

Schlegel Villages



Week Four

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