

SV Fall/Winter 2023 - Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Apple Juice	Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice
High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	Fresh Fruit Salad
Vanilla Greek Yogurt	Yogurt & Granola Parfait	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Baked Berry Oats	High Fibre Cream of Wheat
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat English Muffin	Whole Wheat Toast	Scrambled Eggs
Apple Juice	Orange Juice	Prune Juice	Cranberry Juice		Orange Juice	Whole Wheat Toast
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Apple Juice	Assorted Cold Cereal	Prune Juice
Vanilla Greek Yogurt	Yogurt & Granola Parfait	Hard Boiled Egg	Scrambled Eggs	Assorted Cold Cereal	Baked Berry Oats	Fresh Fruit Salad
White Toast	White Toast	White Toast	Whole Wheat Toast	Poached Egg	White Toast	Assorted Cold Cereal
			White Toast	Whole Wheat Toast		Scrambled Eggs
				White Toast		White Toast
LUNCH						
Golden Lentil Soup	Scotch Broth	Cream of Celery Soup	Corn Chowder	Squash Apple Soup	Vegetable Soup	Lemon Chicken & Rice Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Sausage on White Bun	Quiche Lorraine	Pepperoni & Mushroom Pizza	Wieners & Beans	Turkey Club Sandwich on Wheat	Deli Beef Salad Plate	Pancake with Maple Syrup
Cucumber Salad	Carrot Raisin Salad	Heritage Blend Salad	Pineapple Slaw	Triple Bean Salad	Pear & Pecan Lettuce Salad	Crispy Bacon
Orange Sections	Peach Fruit Whip	Mixed Berries	Peaches & Pears	Mango & Pineapple Salad	Blueberries with Whip Cream	Hash Brown Potatoes
						Applesauce
DINNER						
Forest Mushroom Beef Stew	Chicken Breast with Wine Sauce	Teriyaki Salmon	Mediterranean Lamb Chop	Baked Sole & Tomato Ginger Sauce	Turkey & Squash Bake	Homemade Roast Beef
Mashed Potatoes	Couscous Pilaf	Basmati Rice	Garlic Mashed Potatoes	Roasted New Potatoes	Mashed Sweet Potatoes	Lyonnais Potatoes
Glazed Carrots	Buttered Red Cabbage	Fresh Golden Cauliflower	Harvard Beets	Broccoli Almondine	Fresh Brussels Sprouts	Glazed Turnips
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll
Strawberry Cheesecake	Frosted Gingerbread Bar	Strawberry Mousse & Whip Topping	Custard Glazed Bread Pudding	Oatmeal Apple Cake	Maple Walnut Ice Cream	Coconut Cream Pie
Turkey Pot Pie	Tilapia & Dill Sauce	Coconut Curried Pork	BBQ Chicken Leg	Sherry Beef Tips	Honey Garlic Pork Loin	Homemade Roast Beef
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