

**Admirals' Coast Retirement Centre
Menu Planner
Week 1**

Day	Breakfast	Lunch	Dessert	Supper	Dessert
Monday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Baked cod with mashed potatoes, carrots, mashed turnip and gravy Garden salad		Beef and barley soup Veggie sub made with carrots, cucumber, tomatoes, bean salad, and lettuce Garden salad Boiled or baked beans on request	Fruit bowl
Tuesday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Steak dinner with roasted potatoes, mixed veggies (cauliflower, broccoli, and carrots), and gravy Garden Salad		Egg in the hole served on choice of whole grain, whole wheat, or white bread Served with hash browns or garden salad Boiled or baked beans on request	Fruit bowl
Wednesday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Honey pineapple glazed ham and scalloped potatoes with corn, carrots Garden Salad		Chicken soup Egg or veggie sandwiches (roasted red peppers, mushrooms, carrots, romaine lettuce, banana salad and mayonnaise) on choice of whole grain, whole wheat or white bread Garden salad Boiled or baked beans on request	Fruit bowl

Thursday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Home made stuffed chicken with mashed potatoes, green peas, carrots and gravy Garden Salad		Homemade Baked or boiled beans served with homemade bread Garden salad	Fruit bowl
Friday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Pan fried cod with potatoes, carrots, green beans, onions and scrunchions Garden salad		Homemade chicken salad with mayonnaise, onion, celery and cranberries or veggie sandwiches served on choice of whole grain, whole wheat or white bread Garden salad Baked or boiled beans	Fruit bowl
Saturday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Pea soup and dumplings Cream of Broccoli soup Garden salad		Homemade sweet and sour balls choice of chicken, ground beef (30% black bean 70% ground beef) or veggie served with whole wheat rice and mixed veggies Garden salad Baked or boiled beans	Fruit bowl

Sunday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, prunes	Jiggs dinner with salt meat, carrots, turnip, cabbage, peas pudding, potatoes and gravy Garden salad	Steamed pudding	Cold plate with beet and potato salad, deviled eggs, ham, sliced tomato, and pasta salad Baked or boiled beans	
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- All soups have carrots, turnip, onion, potatoes, and celery. Some will have barley and lentils or rice and noodles
- Garden salad is served in a separate salad bowl and is a 2 cup serving which consists of choice of lettuce, carrot, peppers (red, green, yellow, and orange), radish, red onion, cucumbers, and tomatoes.
- Fruit on hand is bananas, grapes, oranges, apples, kiwi, grapefruit, pears, apricots, pears, and peaches. All fruit is offered at every meal and snacks upon request.
- Milk, yogurt, cheese and crackers, are always offered for snacks
- Tomato juice is given at lunch, also milk (choice of almond or 2%), orange juice, apple juice, cranberry juice, and water
- Bread is offered at every meal homemade white, whole wheat, white with raisin, and whole grain We also have store bought white and whole wheat.
- Snacks at 3:00 pm we offer bananas, grapes, oranges, apples, kiwis, grapefruit, apricots, pears, peaches, choice of almond or 2 % milk, yogurt, cheese, crackers
- Night snacks we offer choice of almond or 2 % milk, tea, juice, water, hot chocolate, toast (choice of white, whole wheat or whole grain bread, tea buns, cheese, crackers, jelly, and pudding
- All pasta is whole wheat noodles
- Baked and boiled beans are made fresh and bottled to be available at all meals
- Veggie patties are made with black beans, onions, mushrooms, peppers, egg, and bread crumbs
- Veggie options are black beans, kidney beans, chick peas, lima beans

Admirals' Coast Retirement Centre
Menu Planner
Week 2

Day	Breakfast	Lunch	Dessert	Supper	Dessert
Monday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	BBQ chicken legs and thighs served with hashbrowns or whole wheat rice, corn and carrots Garden salad		Turkey soup served with an open face tuna or veggie melt made with cheese, peppers, onion, celery, zucchini, carrot, and mushrooms Garden salad Boiled or baked beans on request	Fruit bowl
Tuesday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Hot roast beef sandwiches served on your choice of whole grain, whole wheat or white bread with mashed potatoes, carrots, green peas, dressing and gravy Garden Salad		Fish chowder made with carrots, turnip, onions, celery, potatoes, fish stock, cod, salmon and cream served with a homemade roll and garden salad Boiled or baked beans on request	Fruit bowl
Wednesday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Choice of sweet and sour pork or a homemade veggie patty made with black beans, onions, peppers, grated carrots, egg and bread crumbs served with whole wheat rice, and mixed vegetables Garden Salad		French toast served on choice of whole grain, whole wheat or white bread Garden salad Boiled or baked beans on request	Fruit bowl

Thursday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Homemade spaghetti or spaghetti bake made with 70% ground beef 30% black bean combination or choice of full black bean meat sauce. Sauce contains onions, celery, carrot, peppers, mushrooms, and peppers served with homemade garlic sticks Garden Salad		Whole wheat English muffin with an egg served with home made wedges and Garden Salad Baked or boiled beans on request	Fruit bowl
Friday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Salmon served with potatoes, carrots, and brocolli Garden salad		Choice of ham and cheese or veggie sandwiches served on choice of whole grain, whole wheat or white bread Garden salad Baked or boiled beans on request	Fruit bowl
Saturday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Pea soup and dumplings or butternut squash soup Garden salad		Chicken wings and fries Garden salad Baked or boiled beans on request	Fruit bowl

Sunday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Jiggs dinner with salt meat, carrots, turnip, cabbage, peas pudding, potatoes and gravy Garden salad	Steamed pudding	Cold plate with mustard potato salad, pasta salad, coleslaw, deviled eggs, and fresh baked chicken breast sliced. Baked or boiled beans on request	
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- All soups have carrots, turnip, onion, potatoes, and celery. Some will have barley and lentils or rice and noodles
- Garden salad is served in a separate salad bowl and is a 2 cup serving which consists of choice of lettuce, carrot, peppers (red, green, yellow, and orange), radish, red onion, cucumbers, and tomatoes.
- Fruit on hand is bananas, grapes, oranges, apples, kiwi, grapefruit, pears, apricots, pears, and peaches. All fruit is offered at every meal and snacks upon request.
- Milk, yogurt, cheese and crackers, are always offered for snacks
- Tomato juice is given at lunch, also milk (choice of almond or 2%), orange juice, apple juice, cranberry juice, and water
- Bread is offered at every meal homemade white, whole wheat, white with raisin, and whole grain We also have store bought white and whole wheat.
- Snacks at 3:00 pm we offer bananas, grapes, oranges, apples, kiwis, grapefruit, apricots, pears, peaches, choice of almond or 2 % milk, yogurt, cheese, crackers
- Night snacks we offer choice of almond or 2 % milk, tea, juice, water, hot chocolate, toast (choice of white, whole wheat or whole grain bread, tea buns, cheese, crackers, jelly, and pudding
- All pasta is whole wheat noodles
- Baked and boiled beans are made fresh and bottled to be available at all meals
- Veggie patties are made with black beans, onions, mushrooms, peppers, egg, and bread crumbs
- Veggie options are black beans, kidney beans, chick peas, lima beans

**Admirals' Coast Retirement Centre
Menu Planner
Week 3**

Day	Breakfast	Lunch	Dessert	Supper	Dessert
Monday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Pan fried cod with mashed potatoes, green peas, carrots, onions and gravy Garden salad		Beef and barley soup served with a veggie wrap Garden salad Boiled or baked beans on request	Fruit bowl
Tuesday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Beef and broccoli served with whole wheat rice and mixed vegetables (carrot, cauliflower, and green beans) Garden Salad		Choice of rolled cheese omelet or veggie omelet (made with peppers, onions, mushrooms and grated carrots) served with home fried potatoes and onions Garden salad Boiled or baked beans on request	Fruit bowl
Wednesday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Homemade BBQ ribs served with choice of hot potato salad whole wheat rice, carrots, and corn Garden Salad		Veggie soup served with grilled cheese sandwiches on choice of whole grain, whole wheat, or white bread Garden salad Boiled or baked beans on request	Fruit bowl

Thursday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Homemade Sheppard's pie made with carrots, celery, onions, green peas, corn and potatoes Garden Salad		Turkey soup served with ham sandwich or veggie sandwich served on choice of whole grain, whole wheat or white bread Garden salad Boiled or baked beans on request	Fruit bowl
Friday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Cod aux gratin with potatoes, and mixed vegetables Garden salad		Meat or veggie pizza served with choice of garden salad or strawberry spinach salad Baked or boiled beans on request	Fruit bowl
Saturday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Pea soup and dumplings Cream of Tomato soup Garden salad		Homemade Macaroni and cheese made with whole wheat pasta served with a homemade roll Garden salad Baked or boiled beans on request	Fruit bowl

Sunday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Turkey dinner served with potatoes, carrots, turnip, cabbage, peas pudding and gravy	Steamed pudding	Cold plate with vegetable potato salad, coleslaw, jelly salad, deviled egg, roast turkey breast, and slice of tomato Baked or boiled beans on request	
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- All soups have carrots, turnip, onion, potatoes, and celery. Some will have barley and lentils or rice and noodles
- Garden salad is served in a separate salad bowl and is a 2 cup serving which consists of choice of lettuce, carrot, peppers (red, green, yellow, and orange), radish, red onion, cucumbers, and tomatoes.
- Fruit on hand is bananas, grapes, oranges, apples, kiwi, grapefruit, pears, apricots, pears, and peaches. All fruit is offered at every meal and snacks upon request.
- Milk, yogurt, cheese and crackers, are always offered for snacks
- Tomato juice is given at lunch, also milk (choice of almond or 2%), orange juice, apple juice, cranberry juice, and water
- Bread is offered at every meal homemade white, whole wheat, white with raisin, and whole grain We also have store bought white and whole wheat.
- Snacks at 3:00 pm we offer bananas, grapes, oranges, apples, kiwis, grapefruit, apricots, pears, peaches, choice of almond or 2 % milk, yogurt, cheese, crackers
- Night snacks we offer choice of almond or 2 % milk, tea, juice, water, hot chocolate, toast (choice of white, whole wheat or whole grain bread, tea buns, cheese, crackers, jelly, and pudding
- All pasta is whole wheat noodles
- Baked and boiled beans are made fresh and bottled to be available at all meals
- Veggie patties are made with black beans, onions, mushrooms, peppers, egg, and bread crumbs
- Veggie options are black beans, kidney beans, chick peas, lima beans

Admirals' Coast Retirement Centre
Menu Planner
Week 4

Day	Breakfast	Lunch	Dessert	Supper	Dessert
Monday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Sweet and sour chicken served with whole wheat rice and mixed vegetables (carrots, broccoli, and cauliflower) Garden salad		Beef and barley soup served with a BLT on a croissant or veggie sandwich on a croissant Garden salad Boiled or baked beans on request	Fruit bowl
Tuesday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Liver and onions with whole potatoes, carrots, and green peas Garden Salad		Pancakes and sausages Garden salad Boiled or baked beans on request	Fruit bowl
Wednesday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Pork loin with mashed potatoes, carrots, and mushroom gravy Garden Salad		Open faced fried egg sandwiches on choice of whole grain, whole wheat, or white toast, bean salad, coleslaw and Garden salad Boiled or baked beans on request	Fruit bowl

Thursday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Choice of beef stew or vegetable stew served with a homemade bun. Garden Salad		Fried bologna and onions served with choice of whole grain, whole wheat or white bread, with mashed potatoes, carrots and garden salad Boiled or baked beans on request	Fruit bowl
Friday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Pan fried cod served with broccoli salad, roasted potatoes, and carrots Garden salad		Egg salad sandwich on a croissant or veggie wrap served with home made wedge fries and a garden salad Baked or boiled beans on request	Fruit bowl
Saturday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Pea soup and dumplings Cream of mushroom soup Garden salad		Homemade fish cakes choice of fresh or salt, choice of whole grain, whole wheat, or white bread and homemade pickles Garden salad Baked or boiled beans on request	Fruit bowl

Sunday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Jiggs dinner served with salt meat, potatoes, carrots, turnip, cabbage, peas pudding and gravy	Steamed pudding	Cold plate with apple and onion potato salad, pasta salad, deviled egg, roast chicken breast, slice of tomato Baked or boiled beans on request	
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- All soups have carrots, turnip, onion, potatoes, and celery. Some will have barley and lentils or rice and noodles
- Garden salad is served in a separate salad bowl and is a 2 cup serving which consists of choice of lettuce, carrot, peppers (red, green, yellow, and orange), radish, red onion, cucumbers, and tomatoes.
- Fruit on hand is bananas, grapes, oranges, apples, kiwi, grapefruit, pears, apricots, and peaches. All fruit is offered at every meal and snacks upon request.
- Milk, yogurt, cheese and crackers, are always offered for snacks
- Tomato juice is given at lunch, also milk (choice of almond or 2%), orange juice, apple juice, cranberry juice, and water
- Bread is offered at every meal homemade white, whole wheat, white with raisin, and whole grain We also have store bought white and whole wheat.
- Snacks at 3:00 pm we offer bananas, grapes, oranges, apples, kiwis, grapefruit, apricots, pears, peaches, choice of almond or 2 % milk, yogurt, cheese, crackers
- Night snacks we offer choice of almond or 2 % milk, tea, juice, water, hot chocolate, toast (choice of white, whole wheat or whole grain bread, tea buns, cheese, crackers, jelly, and pudding
- All pasta is whole wheat noodles
- Baked and boiled beans are made fresh and bottled to be available at all meals
- Veggie patties are made with black beans, onions, mushrooms, peppers, egg, and bread crumbs
- Veggie options are black beans, kidney beans, chick peas, lima beans

Admirals' Coast Retirement Centre
Menu Planner
Week 5

Day	Breakfast	Lunch	Dessert	Supper	Dessert
Monday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Hot chicken sandwich made on choice of whole grain, whole wheat, or white bread served with mashed potatoes, carrots, peas and gravy Garden salad		Beef and barley soup Roast turkey sandwich made with spinach, tomato, and cheese or veggie sandwich on choice of whole grain, whole wheat, or white bread Garden salad Boiled or baked beans on request	Fruit bowl
Tuesday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Roast beef with Yorkshire pudding served with potatoes, carrots, broccoli, and gravy Garden Salad		Fried egg sandwich on choice of whole grain, whole wheat, or white bread served with homemade fried potatoes and onions Garden salad Boiled or baked beans on request	Fruit bowl
Wednesday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Homemade stuffed pork served with potato, carrots, turnip and apple/onion gravy Garden Salad		Chicken soup with toasted grilled beef and cheese sandwiches or veggie sandwich on choice of whole grain, whole wheat or white bread Garden salad Boiled or baked beans on request	Fruit bowl

Thursday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Homemade lasagna made with choice of 70% ground beef 30% black bean meat sauce or all black bean meat sauce made with onion, celery, peppers tomatoes, and mushrooms served with garlic bread Garden Salad		Chicken and broccoli casserole made with diced chicken, broccoli, cauliflower, penners, onions, celery and carrot served with mashed potatoes Baked or boiled beans on request Garden salad	Fruit bowl
Friday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Fish and Brewis (choice of salt or fresh) served with potatoes, carrots, mashed turnip, onions and scrunchions Garden salad		Veggie wraps with fries, carrots, and broccoli Garden salad Baked or boiled beans on request	Fruit bowl
Saturday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Pea soup and dumplings French onion soup Garden salad		Choice of meat cakes or salmon cakes served with homemade 12 grain bread, bean salad, homemade pickles and mixed vegetables (yellow beans, carrots, broccoli) Garden salad Baked or boiled beans on request	Fruit bowl

Sunday	Eggs (any style), Baked or boiled beans, Bacon (on request), choice of white, whole grain, or whole wheat bread, whole wheat English muffins, oatmeal, cream of wheat, choice of cold cereals, juice (apple, orange, cranberry, prune), fresh fruit, yogurt, almond milk or 2% milk, fresh fruit, prunes	Jiggs dinner with salt meat, carrots, turnip, cabbage, peas pudding, potatoes and gravy Garden salad	Steamed pudding	Cold plate with plain potato salad, deviled egg, pasta salad, roast turkey breast, slice of tomato and lettuce Baked or boiled beans	Fruit bowl
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- All soups have carrots, turnip, onion, potatoes, and celery. Some will have barley and lentils or rice and noodles
- Garden salad is served in a separate salad bowl and is a 2-cup serving consisting of choice of lettuce, carrot, peppers (red, green, yellow, and orange), radish, red onion, cucumbers, and tomatoes.
- Fruit on hand is bananas, grapes, oranges, apples, kiwi, grapefruit, apricots, pears, and peaches. All fruit is offered at every meal and snacks upon request.
- Milk, yogurt, cheese and crackers, are always offered for snacks
- Tomato juice is given at lunch, also milk (choice of almond or 2%), orange juice, apple juice, cranberry juice, and water
- Bread is offered at every meal homemade white, whole wheat, white with raisin, and whole grain We also have store bought white and whole wheat.
- Snacks at 3:00 pm we offer bananas, grapes, oranges, apples, kiwis, grapefruit, apricots, pears, peaches, choice of almond or 2 % milk, yogurt, cheese, crackers
- Night snacks we offer choice of almond or 2 % milk, tea, juice, water, hot chocolate, toast (choice of white, whole wheat or whole grain bread, tea buns, cheese, crackers, jelly, and pudding
- All pasta is whole wheat noodles
- Baked and boiled beans are made fresh and bottled to be available at all meals
- Veggie patties are made with black beans, onions, mushrooms, peppers, egg, and bread crumbs
- Veggie options are black beans, kidney beans, chick peas, lima beans