

HCC Spring Summer 2023 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal Hard Boiled Egg Whole Wheat Toast	High Fibre Cream of Wheat Assorted Greek Yogurt Cup Whole Wheat Toast	Cinnamon Oatmeal Crispy Bacon Whole Wheat Toast	High Fibre Cream of Wheat Scrambled Eggs Raisin Toast	Oatmeal Poached Egg Whole Wheat Toast	High Fibre Cream of Wheat Scrambled Eggs Whole Wheat Toast	Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast
Assorted Cold Cereal Hard Boiled Egg White Toast	Assorted Cold Cereal Assorted Greek Yogurt Cup White Toast	Assorted Cold Cereal Crispy Bacon White Toast	Assorted Cold Cereal Scrambled Eggs Whole Wheat Toast White Toast	Assorted Cold Cereal Poached Egg White Toast	Assorted Cold Cereal Scrambled Eggs White Toast	Assorted Cold Cereal Hard Boiled Egg White Toast
LUNCH						
Minestrone Soup Unsalted Crackers Ham & Havarti on Onion Bun Cucumber Dill Salad Fresh Watermelon	Cream of Mushroom Soup Unsalted Crackers Chicken Caesar Salad Garlic Bread Fruit Cocktail	Beer Cheese Soup Unsalted Crackers Beef Taco Salad Wheat Roll Orange Sections	Split Pea Soup Unsalted Crackers Cottage Cheese & Summer Fruit Salad Plate Blueberry Super Oatmeal Muffin Fruit Gelatin	Beef Vegetable Soup Unsalted Crackers Boneless Chicken Wings Chickpea with Feta & Tomato Salad Mixed Berries	Potato Bacon Soup Unsalted Crackers Asian Steak Tip Salad Wheat Roll Chilled Apricots	Chicken Rice Soup Unsalted Crackers Belgian Waffle & Berries Turkey Breakfast Sausage Cinnamon Applesauce
Minestrone Soup Unsalted Crackers Ham & Havarti on Onion Bun Cucumber Dill Salad Fresh Watermelon	Cream of Mushroom Soup Unsalted Crackers Chicken Caesar Salad Garlic Bread Fruit Cocktail	Beer Cheese Soup Unsalted Crackers Beef Taco Salad Wheat Roll Orange Sections	Split Pea Soup Unsalted Crackers Cottage Cheese & Summer Fruit Salad Plate Blueberry Super Oatmeal Muffin Fruit Gelatin	Beef Vegetable Soup Unsalted Crackers Boneless Chicken Wings Chickpea with Feta & Tomato Salad Mixed Berries	Potato Bacon Soup Unsalted Crackers Asian Steak Tip Salad Wheat Roll Chilled Apricots	Chicken Rice Soup Unsalted Crackers Belgian Waffle & Berries Turkey Breakfast Sausage Cinnamon Applesauce
DINNER						
Dijon Maple Glazed Salmon Mashed Sweet Potatoes Roasted Fresh Asparagus Wheat Roll Angel Cake with Berries	Beef & Broccoli Stir-Fry Fluffy Rice Wheat Roll Butterscotch Pudding Oatmeal Raisin Cookie	Baked Chicken with Chalet Sauce Potato Wedges Parsley Carrots Wheat Roll Vanilla Ice Cream Strawberries	Salisbury Steak & Gravy Mashed Potatoes Fresh Diced Beets Wheat Roll Date Square	Glazed Pork Chop Garlic Mashed Potatoes Buttered Red Cabbage Wheat Roll Berry Cobbler	Tandoori Chicken Basmati Rice Fresh Zucchini Medley Wheat Roll Homemade Carrot Cake	Pork Roast Brown Gravy Roasted Baby Potatoes Buttered Corn Wheat Roll Lemon Meringue Pie
Roast Creole Chicken Thigh Mashed Sweet Potatoes Roasted Fresh Asparagus Wheat Roll Angel Cake with Berries	Vegetable Masala Fresh Broccoli Florets Wheat Roll Butterscotch Pudding Oatmeal Raisin Cookie	Baked Farmers Sausage Parsley Carrots Wheat Roll Vanilla Ice Cream Strawberries	Primavera Pasta Fresh Diced Beets Wheat Roll Date Square	G-F Breaded Lemon Sole Fillet Garlic Mashed Potatoes Buttered Red Cabbage Wheat Roll Berry Cobbler	Sausage Jambalaya Basmati Rice Fresh Zucchini Medley Wheat Roll Homemade Carrot Cake	Pork Roast Brown Gravy Roasted Baby Potatoes Buttered Corn Wheat Roll Lemon Meringue Pie

Note: Menu subject to change.

HCC Spring Summer 2023 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
High Fibre Cream of Wheat Assorted Greek Yogurt Cup Whole Wheat Toast	Oatmeal Hard Boiled Egg Whole Wheat Toast	High Fibre Cream of Wheat Pork Sausage Pattie Whole Wheat Toast	Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast	High Fibre Cream of Wheat Poached Egg Whole Wheat English Muffin	Oatmeal Hard Boiled Egg Whole Wheat Toast	Fresh Fruit Salad High Fibre Cream of Wheat Peanut Butter Raisin Toast
Assorted Cold Cereal Assorted Greek Yogurt Cup White Toast	Assorted Cold Cereal Hard Boiled Egg White Toast	Assorted Cold Cereal Pork Sausage Pattie White Toast	Assorted Cold Cereal Scrambled Eggs White Toast	Assorted Cold Cereal Poached Egg Whole Wheat Toast White Toast	Assorted Cold Cereal Hard Boiled Egg White Toast	Fresh Fruit Salad Assorted Cold Cereal Peanut Butter Whole Wheat Toast White Toast
LUNCH						
Spring Vegetable Soup Unsalted Crackers Asparagus & Red Pepper Quiche Citrus Spinach Salad Chilled Peaches	Roasted Red Pepper Soup Unsalted Crackers Deli Salad Platter Fresh Fruit Salad	Carrot Ginger Soup Unsalted Crackers Hamburger on Wheat Bun Ketchup/Mustard/Relish Tomato, Onion & Lettuce Marinated Vegetable Salad Stewed Rhubarb	Italian Wedding Soup Unsalted Crackers Chicken Salad on Multi-Grain Fresh Broccoli Slaw Mandarin Oranges	Broccoli Cheese Soup Unsalted Crackers Chef Salad Plate Wheat Roll Baked Spiced Pears	Cream of Celery Soup Unsalted Crackers Pesto Tuna Salad on Rye Tomato Wedges Fresh Pineapple	Chicken Creole Soup Unsalted Crackers Eggs Benedict with Peameal Hollandaise Sauce Baked Apple Fresh Melon
Spring Vegetable Soup Unsalted Crackers Asparagus & Red Pepper Quiche Citrus Spinach Salad Chilled Peaches	Roasted Red Pepper Soup Unsalted Crackers Deli Salad Platter Fresh Fruit Salad	Carrot Ginger Soup Unsalted Crackers Hamburger on Wheat Bun Ketchup/Mustard/Relish Tomato, Onion & Lettuce Marinated Vegetable Salad Stewed Rhubarb	Italian Wedding Soup Unsalted Crackers Chicken Salad on Multi-Grain Fresh Broccoli Slaw Mandarin Oranges	Broccoli Cheese Soup Unsalted Crackers Chef Salad Plate Wheat Roll Baked Spiced Pears	Cream of Celery Soup Unsalted Crackers Pesto Tuna Salad on Rye Tomato Wedges Fresh Pineapple	Chicken Creole Soup Unsalted Crackers Eggs Benedict with Peameal Hollandaise Sauce Baked Apple Fresh Melon
DINNER						
Corned Beef Parslied New Potatoes Mashed Turnips Wheat Roll Strawberry Rhubarb Crisp	Chicken Cordon Bleu Sweet Potatoes Sugar Snap Peas Wheat Roll Luscious Lemon Square	Baked Trout Wild & Brown Rice Fresh Broccoli Florets Wheat Roll Chocolate Mousse	Honey Garlic Ribs Baked Potato Tossed Salad Wheat Roll Coconut Poke Cake	Swiss Steak Rosemary Potatoes Fresh Cauliflower & Peppers Wheat Roll German Chocolate Cake	Butter Chicken Basmati Rice Peas & Carrots Wheat Roll Ice Cream with Cherry Sauce	Homemade Roast Beef Brown Gravy Yorkshire Pudding Cheesy Mashed Potatoes Glazed Butternut Squash Wheat Roll Pecan Pie
Honey Garlic Chicken Parslied New Potatoes Mashed Turnips Wheat Roll Strawberry Rhubarb Crisp	Zesty Honey Dijon Baked Fish Sweet Potatoes Sugar Snap Peas Wheat Roll Luscious Lemon Square	Pork Schnitzel & Mustard Sauce Wild & Brown Rice Fresh Broccoli Florets Wheat Roll Chocolate Mousse	Vegan Lasagna Tossed Salad Wheat Roll Coconut Poke Cake	Shrimp and Scallop Skewer Rosemary Potatoes Fresh Cauliflower & Peppers Wheat Roll German Chocolate Cake	Sweet & Sour Pork Basmati Rice Peas & Carrots Wheat Roll Ice Cream with Cherry Sauce	Homemade Roast Beef Brown Gravy Yorkshire Pudding Cheesy Mashed Potatoes Glazed Butternut Squash Wheat Roll Pecan Pie

HCC Spring Summer 2023 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cinnamon Oatmeal Pork Sausage Pattie Whole Wheat Toast	High Fibre Cream of Wheat Hard Boiled Egg Whole Wheat Toast	Oatmeal Assorted Greek Yogurt Cup Whole Wheat Toast	High Fibre Cream of Wheat Peanut Butter Raisin Toast	Cinnamon Oatmeal Poached Egg Whole Wheat Toast	High Fibre Cream of Wheat Hard Boiled Egg Whole Wheat Toast	Fresh Fruit Salad Oatmeal Scrambled Eggs Whole Wheat Toast
Assorted Cold Cereal Pork Sausage Pattie White Toast	Assorted Cold Cereal Hard Boiled Egg White Toast	Assorted Cold Cereal Assorted Greek Yogurt Cup White Toast	Assorted Cold Cereal Peanut Butter Whole Wheat Toast White Toast	Assorted Cold Cereal Poached Egg White Toast	Assorted Cold Cereal Hard Boiled Egg White Toast	Fresh Fruit Salad Assorted Cold Cereal Scrambled Eggs White Toast
LUNCH						
Beef Vegetable Soup Unsalted Crackers Egg Salad Platter Marinated 4 Bean Salad Orange Sections	Spiced Chicken Chickpea Soup Unsalted Crackers Margarita Pizza Iceberg & Carrot Salad Tropical Fruit	Golden Lentil Soup Unsalted Crackers Mini Turkey Club on a Bun Coleslaw Vinaigrette Mandarin Pineapple Cup	Potato Leek Soup Unsalted Crackers Philly Steak & Cheese Melt Italian Summer Salad Fresh Watermelon	Cream of Asparagus Soup Unsalted Crackers Chicken Spinach Tomato Salad Wheat Roll Chilled Sweet Cherries	Cream of Tomato Soup Unsalted Crackers Grilled Cheese Sandwich Spring Salad Mix Fresh Grapes	Lemon Chicken & Rice Soup Unsalted Crackers Pancake with Maple Syrup Vanilla Greek Yogurt Blueberries Mandarin Dream Gelatin
Beef Vegetable Soup Unsalted Crackers Egg Salad Platter Marinated 4 Bean Salad Orange Sections	Spiced Chicken Chickpea Soup Unsalted Crackers Margarita Pizza Iceberg & Carrot Salad Tropical Fruit	Golden Lentil Soup Unsalted Crackers Mini Turkey Club on a Bun Coleslaw Vinaigrette Mandarin Pineapple Cup	Potato Leek Soup Unsalted Crackers Philly Steak & Cheese Melt Italian Summer Salad Fresh Watermelon	Cream of Asparagus Soup Unsalted Crackers Chicken Spinach Tomato Salad Wheat Roll Chilled Sweet Cherries	Cream of Tomato Soup Unsalted Crackers Grilled Cheese Sandwich Spring Salad Mix Fresh Grapes	Lemon Chicken & Rice Soup Unsalted Crackers Pancake with Maple Syrup Vanilla Greek Yogurt Blueberries Mandarin Dream Gelatin
DINNER						
Crispy Baked Chicken Glazed Carrots Wheat Roll Brownie Pudding Cake	Pork Chop & Apple Chutney Golden Potato Bake Sweet & Sour Cabbage Wheat Roll Homemade Peach Cobbler	Spaghetti & Meatballs Baked Zucchini & Tomato Wheat Roll Tripleberry Square Grilled Salmon & Spinach Sld Plt	Steamed Haddock & Mango Salsa Glazed Sweet Potatoes Fresh Green Beans Wheat Roll Creamy Rice Pudding	Oriental Beef & Vegetables Brown Rice Sauteed Bok Choy Wheat Roll Summer Berry Flan	Chicken in Creamy Leek Sauce Mashed Potatoes Fresh Broccoli Florets Wheat Roll Ice Cream Sundae	Lemon Garlic Pork Scalloped Potatoes Roasted Fresh Asparagus Wheat Roll Strawberry Rhubarb Pie
Moroccan Lamb Tagine Couscous Pilaf Glazed Carrots Wheat Roll Brownie Pudding Cake	Braised Beef Liver & Onions Golden Potato Bake Sweet & Sour Cabbage Wheat Roll Homemade Peach Cobbler	Baked Zucchini & Tomato Wheat Roll Tripleberry Square	Grilled Chicken Souvlaki Tzatziki Sauce Glazed Sweet Potatoes Fresh Green Beans Wheat Roll Creamy Rice Pudding	Roasted Tomato Sole Brown Rice Sauteed Bok Choy Wheat Roll Summer Berry Flan	Beef Ravioli & Sauce Fresh Broccoli Florets Wheat Roll Ice Cream Sundae	Lemon Garlic Pork Scalloped Potatoes Roasted Fresh Asparagus Wheat Roll Strawberry Rhubarb Pie

Note: Menu subject to change.

HCC Spring Summer 2023 - Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
High Fibre Cream of Wheat Sausage Links Whole Wheat Toast	Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast	High Fibre Cream of Wheat Crispy Bacon Whole Wheat Toast	Oatmeal Scrambled Eggs Raisin Toast	High Fibre Cream of Wheat Poached Egg Whole Wheat English Muffin	Cinnamon Oatmeal Hard Boiled Egg Whole Wheat Toast	Fresh Fruit Salad High Fibre Cream of Wheat Scrambled Eggs Whole Wheat Toast
Assorted Cold Cereal Sausage Links White Toast	Assorted Cold Cereal Hard Boiled Egg White Toast	Assorted Cold Cereal Crispy Bacon White Toast	Assorted Cold Cereal Scrambled Eggs Whole Wheat Toast White Toast	Assorted Cold Cereal Poached Egg Whole Wheat Toast White Toast	Assorted Cold Cereal Hard Boiled Egg White Toast	Fresh Fruit Salad Assorted Cold Cereal Scrambled Eggs White Toast
LUNCH						
Squash Apple Soup Unsalted Crackers Baked Macaroni & Cheese Garden Salad Chilled Peaches	Beef & Noodle Soup Unsalted Crackers Sliced Pork on Wheat Bun Asian Coleslaw Mango & Pineapple Salad	Chicken Noodle Soup Unsalted Crackers Beef & Corn Casserole Greek Salad Stewed Rhubarb & Berries	Barley Beef Soup Unsalted Crackers Grilled Chicken Ranch Cobb Salad Wheat Roll Diced Cantaloupe & Honeydew	Cream of Tomato Soup Unsalted Crackers Pulled Pork on Wheat Bun Red Beet Citrus Salad Chilled Poached Pears	Vegetable Soup Unsalted Crackers Roast Beef Sandwich Marinated Tomato Salad Strawberries & Bananas	English Pea Soup Unsalted Crackers French Toast Sausage Links Strawberries Fresh Fruit Salad
Squash Apple Soup Unsalted Crackers Baked Macaroni & Cheese Garden Salad Chilled Peaches	Beef & Noodle Soup Unsalted Crackers Sliced Pork on Wheat Bun Asian Coleslaw Mango & Pineapple Salad	Chicken Noodle Soup Unsalted Crackers Beef & Corn Casserole Greek Salad Stewed Rhubarb & Berries	Barley Beef Soup Unsalted Crackers Grilled Chicken Ranch Cobb Salad Wheat Roll Diced Cantaloupe & Honeydew	Cream of Tomato Soup Unsalted Crackers Pulled Pork on Wheat Bun Red Beet Citrus Salad Chilled Poached Pears	Vegetable Soup Unsalted Crackers Roast Beef Sandwich Marinated Tomato Salad Strawberries & Bananas	English Pea Soup Unsalted Crackers French Toast Sausage Links Strawberries Fresh Fruit Salad
DINNER						
Stuffed Cabbage Roll Mashed Potatoes Buttered Corn Wheat Roll Mini Pancakes w/Berries & Choc Sc	Olive & Tomato Braised Chicken Multigrain Rice Pilaf Steamed Snow Peas Wheat Roll Berry Trifle	Baked Ocean Perch Tartar Sauce French Fries Fresh Golden Cauliflower Wheat Roll Chocolate Pudding	Marmalade Pork Loin Roasted Red Skin Potatoes Glazed Butternut Squash Wheat Roll Cherry Crisp	Beef Shepherds Pie Baked Parmesan Tomato Wheat Roll Chocolate Zucchini Cake Multigrain Tilapia	Turkey a la King Puff Pastry Wedge Caesar Salad Wheat Roll Vanilla Ice Cream & Fruit Sauce	Homemade Roast Beef Brown Gravy Chives & Sour Cream Mashed Potatoes Yorkshire Pudding Fresh Green Beans Wheat Roll Blueberry Pie Slice
Breaded Chicken Breast Mashed Potatoes Buttered Corn Wheat Roll Mini Pancakes w/Berries & Choc Sc	Cod with Capers Wine Sauce Multigrain Rice Pilaf Steamed Snow Peas Wheat Roll Berry Trifle	Pork Loaf French Fries Fresh Golden Cauliflower Wheat Roll Chocolate Pudding	Portuguese Grilled Chicken Roasted Red Skin Potatoes Glazed Butternut Squash Wheat Roll Cherry Crisp	Sweet Potato Wedges Baked Parmesan Tomato Wheat Roll Chocolate Zucchini Cake	Ham Fettuccini Alfredo Caesar Salad Wheat Roll Vanilla Ice Cream & Fruit Sauce	Homemade Roast Beef Brown Gravy Chives & Sour Cream Mashed Potatoes Yorkshire Pudding Fresh Green Beans Wheat Roll Blueberry Pie Slice

Note: Menu subject to change.