

SV Fall/Winter 2023 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice
High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	Fresh Fruit Salad
Fried Egg	Pork Sausage Pattie	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Cottage Cheese	High Fibre Cream of Wheat
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat English Muffin	Whole Wheat Toast	Peanut Butter
Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Raisin Toast
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Apple Juice
Fried Egg	Pork Sausage Pattie	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Cottage Cheese	Fresh Fruit Salad
White Toast	White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	Assorted Cold Cereal
				White Toast		Peanut Butter
						White Toast
						Whole Wheat Toast
LUNCH						
Carrot Ginger Soup	Vegetable Soup	Lemon Lentil Soup	Beef & Noodle Soup	Cream of Mushroom Soup	Tuscan Bean & Vegetable Soup	Potato & Cabbage Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Roasted Red Pepper Pizza	Spinach & Feta Quiche	Pulled BBQ Beef on Wheat	Cilantro Lime Shrimp Salad	Chicken Leek Egg Noodle	Unsalted Crackers	Eggs Benedict with
Tomato Cucumber Salad	Cabbage & Apple Salad	Red Beet Citrus Salad	Cranberry & Pecan Mixed Salad	Spiced Carrot & Parsnip Salad	Grilled Salmon & Asparagus Salad	Peameal
Stewed Rhubarb & Berries	Mandarin Dream Gelatin	Wheat Roll	Wheat Roll	Chilled Cherries	Caesar Salad	Hollandaise Sauce
		Mixed Berries & Topping	Chilled Apricots		Wheat Roll	Zesty Citrus Spinach Salad
					Strawberries	Fruit Cocktail
DINNER						
Beef Ragout	Coq au Vin	Garlic Shrimp	Cheese & Spinach Cannelloni	Beef Biscuit Bake	Turkey Scallopini	Homemade Roast Beef
Buttered Penne	Chives & Sour Cream Mashed Potatoes	Boiled Potatoes	Potato Pancakes	French Fries	Herb Roasted Potatoes	Brown Gravy
Savory Caesar Brussels Sprouts	Fresh Green Beans	Sugar Snap Peas	Heirloom Carrots	Confetti Coleslaw	Fresh Diced Beets	Garlic Mashed Potatoes
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Fresh Broccoli Florets
Cran-Apple Cobbler	Spiced Bread Pudding	Brownie Pudding Cake	Oatmeal Cookie	Pumpkin Tart	Homemade Carrot Cake	Yorkshire Pudding
Savory Mustard Chicken	Wine Mustard Glazed Ham	Wine Mustard Glazed Ham	Wine Mustard Glazed Ham	Beer Battered Pollock	Ham & Potato Casserole	Cherry Pie
Mashed Potatoes	Smoked Salmon with Creamy Fusilli	Boiled Potatoes	Italian-Style Beef Liver	French Fries	Fresh Diced Beets	Homemade Roast Beef
Savory Caesar Brussels Sprouts	Fresh Green Beans	Sugar Snap Peas	Heirloom Carrots	Confetti Coleslaw	Wheat Roll	Brown Gravy
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Homemade Carrot Cake	Garlic Mashed Potatoes
Cran-Apple Cobbler	Spiced Bread Pudding	Brownie Pudding Cake	Oatmeal Cookie	Pumpkin Tart		Fresh Broccoli Florets
						Yorkshire Pudding
						Cherry Pie