

SV Fall/Winter 2023 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Cranberry Juice
Cinnamon Oatmeal	Cream of Wheat	Oatmeal	High Fibre Cream of Wheat	Cinnamon Oatmeal	High Fibre Cream of Wheat	Fresh Fruit Salad
Assorted Greek Yogurt Cup	Turkey Bacon	Cottage Cheese	Peanut Butter	Poached Egg	Hard Boiled Egg	Oatmeal
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs
Orange Juice	Prune Juice	Cranberry Juice	Apple Juice	Orange Juice	Prune Juice	Whole Wheat Toast
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Cranberry Juice
Assorted Greek Yogurt Cup	Turkey Bacon	Cottage Cheese	Peanut Butter	Poached Egg	Hard Boiled Egg	Fresh Fruit Salad
White Toast	White Toast	White Toast	Whole Wheat Toast	White Toast	White Toast	Assorted Cold Cereal
			White Toast			Scrambled Eggs
						White Toast
LUNCH						
Barley Beef Soup	Chicken Rice Soup	Tomato Bisque	Roasted Cauliflower Soup	Potato Bacon Soup	Savory Thai Butternut Soup	Fall Harvest Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Vegetable Quiche	Haddock Bites	Spinach & Roasted Red Pepper Strata	Sausage & Potato Bake	Tuscan Mac & Cheese	Hot Beef Dip Sandwich on Texas Toast	Quinoa & Chicken Salad Plate
Strawberries Mixed Green Salad	Creamy Coleslaw	Carrot Apple Salad	Tossed Salad	Dill Potato Salad	Waldorf Salad	Garlic Stick
Mandarin Pineapple Cup	Tropical Fruit	Wheat Roll	Fresh Fruit Salad	Berry Pineapple Cream	Mandarin Oranges	Diced Cantaloupe & Honeydew
		Red Seedless Grapes				
DINNER						
Chicken & Veg Stir Fry	Glazed Pork Chop	Beef Stroganoff	Salmon w/Yogurt Lemon Sauce	Braised Beef Brisket	Creamy Sundried Tomato & Chicken Gnocchi	Pork Loin w/Apples
Fluffy Rice	Orange Sage Mashed Sweet Potato	Buttered Egg Noodles	Herbed Potatoes	Baked Potato	Whipped Potatoes	Glazed Sweet Potatoes
Garden Salad	Green Beans Cran/Pecan	Peas & Carrots	Sweet & Sour Cabbage	Creamed Corn	Fresh Cauliflower & Peppers	Roasted Root Vegetables
Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll	Wheat Roll
Boston Cream Cake	Apple Caramel Tart	Homemade Decadent Brownie	Black Forest Pudding	Lemon Blueberry Coffee Cake	Wheat Roll	Pecan Pie
Mediterranean Moussaka	Beef Meatloaf	Salmon Pie	Lemon Thyme Chicken	Haddock with Roasted Red Pepper Sauce	Chocolate Eclair Dessert	Pork Loin w/Apples
Fluffy Rice	Orange Sage Mashed Sweet Potato	Peas & Carrots	Herbed Potatoes	Baked Potato	Braised Lamb Shanks	Glazed Sweet Potatoes
Garden Salad	Green Beans Cran/Pecan	Wheat Roll	Sweet & Sour Cabbage	Creamed Corn	Whipped Potatoes	Roasted Root Vegetables
Wheat Roll	Wheat Roll	Homemade Decadent Brownie	Wheat Roll	Wheat Roll	Fresh Cauliflower & Peppers	Wheat Roll
Boston Cream Cake	Apple Caramel Tart	Black Forest Pudding	Black Forest Pudding	Lemon Blueberry Coffee Cake	Wheat Roll	Pecan Pie
					Chocolate Eclair Dessert	