

**EML SV Spring Summer 2023 - Week 3**

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