

Fall 2018 Sample Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
WEEK one	Roast beef & gravy Mashed Potatoes Peas and Carrots Chicken noodle soup Chocolate Mousse	Three cheese Tortellini Alfredo Italian vegetable medley	Spaghetti Bolognese Italian vegetables Mushroom soup Blueberry shortcake	Stir Fried Pork Chow Mein	Country Style Hearty Beef Stew Mashed Potatoes Dinner Bun Tomato Soup Pumpkin Tart	Butter chicken Basmati rice. Mixed vegetables
WEEK two	Panko Breaded Blue Cod w/tartar sauce & lemon Potato wedges Peas & Carrots Corn Chowder Tripleberry crumble Squares	Chicken Teriyaki Jasmine Rice Broccoli Carrots	Meat Loaf/Gravy Mashed Potatoes Mixed vegetables Lentil Soup English custard with Stewed Rhubarb	Farmers Sausage Onion Gravy Mashed potatoes Peas & carrots	Roast Pork loin Gravy, apple sauce Roast Potatoes Cauliflower Green beans Italian veg. soup Bread Pudding Caramel sauce	Citrus Tarragon Chicken Thighs Pan gravy potatoes Mixed Vegetables
WEEK three	Baked Ham Pineapple sauce Roast Potatoes Carrots & Squash Cream of chicken soup Strawberry Mousse	Honey Almond Baked Chicken Plum sauce Oriental vegetables Jasmine Rice	Swedish Meatballs Buttered noodles Broccoli & Carrots Vegetable soup Apple Crumble	Chicken Fingers w/ plum sauce potato wedges mixed green salad Italian dressing	Garlic & lime Baked Chicken Thighs California veg. medley Parmesan potatoes Potato & leek soup Devil Food Cake	Veggie Quiche Mixed Green Salad Hash Brown Potatoes
WEEK four	Baked Salmon Dill sauce, mix Veg. Mashed potatoes Broccoli soup Lemon Pudding	English Bangers Mashed potatoes Peas & Carrots	Shepherds Pie Mixed Vegetables Cr. Of celery soup Butter Tart	Cabbage rolls Perogies w/ bacon Onions & sour cream	Creamy Chicken Breast Toscana, pasta Italian mixed veg Black Forest Trifle Beef noodle soup	TORTIERE Mixed green salad Hash Brown Potatoes