

**EML SV Spring Summer 2023 - Week 4**

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