

The Village of Arbour Trails



SS2021 Week One

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Juice Cream of Wheat Pork Sausage Pattie --- Assorted Cold Cereal Assorted Toast	Orange Juice Cinnamon Oatmeal Hard Boiled Egg --- Assorted Cold Cereal Assorted Toast	Prune Juice Cream of Wheat Breakfast Ham --- Assorted Cold Cereal Assorted Toast	Cranberry Juice Oatmeal Raisin Bread Peanut Butter --- Assorted Cold Cereal Assorted Toast	Apple Juice Cream of Wheat Poached Egg --- Assorted Cold Cereal Assorted Toast	Orange Juice Cinnamon Oatmeal Hard Boiled Egg --- Assorted Cold Cereal Assorted Toast	Prune Juice Cream of Wheat Scrambled Eggs --- Assorted Cold Cereal Assorted Toast
Lunch	Tuscan Bean & Vegetable Soup --- Macaroni and Cheese Cabbage & Apple Salad --- Yogurt Fruit Plate Buttered Bran Loaf --- Butterscotch Pudding	Corn Chowder --- Chicken Shawarma Plate --- Deviled Ham Salad Sandwich --- Mediterranean Salad --- Butter Tart	Roasted Cauliflower Soup --- Turkey Deli Plate Wheat Roll --- Grilled Cheese Sandwich Tomato Slices --- Peanut Butter Cookies	Chicken Noodle Soup --- Egg Salad on Multi-Grain --- Bacon and Tomato Sandwich Corn & Bean Salad --- Rainbow Parfait	Potato Leek Soup --- Homemade Quiche Wheat Roll --- Hot Dog on Bun --- Tossed Salad --- Nanaimo Bar	Scotch Broth --- Cucumber and Cream Cheese Sandwich --- Crab Cake Potato Wedges --- Spinach & Mushroom Salad --- Lemon Chiffon	Minestrone Soup --- Pancake with Syrup Crispy Bacon Spiced Scalloped Apples --- Zesty Hummus Salad Plate --- Raspberry Sherbet
Dinner	Turmeric Chicken Garden Rice --- Lemon Ricotta Penne --- Fancy Blend Vegetables Zucchini Medley Wheat Roll --- Peach Crisp	Salmon Pie --- Moroccan Lamb Tagine --- Mashed Potatoes Green Beans Parsley Carrots Wheat Roll --- Chocolate Ice Cream	Salisbury Steak & Mushroom Sauce --- Oktoberfest Sausage Red Potato Salad --- Green Peas and Pearl Onions Sweet & Sour Cabbage Wheat Roll --- Coconut Cream Pie	Beef Shepherd's Pie --- Turkey Schnitzel & Gravy Herb Roasted Potatoes --- Pearl Harvest Veggies Broccoli Florets Wheat Roll --- Vanilla Tart	Fish n' Chips Tartar Sauce & Lemon Wedge Creamy Coleslaw --- Eggplant Parmigiana Casserole Savory Diced Potatoes Italian Mix Vegetables --- Wheat Roll --- Carrot Cake	Honey Garlic Pork Loin --- Chicken Cacciatore --- Fluffy Rice Oriental Vegetables Sugar Snap Peas Wheat Roll --- Berry Cobbler	Roast Beef Horseradish & Beef Gravy Baked Potato --- Turkey a la King Puff Pastry Wedge --- 5-Way Mixed Vegetables Wheat Roll --- Cherry Pie