

EML SV Spring Summer 2023 - Week 1

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

EML SV Spring Summer 2023 - Week 2

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

EML SV Spring Summer 2023 - Week 3

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

EML SV Spring Summer 2023 - Week 4

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