

Schlegel Villages



Week Three

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