

SV Fall/Winter 2023 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice
Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal
Scrambled Eggs	Crispy Bacon	Assorted Greek Yogurt Cup	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Yogurt & Granola Parfait
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Scrambled Eggs	Crispy Bacon	Assorted Greek Yogurt Cup	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Yogurt & Granola Parfait
White Toast	White Toast	White Toast	Whole Wheat Toast White Toast	White Toast	White Toast	White Toast
LUNCH						
Roasted Red Pepper Soup	Mushroom Wild Rice Soup	Split Pea Soup	Minestrone Soup	Creamy Onion Soup	Cream of Asparagus Soup	Cream Cauliflower Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Chili Con Carne	Perogie Casserole	Beef & Cabbage Casserole	Spanakopita Pie	Tex Mex Chicken Salad Plate	Cheesy Beef Macaroni Casserole	Egg & Cheese on Wheat
Broccoli Salad	Tossed Salad	Heritage Blend Salad	Macaroni Salad	Asian Coleslaw	Tuscan Greens with Dressing	Citrus Couscous Salad
Baked Spiced Pears	Garlic Stick Stewed Rhubarb with Custard	Fresh Pineapple	Chilled Peaches	Fresh Watermelon	CranApple Gel Salad	Fresh Melon
DINNER						
Honey Balsamic Salmon	Guinness Beef Pot Pie	Sausage & Apples	Beef Stir-Fry	Parmesan Herb & Garlic Baked Cod	Pork Souvlaki	Pork Loin w/Mushroom Sauce
Wild & Brown Rice	Mashed Potatoes	Sweet Potatoes	Fluffy Rice	Rosemary Potatoes	Parslied New Potatoes	German Potato Salad
Parsley Carrots	Baked Parmesan Tomato	Roasted Parsnips	Wheat Roll	Sauteed Spinach	Roasted Mixed Peppers	Roasted Butternut Squash
Wheat Roll	Wheat Roll	Wheat Roll	Jammy Shortbread Bar	Wheat Roll	Wheat Roll	Wheat Roll
Berry Trifle	Mini Banana Sundae	Homemade Cinnamon Rice Pudding	Eggplant Parmigiana Casserole	Cherry Crisp	Homemade Chocolate Pudding Cake	Pumpkin Pie
Tuscan Lemon Chicken	Cheese Tortellini wth Alfredo Sauce	Chicken & Mushroom Voloute on Puff Pastry	Garden Salad	Pork Tortiere	White Bean Lentil & Turkey Stew	Pork Loin w/Mushroom Sauce
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