

UGates Spring/Summer 2018 - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
R	Pancake	Scrambled Egg	Poached Egg	Fried Egg	Hard Boiled Egg	Assorted Yogurt	Scrambled Eggs
E	Syrup	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Carrot Muffin	Bacon
A	-----	-----	-----	-----	-----	-----	Whole Wheat Toast
K	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----
F	White Toast	White Toast	White Toast	White Toast	White Toast	White Toast	Assorted Cold Cereal
A	White Toast	-----	-----	-----	-----	-----	-----
S	-----	-----	-----	-----	-----	-----	-----
T	-----	-----	-----	-----	-----	-----	-----
L	Corn Chowder	Split Pea Soup	Tomato Soup	Chicken Vegetable	Cream of Broccoli	Shrimp Bisque	Veggie Florentine
U	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Soup	Soup	Unsalted Crackers	Soup
N	Corned Beef on	Sliced Turkey on	Cottage Cheese &	Unsalted Crackers	Unsalted Crackers	Egg Salad on Wheat	Unsalted Crackers
C	Wheat	Wheat	Fruit	Cream Cheese &	Chicken Salad Wrap	Triple Bean Salad	Deli Beef Salad
H	Spinach Tomato	Cranberry Sauce	Bran Muffin	Cucumber Sndw on	Pear & Pecan	Sugar	Plate w/Potato Salad
	Salad	Cucumber Salad	Sugar	WW	Lettuce Salad	Margarine PC	Wheat Roll
	Coffee Creamer	Sugar	Margarine PC	Tossed Salad	Sugar	Coffee Creamer	Sugar
	Margarine PC	Margarine PC	Coffee Creamer	Sugar	Margarine PC	Stewed Rhubarb	Margarine PC
	Sugar	Coffee Creamer	Swiss Mocha Pudding	Margarine PC	Coffee Creamer	-----	Coffee Creamer
	Fresh Grapes	Sliced Pears	-----	Coffee Creamer	Fruit Salad	Pepperoni Mushroom	Orange Applesauce
	-----	-----	Grilled Cheese on	Chilled Peach Slices	-----	& Green Pepper Pizza	Gelatin
	Chicken and Mango	Fish Tacos	Wheat	-----	Pork Tourtiere Pie	Tossed Garden Salad	-----
	Salad	Mexican Bean Salad	Tomato Slices	Beef and Corn	Pork Gravy	Chocolate Chip	Crab Salad on
	Potato Scallion	Butter Tart	Mandarin Oranges	Cassorole	Niagara Mix	Cookie	Croissant
	Dinner Roll	-----	Zucchini Parmesan	Wheat Roll	Vegetables	Carrot Raisin Salad	Tiramisu Mousse
	Butterscotch	-----	Wheat Roll	Whole Wheat Roll	Whole Wheat Roll	-----	-----
	Pudding	-----	Banana Loaf	Frozen Yogurt	Frozen Yogurt	-----	-----
D	Glazed Pork Chop	Swedish Meatballs	Baked Sausage	Roast Lamb	Fish 'n Chips	Beef Shepherds Pie	Roast Turkey
I	Cinnamon	Whipped Potatoes	Red Potato Salad	Mint Jelly	Tartar Sauce	Brown Gravy	Sage Bread Stuffing
N	Applesauce	Sunrise Vegetables	Grilled Peppers &	Brown Gravy	Lemon Wedge	Buttered Corn	Turkey Gravy
N	Mashed Potatoes	Wheat Roll	Onions	Rosemary Potatoes	Creamy Coleslaw	Wheat Roll	Whipped Potatoes
E	PEI Vegetables	Cherry Clafouti	Pineapple Tidbits	Whipped Squash	Fresh Watermelon	Chilled Apricots	Buttered Brussels
R	Wheat Roll	-----	-----	Wheat Roll	-----	-----	Sprouts
	Diced Fresh Melon	Chicken Jambalaya	Coq au Vin	Fruit Gelatin	Tomato Feta Penne	Glazed Ham	Wheat Roll
	-----	Peas & Carrots	Whipped Potatoes	-----	Scandinavian	Scalloped Potatoes	Sliced Pears
	Lemon Parsley Salmon	Vanilla Ice Cream	Green Beans	Homemade Turkey	Vegetables	Carrots & Parsnips	-----
	Parslied New	Potatoes	Wheat Roll	Loaf	Raspberry Mousse	Raisin Rice Pudding	Vegetable Lasagna
	Tossed Salad	-----	Coconut Cream Pie	Mashed Potatoes	-----	-----	Ruby Twist Salad
	Lemon/Blueberry	-----	-----	Broccoli Florets	-----	-----	Peach Pie
	Mousse Cake	-----	-----	Brownie	-----	-----	-----

UGates Spring/Summer 2018 - WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
R	Poached Egg	Cheddar Cheese Slice	Hard Boiled Egg	Assorted Yogurt	French Toast	Yogurt & Granola Parfait	Scrambled Eggs
E	Whole Wheat Toast	Bran Muffin	Whole Wheat Toast	Whole Wheat Toast	Syrup	-----	Bacon
A	-----	-----	-----	-----	-----	-----	Whole Wheat Toast
K	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----
F	White Toast	Whole Wheat Toast	White Toast	White Toast	Whole Wheat Toast	Whole Wheat Toast	Assorted Cold Cereal
A		White Toast			White Toast	White Toast	-----
S							Cereal
T							White Toast
L	English Garden Soup	Cream of Mushroom Soup	Spring Onion Soup	Roasted Cauliflower Soup	Minestrone Soup	Potato Leek Soup	Chicken Rice Soup
U	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
N	Turkey Salad on	Unsalted Crackers	Swiss Cheese on	Unsalted Crackers	Pepper Frittata	Cheddar Fruit Plate	Belgian Waffle
C	Portuguese Bun	Salmon Salad on	Kaiser Roll	Chicken Caesar	Wheat Roll	Bran Muffin	Fruit Sauce
H	Cranberry-Apple Gel	Wheat	Heritage Blend Salad	Salad Plate	Tossed Salad	Sugar	Sausage Links
	Sugar	Spinach Orange Salad	Sugar	Wheat Roll	Sugar	Margarine PC	Coffee Creamer
	Margarine PC	Sugar	Margarine PC	Sugar	Margarine PC	Coffee Creamer	Margarine PC
	Coffee Creamer	Margarine PC	Coffee Creamer	Margarine PC	Coffee Creamer	Coffee Creamer	Coffee Creamer
	Fresh Watermelon	Coffee Creamer	Fresh Grapes	Coffee Creamer	Assorted Fruit Tarts	Pecan Streusel Cake	Sugar
	-----	Chilled Peach Slices	-----	Strawberry Gelatin	-----	-----	Ice Cream Sandwich
	Perogies w/Bacon & Onion	-----	Hot Dog on Bun	-----	-----	BBQ Beef on Bun	-----
	Sour Cream	Eggs Benedict	Ketchup/Mustard/Relish	Tuna Salad on Wheat	Ham Salad on Wheat	Marinated Fresh Vegetable Salad	Cheese & Tomato Croissant
	Buttered Red Cabbage	w/Peameal & Hollandaise Sc	sh	Chickpea Salad	Asparagus Salad	Berries Romanoff	Pear & Pecan Lettuce Salad
	Strawberry	Tomato Slices	Corn Cobbette	Ambrosia Pudding	Butterscotch Pudding		Peach/Raspberry Compote
	Mousse/Whip Topping	Fruit Whip	Peanutbutter				
			Cookies				
D	BBQ Pork Ribs	WW Spaghetti & Meat Sauce	Turkey a la King	Cuban Pork Chop	Krunchie Perch	Tuscan Lemon	Roast Beef
I	Potato Salad	Sauce	Cranberry Sauce	Mashed Potatoes	Lemon Wedge	Chicken	Yorkshire Pudding
N	Fancy Blend Vegetables	Tossed Salad	Tea Biscuit	Seasoned Green Peas	Oven-browned Potatoes	Garden Rice	Beef Gravy
N	Wheat Roll	Garlic Bread	Parsley Carrots	Wheat Roll	Potatoes	Sweet Balsamic	Whipped Potatoes
E	Scalloped Apples	Tropical Fruit	Blueberries	Sliced Pears	Creamy Coleslaw	Brussels Sprouts	PEI Vegetables
R	-----	-----	-----	-----	Wheat Roll	Wheat Roll	Wheat Roll
	Veal Cacciatore	Lemon Herb Baked Chicken Thighs	Mango Salsa	Tomato Juice	Pineapple Fluff	Fruit Cocktail	Mandarin Oranges
	Buttered Egg Noodles	Sour Cream Potatoes	Haddock	Hamburger on WW Bun	Dessert	-----	-----
	Sugar Snap Peas	Whipped Squash	Mashed Potatoes	Broccoli Florets	-----	Seafood Salad Plate	Three Cheese Penne
	Brownie Pudding Cake	Lemon Mousse/Whipped Topping	Broccoli Florets	Wheat Roll	Tuscan	Herb Focaccia Bread	Tossed Garden Salad
			Bread Pudding w/Raisin	Ketchup/Mustard/Relish	Greens/Balsamic Dressing	Lemoncello Cake	Strawberry Rhubarb Pie
			Tomato Slices & Lettuce	Diced Fresh Melon			
			Potato Wedges				
			Iced Orange Cake				

UGates Spring/Summer 2018 - WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
R	Hard Boiled Egg	Cream Cheese	Scrambled Eggs	Poached Egg	Pork Sausage Pattie	Scrambled Eggs	Pancake
E	Whole Wheat Toast	Wheat Bagel	Whole Wheat Toast	Whole Wheat Toast	-----	Whole Wheat Toast	Syrup
A	-----	-----	-----	-----	Assorted Cold Cereal	-----	Bacon
K	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	-----
F	White Toast	White Toast	White Toast	White Toast	White Toast	White Toast	Assorted Cold Cereal
A	-----	-----	-----	-----	-----	-----	Cereal
S	-----	-----	-----	-----	-----	-----	Whole Wheat Toast
T	-----	-----	-----	-----	-----	-----	White Toast
L	Cream of Mushroom	Egg Drop Soup	Spring Pea Soup	Tuscan Bean &	Chicken Noodle Soup	Vegetable Soup	Cream of Spinach
U	Soup	Unsalted Soda	Unsalted Crackers	Vegetable Soup	Unsalted Crackers	Unsalted Crackers	Soup
N	Unsalted Crackers	Crackers	Chicken Salad on	Unsalted Crackers	Hamburger on WW	WW Macaroni &	Unsalted Crackers
C	Captain Burger	Yogurt Fruit Plate	Wheat	Pork Tourtiere Pie	Bun	Cheese	Pasta Primavera
H	Tartar Sauce	Morning Glory Muffin	Beet & Onion Salad	Pork Gravy	Tomato Slices &	Baked Parmesan	Broccoli Florets
	Tomato Slices &	Sugar	Sugar	Seasoned Green	Lettuce	Tomato	Sugar
	Lettuce	Margarine PC	Margarine PC	Peas	Ketchup/Mustard/Reli	Sugar	Margarine PC
	Cucumber Salad	Coffee Creamer	Coffee Creamer	Sugar	sh	Margarine PC	Coffee Creamer
	Sugar	Chocolate Pudding	Sliced Pears	Margarine PC	Carrot Raisin Salad	Coffee Creamer	Fresh Watermelon
	Margarine PC	-----	-----	Coffee Creamer	Wheat Roll	Strawberries	-----
	Coffee Creamer	Tuna Melt	Vegetarian Pizza	Bananas and	Carrot Raisin Salad	-----	Mushroom Cheese
	Mango	Tossed Garden Salad	Spinach Orange	Oranges	Wheat Roll	-----	Omelet
	-----	Date Square	Salad	-----	Sugar	-----	Home Fries with
	Egg Salad on	-----	Butterscotch Ice	Creamed Smoked	Margarine PC	-----	Pepper & Onions
	Multi-Grain	-----	Cream	Salmon on Rye	Coffee Creamer	-----	Toast Points
	Tossed Salad	-----	-----	Romaine & Onion	Fresh Grapes	-----	Lemon Poppyseed
	Lemon	-----	-----	Salad	-----	-----	Loaf
	Mousse/Whipped	-----	-----	Buttertart Square	Vegetable Quiche	-----	-----
	Topping	-----	-----	-----	Caesar Salad	-----	-----
	-----	-----	-----	-----	Orange Gelatin	-----	-----
	-----	-----	-----	-----	w/Whip	-----	-----
D	Rosemary Chicken	Veal Parmesan	Homemade MeatLoaf	Crispy Baked	Lemon Pepper Cod	BBQ Chicken Leg	Ginger Roast Pork
I	Baked Potato	Seasoned Egg	Brown Gravy	Chicken	Lemon Wedge	German Potato Salad	Applesauce
N	Sour Cream	Noodles	Mashed Potatoes	Dill Potato Salad	Savory Diced	Garden Salad	Brown Gravy
N	Broccoli Florets	Green Beans	Creamed Corn	Corn Cobbette	Potatoes	Wheat Roll	Roasted New
E	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Coleslaw Vinaigrette	Warm Apple Compote	Potatoes
R	Blueberries	Mixed Berries	Fruit Cocktail	Chilled Peach Slices	Wheat Roll	-----	Julienne Carrots
	-----	-----	-----	-----	Stewed Rhubarb	-----	Wheat Roll
	Sausage on Bun	Glazed Ham	Crab Cake	Corned Beef	with Custard	Curried Lamb	Tropical Fruit
	Triple Bean Salad	Pineapple Ring	Tartar Sauce	Dijon Mustard	-----	Naan Bread	-----
	Hawaiian Pineapple	Scalloped Potatoes	Couscous Salad	Parslied New	Peas & Pearl Onions	Peas & Pearl Onions	-----
	Cake	Baby Carrots	Tuscan	Potatoes	Vanilla Ice Cream	Vanilla Ice Cream	Cranberry Sauce
	-----	Apple Caramel Tart	Greens/Balsamic	Buttered Cabbage	Cherry Cheesecake	Cherry Cheesecake	Turkey Schnitzel
	-----	-----	Dressing	Red Velvet Cake	-----	-----	Mashed Potatoes
	-----	-----	Tapioca Pudding	-----	-----	-----	Whipped Squash
	-----	-----	-----	-----	-----	-----	Boston Cream Pie

UGates Sprina/Summer 2018 - WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
R	Scrambled Eggs	Fried Egg	Poached Egg	French Toast	Hard Boiled Egg	Assorted Yogurt	Scrambled Eggs
E	Whole Wheat Toast	-----	Whole Wheat Toast	Syrup	Whole Wheat Toast	Whole Wheat Toast	Bacon
A	-----	Assorted Cold Cereal	-----	-----	-----	-----	Whole Wheat Toast
K	White Toast	White Toast	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----
F	White Toast	Whole Wheat Toast	White Toast	White Toast	White Toast	White Toast	Assorted Cold Cereal
A				Whole Wheat Toast			Cereal
S							White Toast
T							
L	Black Bean Soup	Butternut Squash	Cream of Celery	Lemon Lentil Soup	Cream of Mushroom	Roasted Red Pepper	Cabbage Beef Soup
U	Unsalted Crackers	Soup	Soup	Unsalted Crackers	Soup	Soup	Unsalted Crackers
N	Corned Beef on Rye	Unsalted Crackers	Unsalted Crackers	Roast Beef on	Unsalted Crackers	Unsalted Crackers	Salmon Salad on
C	Sweet & Sour	Turkey Burger on	Tuna Salad on	Wheat	Sliced Ham Sndw on	Chicken Fingers with	Wheat
H	Cabbage	Wheat Bun	Wheat	Cucumber Salad	WW	Plum Sauce	Tossed Salad
	Sugar	Tomato Slices &	Waldorf Salad	Sugar	Tomato Slices	Caesar Salad	Sugar
	Margarine PC	Lettuce	Sugar	Margarine PC	Wheat Roll	Wheat Roll	Margarine PC
	Coffee Creamer	Beet & Onion Salad	Margarine PC	Coffee Creamer	Sugar	Sugar	Coffee Creamer
	Strawberries &	Sugar	Coffee Creamer	Fruit Salad	Margarine PC	Margarine PC	Chilled Peach Slices
	Bananas	Margarine PC	Stewed Rhubarb &	-----	Coffee Creamer	Coffee Creamer	-----
	-----	Coffee Creamer	Berries	Creamy White Pizza	Mandarin Oranges	Fresh Grapes	Zesty Hummus
	Ploughman's Lunch	Fruit Cocktail	-----	Greek Salad	-----	-----	Salad Plate
	Plate	-----	Hot Dog on Bun	Cranberry Spice	Turkey Cranberry	Bacon & Tomato on	Lime Daiquiri
	Fruit Whip	Spinach & Roasted	-----	Oatmeal Cookie	Monte Cristo	Wheat	Dessert
		Red Pepper Strata	Ketchup/Mustard/Reli		Spring Salad Mix	Black Bean Corn	
		Whole Wheat Toast	sh		Broken Glass Parfait	Salad	
		Broccoli Florets	Corn Cobbette			Banana Pudding	
		Chocolate Mousse	Ice Cream Sandwich				
D	Grilled Lemon/Garlic	Teriyaki Meatballs	Homemade Lamb	Herb Baked Chicken	Battered Blue Cod	WW Spaghetti &	Roast Beef
I	Chicken	Fluffy Rice	Casserole	Thigh	Fish	Meat Sauce	Beef Gravy
N	Red Potato Salad	Oriental Vegetables	Naan Bread	Roasted New	Lemon Wedge	Zucchini Parmesan	Horseradish
N	Zucchini Medley	Wheat Roll	Green Beans	Potatoes	Tartar Sauce	Garlic Bread	Mashed Potatoes
E	Wheat Roll	Cantaloupe Chunks	Wheat Roll	Mashed Turnips	French Fries	Tropical Fruit	Pearl Harvest
R	Chilled Apricots	-----	Pineapple Tidbits	Wheat Roll	Coleslaw Vinaigrette	-----	Veggies
	-----	Baked Basa	-----	Sliced Pears	Fresh Watermelon	Swiss & Onion Quiche	Wheat Roll
	Braised Beef Liver &	Herb Roasted	Salisbury Steak &	-----	Carrot Coins	Carrot Coins	Vanilla Ice Cream
	Onions	Potatoes	Gravy	Pork Tortiere	Strawberry	Strawberry	-----
	Brown Gravy	Buttered Brussels	Mashed Potatoes	Brown Gravy	Brown Rice	Shortcake	Honey Garlic Ribs
	Mashed Potatoes	Sprouts	California Vegetables	Mashed Potatoes	Broccoli Florets		Herb Roasted
	Seasoned Green	Lemon Meringue Pie	English Trifle	Seasoned Green	Wheat Roll		Potatoes
	Peas			Peas	Peach Crisp		Broccoli Florets
	Assorted Ice Cream		Hawaiian Wedding				Apple Pie Slice
			Cake				