

Spring Summer 2021 - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
R	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal
E	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Fried Egg
A	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
K	-----	-----	-----	Raisin Toast	-----	-----	English Muffin
A	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
S	Peanut Butter	Vanilla Yogurt	Peanut Butter	Vanilla Yogurt	Peanut Butter	Peanut Butter	Assorted Cold Cereal
T	Whole Wheat Toast	Fruit Extreme Muffin					Peanut Butter
							Whole Wheat Toast
L	Garden Vegetable Soup	Beef Vegetable Soup	Chicken Vegetable Noodle Soup	Borscht Soup	Cream of Potato & Leek Soup	Hearty Beef Barley Soup	Cream of Chicken Soup
U	Chicken Burger on Bun	Stewed Tomatoes	Battered English Style Pollock	Chicken Caesar Salad	Turkey Sandwich w/Aloli	Perogies w/Bacon & Onion	Tuna Salad
N	Greek Salad	Whole Wheat Bread	Tartar Sauce	Wheat Roll	Spring Mix Lettuce Salad	Prince Edward Vegetables	Chickpea Vegetable Salad
H	Fresh Watermelon	Crushed Pineapple	French Fries	Chilled Diced Peaches	-----	-----	Chilled Diced Pears
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	Egg Salad	Deli & Potato Salad	Coleslaw	Pulled Pork	Chilled Tropical Fruit	Whole Wheat Bread	Chilled Diced Pears
	Black Bean Corn Salad	Plate	Whole Wheat Bread	Buttered Corn	-----	Mandarin Oranges	Weiners & Beans
	Mini Croissant	Wheat Roll	Fruit Cocktail	Strawberry Mousse	Ham & Cheese Omelet	French Toast	Sauteed Pepper & Onion
	Butterscotch Ice Cream	Apple Cobbler	Country Sausage		Harvard Beets	Vanilla Greek Yogurt	Cornbread
			Broccoli Florets		Tea Biscuit	Summer Fruit Salad	Ice Cream
			Wheat Roll		French Cream Cake	Brownie	
			Crema Caramel				
D	Battered Cod Fillet	Sweet & Sour Chicken	Liver & Onions w/Bacon	Honey Garlic Ribs	Lemon Pepper Cod	Tandoori Chicken	Roast Turkey
I	Lemon Wedge	Fluffy Rice	Brown Gravy	Honey Garlic Sauce	Over-Browned Potatoes	Herbed Potatoes	Turkey Gravy
N	Fluffy Rice	Asian Vegetables	Baked Potato	Mashed Potatoes	Green Peas	California Vegetables	Whipped Potatoes
E	Sweet Balsamic	Whole Wheat Bread	Sour Cream	Scandinavian Vegetables	Whole Wheat Bread	Whole Wheat Bread	Green Beans
R	Brussels Sprouts	Cantaloupe Chunks	Sliced Carrots	Whole Wheat Bread	Mango	Fresh Grapes	Whole Wheat Bread
	Whole Wheat Bread	-----	Chilled Wheat Bread	Fresh Apple Slices	-----	-----	Fresh Watermelon
	Chilled Diced Pears	Baked Ham in Pineapple Juice	Chilled Apricots	Spaghetti & Tomato Sauce	Meatloaf	Veal Cutlet	-----
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	Pork Chop & Mushroom Sauce	Scalloped Potatoes	Turkey Cacciatore	Spaghetti & Tomato Sauce	Beef Gravy	Zucchini Medley	Meat Lasagna
	-----	Green Peas	Fluffy Rice	Parslled Cauliflower	Sunrise Vegetables	Cherry Streusel Cake	Mixed Green Italian Salad
	Mashed Potatoes	Strawberry Shortcake	Maple Chocolate	Pineapple Upside Down Cake	Macaroon Madness Bar	RTS	Garlic Bread
	Butternut Squash						Homemade Apple Pie
	Lemon Chiffon		Mania Cake				

NOTE: Beverages include: Coffee, Tea, Milk, Water, Assorted Juices

# Spring Summer 2021 - WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
R	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat
E	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Fried Egg
A	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
K	-----	-----	-----	-----	-----	-----	Whole Wheat Toast
F	-----	-----	-----	-----	-----	-----	English Muffin
A	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
S	Peanut Butter	Peanut Butter	Vanilla Yogurt	Peanut Butter	Peanut Butter	Peanut Butter	-----
T	Banana Muffin			Whole Wheat Toast			Assorted Cold Cereal
L	Tomato & Macaroni Soup	Chicken Vegetable Barley Soup	Cauliflower & Cheese Soup	Turkey Rice Soup	Cream of Mushroom Soup	Italian Wedding Soup	Fiesta Chicken Chowder
U	Three Cheese Omelete	Captain Burger on WW Bun	Crispy Breaded Chicken	Spring Mix Lettuce Salad	Turkey Cranberry Sandwich on Bun	Hot Dog on Wheat Bun	Pancakes
N	Green Peas	Tartar Sauce	Plum Sauce	Fruit Cocktail	Romaine & Onion Salad	Ketchup	Vanilla Yogurt
C	Whole Wheat Bread	Rainbow Coleslaw	French Fries	-----	Mandarin Oranges	Mustard	Strawberries & Rhubarb Compote
H	Orange Sections	Blueberries	Mixed Salad with French Dressing	Sweet Potato Baked Frittata	-----	Pickle Relish	Fresh Watermelon
	Sliced Ham Sndw on Rye	-----	Whole Wheat Bread	Lemony Green Beans	Beef Taco Casserole	Caesar Salad	-----
	Tossed Ranch Salad	Cottage Cheese Fruit Salad Plate	Crushed Pineapple	Whole Wheat Bread	-----	Chilled Diced Peaches	Salmon Salad on Croissant
	Tapioca Pudding	Fruit Extreme Muffin	Pasta and Salad Plate	Ice Cream	Cornbread	Four Cheese Penne	Dill Cucumber & Red Onion Salad
		Ice Cream Sandwich	Wheat Roll	-----	RaspberryStreusal Cake	Italian Mixed Vegetables	Chocolate Ice Cream
			Peach Flan			Whole Wheat Bread	
D	Country Style Fried Chicken	Ginger Roast Pork	Salisbury Steak	Creamy Dijon Chicken & Mushrooms	Mediterranean Glazed Haddock	Honey Marinated Pork Loin	Roast Beef
I	Garlic Mashed Potatoes	Florentine Veg Mix	Beef Gravy	Fluffy Rice	Basmati Rice	Boiled Red Potato	Beef Gravy
N	Potatoes	Whole Wheat Bread	Paprika Potatoes	Broccoli Florets	Seasoned Spinach	Sunrise Vegetables	Mashed Potatoes
E	Calico Corn	Chilled Diced Peaches	Scandinavian Vegetables	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Seasoned Green Beans
R	Whole Wheat Bread	-----	Whole Wheat Bread	Chilled Apricots	Chilled Apple Slices	Fresh Grapes	Yorkshire Pudding
	Honeydew Melon	Teriyaki Turkey	Mango	-----	-----	-----	Chilled Tropical Fruit
	-----	-----	-----	Hawaiian Ham	Beef Cabbage Roll	Lemon Pepper	-----
	Swedish Meatballs	Fluffy Rice	Sole w/Lemon Pepper	Scalloped Potatoes	Sauteed Pepper & Onion	Chicken	Homemade Turkey Meatloaf
	Buttered Egg Noodles	Sauteed Garlic	Sweet Balsamic	Niagara Mix	Luscious Lemon Square	Chicken Gravy	Mushroom Gravy
	Cocktail Vegetables	Mushrooms	Brussels Sprouts	Vegetables		Cauliflower	Whipped Squash
	Chocolate Mousse	Caramel Cheesecake	Red Velvet Cake	Blueberry Crtsp		Black Forest Cake	Whole Wheat Bread
							Cherry Pie

NOTE: Beverages include: Coffee, Tea, Milk, Water, Assorted Juices

# Spring Summer 2021 - WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
R	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Cream of Wheat
E	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Fried Egg
A	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
K	-----	-----	-----	-----	-----	-----	Whole Wheat Toast
F	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
A	Peanut Butter	Vanilla Yogurt	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Assorted Cold Cereal
S							
T			Whole Wheat Toast			Toasted English Muffin	
L	Homestyle Turkey Vegetable Soup	Cream of Broccoli Soup	Chicken Mulligatawny Soup	Barley Beef Soup	Cream of Tomato Soup	Chicken Rice Soup	Cream of Vegetable Chowder
U	Soup	Fish 'n Chips	Cottage Cheese & Fruit Plate	Turkey w/Lettuce on Whole Wheat	Grilled Cheese on Wheat	Beef Burger on Bun	
N	Pasta Tortellini In Tomato Pesto	Tartar Sauce	Carrot Muffin	Spinach Salad w/Cranberry Drsg	Chopped Salad with Balsamic	Ketchup	Cod Nuggets
C						Mustard	Tartar Sauce
H	Mixed Green Salad	Dill & Lemon Pepper Glazed Carrots	Honeydew Melon	Fresh Watermelon	Mango	Tomato Slices & Lettuce	Sweet Potato Fries
	Garlic Bread		-----	-----	-----	Creamy Cucumber & Onions	Caesar Salad
	Cantaloupe Chunks	Whole Wheat Bread	Farmers Sausage	Beef Cabbage Roll Casserole	Hawaiian Chicken Salad	Crushed Pineapple	Whole Wheat Bread
	-----	Sliced Strawberries	Diced Hashbrown	Parslled Cauliflower	Dill Potato Salad	-----	Mandarin Oranges
	Sweet-n-Sour Meatballs	-----	Greek Salad	Beef Cabbage Roll Casserole	Wheat Roll	Quiche Florentine	-----
	Fluffy Rice	Corned Beef & Swiss on Rye	Whole Wheat Bread	Combread	Pear Cranberry Crisp	Sliced Carrots	Roast Beef Sandwich on White Bread
	Pick of the Day Vegetable Blend	Rainbow Coleslaw	Tiramisu Mousse	Blueberry Tart		Whole Wheat Bread	Four Bean Salad
		French Vanilla Ice Cream				Rice Krispy Square	Tapoca Pudding
D	Honey Garlic Glazed Chicken	BBQ Pork Ribs	Crunchy Ranch Flavoured Chicken	Tender Philly Steak	Broiled Salmon	Pork Roast	Herb Baked Chicken Thigh
I	Scalloped Potatoes	Whipped Potatoes	Roasted Potatoes	Au Gratin Potatoes	Hollandaise Sauce	Boiled Red Potato	Garlic Mashed Potatoes
N	Buttered Brussels Sprouts	Whole Green Beans	Roasted Potatoes	Minted Peas	Fluffy Rice	Sauteed Pepper & Onion	Italian Mixed Vegetables
N	Whole Wheat Bread	Whole Wheat Bread	Broccoli Florets	Whole Wheat Bread	Oregano Green Beans	Whole Wheat Bread	Whole Wheat Bread
E	Mandarin Oranges	Apricot Apple Blend	Whole Wheat Bread	Orange Sections	Whole Wheat Bread	Honeydew Melon	Deluxe Fruit Salad
R	-----	-----	Crushed Pineapple	-----	Fresh Grapes	-----	-----
	Sweet & Spiced Ham	Turkey Stir Fry		Roasted Vegetable Lasagna		Turkey Pot Pie	Spaghetti & Meat Sauce
	Buttered Corn	Fluffy Rice	-----	Tossed Salad & Italian Dressing	Beef Shepherd's Pie	Broccoli Florets	
	Triple Layer Chocolate Cake	Asian Vegetables	Perogies w/Bacon & Onion	Van Caramel Swirl Cake	California Vegetables	Tripleberry Crumble	Mixed Salad with French Dressing
		Cherry Cheesecake	Apple Crumble Square		Ice Cream		Garlic Bread
							Chocolate Cream Mint Pie

NOTE: Beverages include: Coffee, Tea, Milk, Water, Assorted Juices