

Schlegel Villages



Week One

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