

Winter 2020 Sample Menu

	MONDAY	OPTION 2	WEDNESDAY	OPTION TWO	FRIDAY	OPTION TWO
WEEK one	<p>Chicken Pot Pie Winter veg. medley Mashed Potatoes Split Pea soup Nanaimo Bars</p>	<p>Spaghetti & Meatballs Romaine Salad Caesar Dressing</p>	<p>Beef & Vegetable Stew. Green Peas Mashed Potatoes Cream of Cauliflower Soup Deep Apple pie</p>	<p>Chicken Parmesan Tomato Sauce Italian mixed veg. Herbed Orzo Pasta</p>	<p>Roast Pork Loin With Savory stuffing Pan Gravy & Apple Sauce Roasted Potatoes PEI . Veggie Medley Carrot Cake</p>	<p>Salisbury Steak Onion Gravy Mixed Veg. Potatoes</p>
WEEK two	<p>Turkey Hunter Schnitzel w/ Mushroom Sauce Broccoli & Carrots Mashed Potatoes Tomato Basil Soup Chocolate Pudding</p>	<p>Spinach & Mushroom Quiche Herbed Tomato Parmesan Hash Brown Potatoes</p>	<p>Beef Stroganoff Vegetable Medley Egg Noodles Butternut Squash Soup Jellied Fruit</p>	<p>Chinese Orange Sesame Chicken Oriental veg. Steamed Rice</p>	<p>Roast Beef Pan Gravy Roasted Potatoes Peas Carrots Mushroom Soup English Trifle</p>	<p>Breaded pork Cutlet Red Cabbage Rutabagas Potatoes</p>
WEEK three	<p>Roasted chicken Thighs w/Bacon, Mushroom & onion sauce Winter veg. Medley Mashed Potatoes Lentil Soup Peaches & Cream</p>	<p>Beef Ravioli Fire Grilled Tomato & Red pepper Sauce W/ Parmesan. Penne Pasta Broccoli</p>	<p>Turkey Tetrazzini Over Pasta Italian Mixed Vegetables Beef & vegetable Soup Chocolate cake</p>	<p>Baked Salmon Lemon Dill Sauce Broccoli Carrots Parsley Boiled Potatoes</p>	<p>Pork Tenderloin Panko Sour Cream & Dijon Crust Green beans Cauliflower Parmesan Potatoes Triple Berry Crumble</p>	<p>California Chicken Stir fry Rice</p>
WEEK four	<p>Beef & Veggie Chili with bun Mushroom soup Chocolate Brownie</p>	<p>Spinach & cheese Cannelloni Pesto cream Sauce Roasted baby potatoes Italian veg.</p>	<p>Hawaiian meatballs S&S Pineapple On rice; Oriental veggies Won ton soup Vanilla cake Blueberry topping</p>	<p>Breaded cod loin Tartare sauce Potato wedges Veg. Medley</p>	<p>Greek style Chicken breast & roasted potatoes Broccoli & Carrots Greek bean soup Spiced apple crumble w/ Yogurt</p>	<p>Lasagna Romaine salad Caesar dressing Bun</p>