

Schlegel Villages



Week Two

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

