

EML SV Spring Summer 2023 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
High Fibre Cream of Wheat Assorted Cold Cereal Assorted Greek Yogurt Cup Whole Wheat Toast White Toast	Oatmeal Assorted Cold Cereal Hard Boiled Egg Whole Wheat Toast White Toast	High Fibre Cream of Wheat Assorted Cold Cereal Pork Sausage Pattie Whole Wheat Toast White Toast	Cinnamon Oatmeal Assorted Cold Cereal Scrambled Eggs Whole Wheat Toast White Toast	High Fibre Cream of Wheat Assorted Cold Cereal Poached Egg Whole Wheat English Muffin Whole Wheat Toast White Toast	Oatmeal Assorted Cold Cereal Hard Boiled Egg Whole Wheat Toast White Toast	Fresh Fruit Salad High Fibre Cream of Wheat Assorted Cold Cereal Peanut Butter Whole Wheat Toast White Toast Raisin 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 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 Baked Apple Fresh Melon
DINNER						
Corned Beef Honey Garlic Chicken Parslied New Potatoes Mashed Turnips Wheat Roll Strawberry Rhubarb Crisp	Chicken Cordon Bleu Zesty Honey Dijon Baked Fish Sweet Potatoes Sugar Snap Peas Wheat Roll Luscious Lemon Square	Baked Trout Pork Schnitzel & Mustard Sauce Wild & Brown Rice Fresh Broccoli Florets Wheat Roll Chocolate Mousse	Honey Garlic Ribs Vegan Lasagna Baked Potato Tossed Salad Wheat Roll Coconut Poke Cake	Swiss Steak Shrimp and Scallop Skewer Rosemary Potatoes Fresh Cauliflower & Peppers Wheat Roll German Chocolate Cake	Butter Chicken 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