

Chelsev Sprind/Summer 2021 - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
B R E A K F A S T	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast Jelly/Jam ----- Assorted Cold Cereal Assorted Muffin	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal English Muffin	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal Assorted Danish	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Brown Sugar Jelly/Jam Margarine ----- Assorted Cold Cereal Cereal Peanut Butter Bacon Strips Whole Wheat Toast		
	L U N C H	Unsalted Soda Crackers Garden Vegetable Soup Beef Burger on Bun Ketchup/Mustard/Reli sh Greek Salad Butterscotch Ice Cream ----- Egg Salad Sndw on Wheat Black Bean Corn Salad Fresh Watermelon	Beef Vegetable Soup Unsalted Soda Crackers Macaroni & Cheese Stewed Tomatoes Apple Cobbler ----- Deli & Potato Salad Plate Wheat Roll Crushed Pineapple	Unsalted Soda Crackers Chicken Vegetable Noodle Soup Salmon Salad on WW Italian Tomato Cucumber Salad Fruit Cocktail ----- Country Sausage Focaccia Bun Broccoli Florets Creme Caramel	Homemade Vegetable Barley Soup Unsalted Soda Crackers Chicken Caesar Salad Wheat Roll ----- Strawberry Mousse ----- BBQ Beef on Bun Buttered Corn Chilled Diced Peaches	Unsalted Soda Crackers Cream of Potato & Leek Soup Turkey Sandwich w/Aioli Spring Mix Lettuce Salad French Cream Cake ----- Ham & Cheese Omelet Tea Biscuit Harvard Beets Chilled Tropical Fruit	Unsalted Soda Crackers Hearty Beef Soup with Lentils & Barley Bologna Sandwich Power Rainbow Kale Salad Mandarin Oranges ----- French Toast Vanilla Yogurt Warm Apple Compote Assorted Gelatin	Unsalted Soda Crackers Cream of Chicken Soup Tuna Salad Sndw on WW Chickpea Vegetable Salad Chilled Diced Pears ----- Weiners & Beans Cornbread Prince Edward Vegetables Vanilla Chocolate Ice Cream Bar	
		D I N N E R	Pork Chop & Mushroom Sauce Boiled Potatoes Buttered Brussels Sprouts Brownie ----- Thai Sweet Chili Fish Lemon Wedge Mashed Potatoes Mashed Turnips Hot Spiced Apples	Sweet & Sour Chicken Fluffy Rice Asian Vegetables Cantaloupe Chunks ----- Baked Ham Brown Gravy Scalloped Potatoes Green Peas Strawberry Shortcake	Roast Beef Brown Gravy Mashed Potatoes Sliced Carrots Maple Chocolate Mania Cake ----- Turkey Cacciatore Buttered Egg Noodles Whole Green Beans Chilled Apricots	Honey Garlic Ribs Sour Cream Honey Garlic Sauce Baked Potato Scandinavian Vegetables Pineapple Upside Down Cake ----- Spaghetti & Tomato Sauce Garlic Bread Parslied Cauliflower Fresh Apple Slices	Battered English Style Pollock Lemon Wedge Tartar Sauce French Fries Dixie Coleslaw Macaroon Madness Bar ----- Meatloaf Beef Gravy Mashed Potatoes Sunrise Vegetables Mango	Tandoori Chicken Fluffy Rice California Vegetables Cherry Streusel Cake RTS ----- Veal Cutlet Brown Gravy Mashed Potatoes Zucchini Medley Fresh Grapes	Roast Turkey Turkey Gravy Mashed Potatoes Green Beans Apple Hi-Pie Slice ----- Meat Lasagna Garlic Bread Mixed Green Italian Salad Fresh Watermelon

Chelsev Sprina/Summer 2021 - WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
B R E A K F A S T	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast Jelly/Jam ----- Assorted Cold Cereal Fruit Bread	.Prunes Stewed Oatmeal Choice of Eggs Whole Wheat Toast ----- Banana Assorted Cold Cereal	.Prunes Stewed Banana Oatmeal Choice of Eggs Whole Wheat Toast ----- Assorted Cold Cereal Bagel Toasted Buttered	.Prunes Stewed Banana Oatmeal Choice of Eggs Buttered WW Toast ----- Assorted Cold Cereal	.Prunes Stewed Banana Oatmeal Choice of Eggs Buttered WW Toast ----- Assorted Cold Cereal Mini Cinnamon Bun	.Prunes Stewed Banana Oatmeal Choice of Eggs Whole Wheat Toast ----- Assorted Cold Cereal	.Prunes Stewed Banana Oatmeal Choice of Eggs Bacon Strips Whole Wheat Toast ----- Margarine ----- Assorted Cold Cereal		
	L U N C H	Unsalted Soda Crackers Tomato & Macaroni Soup Egg & Cheese Bake w/Seasoned Crumble Green Peas Orange Sections ----- Sliced Ham Sndw on Rye Tossed Ranch Salad Tapioca Pudding	Chicken Vegetable Barley Soup Unsalted Soda Crackers Captain Burger on WW Bun Tartar Sauce Rainbow Coleslaw Blueberries ----- Cottage Cheese Fruit Salad Plate Fruit Extreme Muffin Ice Cream Sandwich	Cream of Celery Soup Unsalted Soda Crackers Crispy Breaded Chicken Plum Sauce Poutine Gravy & Cheese Curd French Fries Mixed Salad with French Dressing Crushed Pineapple ----- Pasta and Salad Plate Wheat Roll Peach Flan	Unsalted Soda Crackers Turkey Rice Soup Pizza of Choice Lemony Green Beans Maple Swirl Ice Cream ----- Egg Salad Sndw on Wheat Spring Mix Lettuce Salad Fruit Cocktail	Cream of Mushroom Soup Unsalted Soda Crackers Turkey Cranberry Sandwich on Bun Chickpea Vegetable Salad Mandarin Oranges ----- Beef Taco Salad - RaspberryStreusal Cake	Italian Wedding Soup Unsalted Soda Crackers Ho: Dog on Wheat Bun Ketchup Mustard Pickle Relish Caesar Salad Rice Pudding ----- Four Cheese Penne Pasta Casserole Italian Mixed Vegetables Chilled Diced Peaches	Unsalted Soda Crackers Fiesta Chicken Chowder Pancakes Vanilla Yogurt Syrup Strawberries & Rhubarb Compote Pistachio Dark Chocolate Bar ----- Salmon Salad on Croissant Dill Cucumber & Red Onion Salad Fresh Watermelon	
		D I N N E R	Country Style Fried Chicken G-F Chicken Gravy Garlic Mashed Potatoes Calico Corn Chocolate Mousse ----- Swedish Meatballs - Buttered Egg Noodles Cocktail Vegetables Honeydew Melon	Ginger Roast Pork Pork Gravy Mashed Potatoes Florentine Veg Mix Caramel Cheesecake ----- Teriyaki Turkey White Rice Sauteed Garlic Mushrooms Chilled Diced Peaches	Salisbury Steak Beef Gravy Roasted Baby Potatoes Scandinavian Vegetables Mango ----- Sole w/Lemon Pepper Mashed Potatoes Sweet Balsamic Brussels Sprouts Red Velvet Cake	Creamy Dijon Chicken & Mushrooms Fluffy Rice Broccoli Florets Chilled Apricots ----- Hawaiian Ham Scalloped Potatoes Niagara Mix Vegetables Blueberry Crisp	Breaded Haddock Lemon Wedge Tartar Sauce Crinkle Cut Fries Dixie Coleslaw Luscious Lemon Square ----- Farmers Sausage Mashed Potatoes Sauteed Mushrooms & Peppers Chilled Apple Slices	Honey Marinated Pork Loin Boiled Red Potato Sunrise Vegetables Fresh Grapes ----- Lemon Pepper Chicken Chicken Gravy Mashed Potatoes Cauliflower Black Forest Cake	Roast Beef Beef Gravy Mashed Potatoes Seasoned Green Beans Cherry Pie ----- Deviled Egg Plate White Dinner Roll Chilled Tropical Fruit

Chelsev Sorina/Summer 2021 - WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Fresh Banana .Prunes Stewed Oatmeal Choice of Eggs Whole Wheat Toast ----- Assorted Cold Cereal Peanut Butter Assorted Muffin	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast ----- Assorted Cold Cereal	Stewed Prunes Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast ----- Assorted Cold Cereal Peanut Butter Cinnamon Raisin Bread	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Whole Wheat Toast ----- Assorted Cold Cereal	Fresh Banana Stewed Prunes Oatmeal ----- Assorted Cold Cereal Choice of Eggs Scrambled Eggs CP Whole Wheat Toast Waffles	Banana Half .Prunes Stewed Oatmeal Choice of Eggs Whole Wheat Toast ----- Assorted Cold Cereal Peanut Butter	.Prunes Stewed Fresh Banana Oatmeal Choice of Eggs Bacon Strips Whole Wheat Toast ----- Assorted Cold Cereal
LUNCH	Unsalted Soda Crackers Homestyle Turkey Vegetable Soup Cucumber Cream Cheese Sndw on WW Italian Dressing Mixed Green Salad Cantaloupe Chunks ----- Sweet-n-Sour Meatballs Fluffy Rice Pick of the Day Vegetable Blend Pineapple Custard	Unsalted Soda Crackers Cream of Broccoli Soup Fish 'n Chips Tartar Sauce ----- Dill & Lemon Pepper Glazed Carrots Sliced Strawberries ----- Corned Beef & Swiss on Rye Rainbow Coleslaw French Vanilla Ice Cream	Minestrone Soup Unsalted Soda Crackers Cottage Cheese & Fruit Plate Honeydew Melon ----- Sausage Patty Diced Hashbrown Greek Salad Tiramisu Mousse	Barley Beef Soup Unsalted Soda Crackers Turkey Salad on Wheat Spinach Salad w/Cranberry Drsg Blueberry Tart ----- Harvest Chickpea & Veg Curry Parslied Cauliflower Fresh Watermelon	Cream of Tomato Soup Unsalted Soda Crackers Grilled Cheese on Wheat Chopped Salad with Balsamic Pear Cranberry Crisp ----- Hawaiian Chicken Salad Dill Potato Salad Mango	Unsalted Soda Crackers Chicken Rice Soup Veggie Burger on WW Bun Ketchup Mustard Tomato Slices & Lettuce Creamy Cucumber & Onions Crushed Pineapple ----- Quiche Florentine Sliced Carrots Rice Krispy Square	Cream of Vegetable Chowder Unsalted Soda Crackers Cod Nuggets Tartar Sauce Sweet Potato Fries Steamed Asparagus Orange Tapioca Pudding ----- Cheese Lettuce Tomato Sndw w/Mayo Four Bean Salad Chilled Peach Slices
DINNER	Honey Garlic Glazed Chicken G-F Chicken Gravy Mashed Potatoes Buttered Brussels Sprouts Triple Layer Chocolate Cake ----- Sweet & Spiced Ham Scalloped Potatoes Buttered Corn Mandarin Oranges	BBQ Pork Drummies Whipped Potatoes Whole Green Beans Apricot Apple Blend ----- Turkey Stir Fry Fluffy Rice Asian Vegetables Cherry Cheesecake	Crunchy Ranch Flavoured Chicken G-F Chicken Gravy Roasted Potatoes Broccoli Florets Apple Crumble Square ----- Baked Cod Fillet Lemon Wedge Mashed Potatoes Sunrise Vegetables Crushed Pineapple	Tender Philly Steak G-F Beef Gravy Au Gratin Potatoes Minted Peas Orange Sections ----- Roasted Vegetable Lasagna Tossed Salad & Italian Dressing Van Caramel Swirl Cake	Broiled Salmon Hollandaise Sauce Mashed Potatoes Oregano Green Beans Fresh Grapes ----- Beef Shepherd's Pie G-F Beef Gravy California Vegetables Vanilla Chocolate Ice Cream Bar	Pork Roast Orange & Rosemary Sauce Bo led Red Potato Sauteed Pepper & Onion Hcneydew Melon ----- Biscuit Topped Turkey Pie G-F Chicken Gravy B-occoli Florets Tripleberry Crumble	Baked Chicken with Chalet Sauce Garlic Mashed Potatoes Italian Mixed Vegetables Chocolate Cream Mint Pie ----- Spaghetti & Meat Sauce Garlic Bread ----- Mixed Salad with French Dressing Deluxe Fruit Salad