate Pudding or Strawberries Cookie

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