

Chelsey Park Spring/Summer 2023 - Week 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST													
Assorted Fruit	125 mL	Assorted Fruit	125 mL	Assorted Fruit	125 mL	Assorted Fruit	125 mL	Assorted Fruit	125 mL	Assorted Fruit	125 mL	Assorted Fruit	125 mL
Oatbran Cereal	180 mL	Oatmeal	180 mL	Cream of Wheat	180 mL	Cinnamon Oatmeal	180 mL	Oatbran Cereal	180 mL	Oatmeal	180 mL	Cream of Wheat	180 mL
Poached Egg	1 each	Hard Boiled Egg	1 each	Scrambled Eggs	1 #12 sc.	Poached Egg	1 each	Hard Boiled Egg	1 each	Omelette	1 each	Scrambled Eggs	1 #12 sc.
Whole Wheat Toast	2 slice	Whole Wheat Toast	2 slice	Whole Wheat Toast	2 slice	Whole Wheat Toast	2 slice	Whole Wheat Toast	2 slice	Whole Wheat Toast	2 slice	Bacon Strips	2 slice
Jelly/Jam	10 mL	Jelly/Jam	10 mL	Jelly/Jam	10 mL	Jelly/Jam	10 mL	Margarine	5 mL	Margarine	5 mL	Whole Wheat Toast	2 slice
Margarine	5 mL	Margarine	5 mL	Margarine	5 mL	Margarine	5 mL	Jelly/Jam	10 mL	Jelly/Jam	10 mL	Jelly/Jam	10 mL
Brown Sugar	1 each	Brown Sugar	1 each	Brown Sugar	1 each	Brown Sugar	1 each	Brown Sugar	1 each	Brown Sugar	1 each	Margarine	5 mL
Cranberry Juice	250 mL	Apple Juice	250 mL	Orange Juice	250 mL	Cranberry Juice	250 mL	Apple Juice	250 mL	Orange Juice	250 mL	Brown Sugar	1 each
2% Milk	250 mL	2% Milk	250 mL	2% Milk	250 mL	2% Milk	250 mL	2% Milk	250 mL	2% Milk	250 mL	Cranberry Juice	250 mL
Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	2% Milk	250 mL
Assorted Cold Cereal	180 mL	Assorted Cold Cereal	180 mL	Assorted Cold Cereal	180 mL	Assorted Cold Cereal	180 mL	Assorted Cold Cereal	180 mL	Assorted Cold Cereal	180 mL	Coffee or Tea	180 mL
Peanut Butter	30 mL	Vanilla Smooth Cottage Cheese	1 each	Vanilla Yogurt	125 mL	Cream Cheese	1 each	Peanut Butter	30 mL	Peanut Butter	30 mL	Assorted Cold Cereal	180 mL
Banana Muffin	1 each	Mini Fruit Danish	1 each	Lemon Cranberry Muffin	1 each	Raisin Toast	2 slice	Croissant	1 each	Toasted English Muffin	1 each	Cream Cheese	1 each
Jelly/Jam	10 mL	Jelly/Jam	10 mL	Jelly/Jam	10 mL	Jelly/Jam	10 mL	Margarine	5 mL	Margarine	5 mL	White Bagel	1 each
Margarine	5 mL	Margarine	5 mL	Margarine	5 mL	Margarine	5 mL	Jelly/Jam	10 mL	Jelly/Jam	10 mL	Jelly/Jam	10 mL
Brown Sugar	1 each	Brown Sugar	1 each	Brown Sugar	1 each	Brown Sugar	1 each	Brown Sugar	1 each	Brown Sugar	1 each	Margarine	5 mL
Cranberry Juice	250 mL	Apple Juice	250 mL	Orange Juice	250 mL	Cranberry Juice	250 mL	Apple Juice	250 mL	Orange Juice	250 mL	Brown Sugar	1 each
2% Milk	250 mL	Apple Juice	250 mL	2% Milk	250 mL	2% Milk	250 mL	2% Milk	250 mL	2% Milk	250 mL	Cranberry Juice	250 mL
Coffee or Tea	180 mL	2% Milk	250 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	2% Milk	250 mL
		Coffee or Tea	180 mL									Coffee or Tea	180 mL
SNACK AM													
Apple Juice	125 mL	Orange Juice	125 mL	Cranberry Juice	125 mL	Apple Juice	125 mL	Orange Juice	125 mL	Cranberry Juice	125 mL	Apple Juice	125 mL
LUNCH													
Creamy Carrot Ginger Soup	180 mL	Tuscan Bean & Vegetable Soup	180 mL	Cream of Celery Soup	180 mL	French Pea Soup	180 mL	Chicken Vegetable Barley Soup	180 mL	Italian Wedding Soup	180 mL	Cream of Mushroom Soup	180 mL
Unsalted Soda Crackers	4 each	Unsalted Soda Crackers	4 each	Unsalted Soda Crackers	4 each	Unsalted Soda Crackers	4 each	Unsalted Soda Crackers	4 each	Hot Dog on Wheat Bun	1 each	Unsalted Soda Crackers	4 each
Swiss & Parmesan Cheese Quiche	1 slice	Beef Taco Salad	1 each	Chicken Strips	2 each	Egg Salad Sndw on Wheat	1 each	Unsalted Soda Crackers	4 each	Ketchup	15 mL	Unsalted Soda Crackers	4 each
Green Peas	125 mL	Chilled Diced Pears	125 mL	Plum Sauce	30 mL	Potato Salad	125 mL	Cottage Cheese & Fruit Plate	1 each	Mustard	15 mL	Tuna Salad Sandwich WW	1 each
Orange Sections	125 mL	Margarine	5 mL	Poutine Gravy & Cheese Curd	1 each	Potato Salad	125 mL	Carrot Muffin	1 each	Caesar Salad	125 mL	Creamy Coleslaw	125 mL
Whole Wheat Bread	1 slice	2% Milk	125 mL	French Fries	10 each	Cotton Candy Ice Cream	125 mL	Mandarin Oranges	125 mL	Chilled Diced Peaches	125 mL	Fresh Watermelon	125 mL
Margarine	5 mL	Coffee or Tea	180 mL	Creamed Corn	125 mL	Margarine	5 mL	2% Milk	125 mL	Coffee or Tea	180 mL	Whole Wheat Bread	1 slice
2% Milk	125 mL	Captain Burger on WW Bun	1 each	Crushed Pineapple	125 mL	Whole Wheat Bread	1 slice	Coffee or Tea	180 mL	Four Cheese Penne Pasta Casserole	180 mL	Margarine	5 mL
Coffee or Tea	180 mL	Tartar Sauce	15 mL	Margarine	5 mL	2% Milk	125 mL	Chickpea Tomato Casserole	180 mL	Garlic Bread	1 slice	2% Milk	125 mL
Sliced Ham Sndw on Rye	1 each	Rainbow Coleslaw	125 mL	2% Milk	125 mL	Coffee or Tea	180 mL	Florentine Veg Mix	125 mL	Kale Vegetable Blend	125 mL	Coffee or Tea	180 mL
Spring Mix Lettuce Salad	125 mL	Ice Cream Sandwich	1 each	Coffee or Tea	180 mL	Pizza of Choice	1 slice	Wildberry Macaroon Cake	125 mL	Butterscotch Pudding	125 mL	Chicken Wings	3 each
Date Square	1 (2x2)	Margarine	5 mL	Deli & Pasta Salad Plate	1 plate	Spring Mix Lettuce Salad	125 mL	Whole Wheat Pita Bread	1 each	2% Milk	125 mL	Chicken Dipping Sauce	30 mL
Whole Wheat Bread	1 slice	2% Milk	125 mL	Raspberry Mousse Cake	1 slice	Fruit Cocktail	125 mL	Margarine	5 mL	Coffee or Tea	180 mL	Rosemary & Garlic Roasted Potato	2 halves
Margarine	5 mL	Coffee or Tea	180 mL	Wheat Roll	1 each	Margarine	5 mL	Whole Wheat Bread	1 slice	Green Peas	125 mL	Pistachio Dark Chocolate Bar	1 each
2% Milk	125 mL			Margarine	5 mL	Whole Wheat Bread	1 slice	2% Milk	125 mL			Whole Wheat Bread	1 slice
Coffee or Tea	180 mL			2% Milk	125 mL	2% Milk	125 mL	Coffee or Tea	180 mL			Margarine	5 mL
				Coffee or Tea	180 mL	Coffee or Tea	180 mL					2% Milk	125 mL
												Coffee or Tea	180 mL

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Iced Tea Drink	125 mL	Lemonade Drink	125 mL	Peach Drink	125 mL	Fruit Punch	125 mL	Pear Drink	125 mL	Cherry Drink	125 mL	Peach Drink	125 mL
Copy of Vanilla Yogurt	1 each	Fresh Grapes	125 mL	Mandarin Oranges	1 each	Vanilla Yogurt	100 mL	Oatmeal Date Cookie	1 each	Fruit Cocktail Cup	1 each	Fresh Fruit	125 mL
Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL
Digestive Oat Bran Cookie	1 each	Arrowroot Cookies	1 each	Mini Carrot Muffin	1 each	Chocolate Chip Cookie	1 each	Lemon Meringue Pudding	2 each	Fig Newton Cookie	1 each	Vanilla Pudding Cup	1 each

DINNER

Country Style Fried Chicken	1 each	Farmers Sausage	90 g	Swedish Meatballs	6 each	Creamy Dijon Chicken & Mushrooms	1 each	Mediterranean Glazed Haddock	1 each	Salisbury Steak	1 each	Roast Beef	90 g
Chicken Gravy	30 mL	Brown Gravy	30 mL	Buttered Egg Noodles	125 mL	Brown Gravy	30 mL	Lemon Wedge	1 each	Parslied Potatoes	125 mL	Beef Gravy	30 mL
Herbed Potatoes	125 mL	Mashed Potatoes	125 mL	Brussels Sprouts	125 mL	Mashed Potatoes	125 mL	Tartar Sauce	30 mL	Whipped Squash	125 mL	Yorkshire Pudding	1 each
Broccoli Florets	125 mL	Cocktail Vegetables	125 mL	Rice Pudding	125 mL	Mashed Potatoes	125 mL	Tartar Sauce	30 mL	Cherry Pie	1 slice	Mexican Mixed Vegetables	125 mL
Chocolate Mousse	125 mL	Horseradish Carrots & Parsnips	125 mL	Whole Wheat Bread	1 slice	Seasoned Green Beans	125 mL	Mashed Potatoes	125 mL	Whole Wheat Bread	1 slice	Black Forest Cake	1 slice
Whole Wheat Bread	1 slice	Caramel Cheesecake	1 (2x3sq)	Margarine	5 mL	Blueberry Crisp	125 mL	Zucchini Medley	125 mL	Margarine	5 mL	Whole Wheat Bread	1 slice
Margarine	5 mL	Margarine	5 mL	2% Milk	125 mL	Whole Wheat Bread	180 mL	Chilled Apple Slices	1 slice	2% Milk	125 mL	Whole Wheat Bread	1 slice
2% Milk	125 mL	Margarine	5 mL	Coffee or Tea	180 mL	Margarine	5 mL	Whole Wheat Bread	1 slice	Coffee or Tea	180 mL	Margarine	5 mL
2% Milk	125 mL	Whole Wheat Bread	1 slice	Sole w/Lemon Pepper	90 g	2% Milk	125 mL	Margarine	5 mL	Lemon Pepper Chicken	90 g	2% Milk	125 mL
Coffee or Tea	180 mL	2% Milk	125 mL	Lemon Dill Sauce	30 mL	Coffee or Tea	180 mL	2% Milk	125 mL	G-F Brown Gravy	30 mL	Coffee or Tea	180 mL
BBQ Pork Chops	1 each	Coffee or Tea	180 mL	Mediterranean Risotto	180 mL	Hawaiian Ham	90 g	Coffee or Tea	180 mL	Mashed Potatoes	125 mL	Homemade Turkey Meatloaf	90 g
Mashed Potatoes	125 mL	Veal Roulade	90 g	San Francisco Vegetables	125 mL	Scalloped Potatoes	125 mL	Teriyaki Turkey	180 g	Sunrise Vegetables	125 mL	Mashed Potatoes	125 mL
Grilled Vegetables	125 mL	Boiled Red Potato	125 mL	Mango	125 mL	Pick of the Day Vegetable Blend	125 mL	White Rice	125 mL	Fresh Grapes	125 mL	Grilled Peppers & Onions	125 mL
Honeydew Melon	125 mL	Chilled Diced Peaches	125 mL	Whole Wheat Bread	1 slice	Apricot Halves	125 mL	Parslied Cauliflower	125 mL	Whole Wheat Bread	1 slice	Chilled Tropical Fruit	125 mL
Whole Wheat Bread	1 slice	Margarine	5 mL	Margarine	5 mL	Whole Wheat Bread	1 slice	Triple Chocolate Fudge Cake	1 (2x2)	Margarine	5 mL	Whole Wheat Bread	1 slice
Margarine	5 mL	Whole Wheat Bread	1 slice	2% Milk	125 mL	Margarine	5 mL	2% Milk	125 mL	Coffee or Tea	180 mL	Margarine	5 mL
2% Milk	125 mL	2% Milk	125 mL	Coffee or Tea	180 mL	2% Milk	125 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	2% Milk	125 mL
Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL

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2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL
Applesauce Cup	1 each	Marble Cheese Slice	30 g	Cheddar Cheese	1 each	Cheddar Cheese Slice	30 g	Fresh Apple Slices	125 mL	Creamy Strawberry Yogurt	100 mL	Cheddar Cheese	1 each
Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL	Drink Crystals LoCal	125 mL
Cheese & Crackers	2 each	Jam Sandwich Snack WW	0.5 each	Egg Salad Snack CP	0.5 each	Apple Spice Super Muffin	1 each	Blueberry Bran Loaf	1 slice	Cheese Sandwich on WW	1 half	Egg Salad on WW	1 half