

# SPRING/SUMMER MENU 2022

	WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Poached Egg Mini Lemon Danish* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Oatmeal Cold Cereal Yogurt Parfait Pancakes & Syrup* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Poached Egg Carrot Muffin* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Oatmeal Cold Cereal Hard Boiled Egg French Toast & Syrup* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Poached Egg on an English Muffin* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Oatmeal Cold Cereal Egg Custard Honey Greek Yogurt Plain Challah* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Hard Boiled Egg Blueberry Muffin* Whole Wheat Bread Jam/Peanut Butter
	<b>Cream of Broccoli Soup</b> <b>Breaded Tilapia*</b> with tartar sauce*, French Fries*, Diced Carrots* <b>Country Style Frittata</b> French Fries French Green Beans Rice Pudding* Stewed Strawberry	<b>Mushroom Barley Soup</b> <b>Macaroni and Cheese*</b> , Green Peas*  <b>Rainbow Trout</b> with lemon wedge Vegetable Rice, California Mixed Vegetables Butterscotch Ice Cream Cup* Fresh Sliced Apples	<b>Potato Cheddar Soup</b> <b>Haddock in White Wine Sauce*</b> , Garlic Broccoli* Potato O'Brien* (m/p- mashed) <b>Egg Salad Plate</b> (Pickled Beet Slices, Lettuce and 2 Mini Croissant) Seasonal Fresh Pear* Date Square	<b>Cabbage Borscht Soup</b> <b>Salmon Loaf*</b> , Mashed Potatoes* Corn Niblets*  <b>Spring/Summer Cottage Cheese Plate</b> (Cottage Cheese, Fresh Melons, Banana Loaf, Jello, Maraschino cherry) Crème Caramel* Apple Sauce	<b>Cream of Tomato Soup- APO</b> <b>Vegetable Pizza*</b> Caesar Salad*  Tofu Curry Steamed Rice Steamed Broccoli  Apricots* Pound Cake	<b>Turkey Vegetable Soup</b> <b>Beef Cholent*</b> Waxed Beans*  <b>Chicken Salad Sandwich</b> on Flat Bread Bun, Chef's Salad w/ Italian Dressing  Fruit Cocktail* Iced Mocha Cake	<b>Minestrone Soup</b> <b>Baked Penne Pasta *</b> with Parmesan Cheese, Glazed Squash*  <b>Gefilte Fish Salad Plate (Dairy)</b> (Gefilte Fish, Beet Horseradish, Carrot Salad, 2 Mini croissant)  Vanilla Ice Cream Cup* Pineapple Tidbits
Lunch	<b>1<sup>st</sup>-Spaghetti Pasta with Meat Sauce*, Braised Green Cabbage*</b> <b>2<sup>nd</sup>-Oven Roasted Chicken Drumsticks</b> w/ Poultry Gravy, Mashed Potatoes, Diced Beets Fruit Cocktail* Carrot Cake	<b>Chicken Shawarma*</b> <b>(boneless thigh)</b> w/ Tahini Sauce*, Yellow Rice* Roasted Veggies*  <b>2<sup>nd</sup>-Beef &amp; Vegetable Pie</b> Diced Squash  Crushed Pineapple* Cherry Turnover	<b>Turkey Meatloaf *</b> w/ Poultry Gravy, Mashed Potatoes*, Spinach & Onion*  <b>Hot Dog on a Bun</b> garnished with diced onions and relish, Creamy Coleslaw  Angel Food Cake with Raspberry Sauce* Fresh Clementine	<b>Chicken Cacciatore*</b> Steamed Rice*, Roasted Green and Yellow Zucchini*  <b>Fish Sticks</b> with tartar sauce, Savoury Potatoes, Green Peas  Fresh Fruit Salad* Tiramisu Cake	<b>Chicken Broth Matzo Ball Soup</b>  <b>Southern Style Breaded Chicken*</b> Kasha & Bows*, Carrot Tzimmies*  <b>Stuffed Pepper</b> Steamed Cauliflower  Chocolate Layer Cake* Fruit Compote	<b>Split Pea &amp; Potato Soup- APO</b>  <b>Roasted Vegetable Mini Quiche*</b> , Bistro Mixed Vegetables*  <b>Herring Salad Plate</b> Herring, White Roll, Israeli Salad)  Lemon Buttermilk Cake* Fresh Grapes	<b>Moroccan Chicken Tagine*</b> (Roast Chicken with Apricots & Spices) Parslied Orzo*, Carrot Coins*  <b>Braised Beef &amp; Onions,</b> Parslied Orzo California Mixed Veg  Sliced Pears* Banana Cake
	Dinner						

# SPRING/SUMMER MENU 2022

	WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Poached Egg APO Boiled Egg HOSP* Mini Lemon Danish* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Oatmeal Cold Cereal Yogurt Parfait APO Scrambled Eggs HOSP* Pancakes & Syrup* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Poached Egg APO Vanilla Greek Yogurt HOSP* Carrot Muffin* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Oatmeal Cold Cereal Hard Boiled Egg APO Scrambled Eggs HOSP* French Toast & Syrup* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Poached Egg APO on an English Muffin* Boiled Egg HOSP* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Oatmeal Cold Cereal Egg Custard APO Honey Greek Yogurt APO* Plain Challah* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Hard Boiled Egg APO Scrambled Eggs HOSP* Blueberry Muffin* Whole Wheat Bread Jam/Peanut Butter
<b>Lunch</b>	<b>Green Lentil Soup</b> <b>Baked Haddock Loin*</b> with lemon wedge*, Roasted Potatoes*, Green Beans & Diced Onions* <b>Sweet Cheesy Noodles,</b> Diced Carrots Apricots* Red Velvet Cupcake	<b>Potato Cheddar Soup</b> <b>Garden Vegetable Frittata*,</b> Parsley Potatoes*, Peas* <b>Bagel, Lox &amp; Cream Cheese,</b> Sliced Tomatoes & Cucumbers Caramel Vanilla Swirl Cake* Tropical Applesauce	<b>Cream of Broccoli</b> <b>Cheese Lasagna in Rose Sauce*,</b> Cocktail Vegetables* <b>Mediterranean Salad Plate</b> (Hummus, Pickled Beets, Falafel, Warmed Pita, Israeli Salad) Strawberry Shortcake* Fresh Peaches	<b>Cabbage Borscht Soup</b> <b>Macaroni &amp; Cheese*,</b> Green Peas* <b>Fish Sticks</b> with tartar sauce, French Fries, Greek Salad with Vinaigrette Dressing Fresh Grapes* Butterscotch Pudding	<b>Cream of Tomato Soup-APO</b> <b>APO- Grilled Cheese Cheese Sandwich on Square Croissant*</b> Red Cabbage Slaw* <b>Sole Almondine,</b> Savoury Potatoes, California Vegetables Sliced Pears* Ice Cream Sandwich	<b>Beef Barley Soup</b> <b>Souvlaki Chicken*,</b> Roasted Potatoes* Diced Beets* <b>Gelfilte Fish Plate (Meat)</b> (Beet Horseradish, Carrot Salad, Challah Bun) Tropical Fruit Salad* Marble Cake	<b>Minestrone Soup</b> <b>Cheese Blintzes*</b> with Sour Cream & Jam, Sliced Peaches & Pears, Grapes Garnish (reg only), Zucchini Loaf <b>Plain Omelet,</b> Savoury Potatoes, Diced Carrots Orange Sherbet * Warm Cinnamon Applesauce
<b>Dinner</b>	<b>Chicken in Mushroom Sauce*,</b> Rice Pilaf*, Diced Beets* <b>Hot Dog on a Bun,</b> diced onion & relish garnish, Baked Beans Tiramisu Cake* Stewed Strawberries	<b>Spaghetti Pasta with Meat Sauce*,</b> Garlic Broccoli* <b>Breaded Tilapia</b> with tartar Sauce, Baked Potato w/ pareve sour cream Braised Red Cabbage Fresh Fruit Salad* Jello	<b>BBQ Chicken Wings*,</b> Lyonnais Potatoes*, Roasted Green & Yellow Zucchini* <b>Salami and Eggs,</b> Lyonnais Potatoes, Bistro Vegetables Mandarin Oranges* Iced Chocolate Cake	<b>Roast Turkey Breast*,</b> w/ Sage Gravy & Cranberry Sauce*, Mashed Potatoes*, Carrot Stampot* <b>Beef Kebab</b> w/ Tahini Sauce, Mashed Potato, Herb Roasted Tomato Halves Cherry Turnover* Fruit Cocktail	<b>Chicken Veg Noodle Soup</b> <b>Roast Veal*</b> w/ Brown Gravy*, Potato Kugel*, Waxed Beans* <b>Lemon Thyme Chicken</b> Potato Kugel, Roasted Green Zucchini Blueberry Pie* Pineapple Tidbits	<b>Split Pea &amp; Potato Soup- APO</b> <b>Glazed Salmon*,</b> Mushroom & Onion Farfel Pilaf*, Butternut Squash* <b>Spinach &amp; Cheese Boureka (Montreal kosher)</b> Caesar Salad Lemon Buttermilk Cake* Peaches	<b>Baked Crusted Cod Tail*,</b> with tartar sauce* Mini Potato Pancakes*, Ratatouille* <b>Sweet &amp; Sour Chicken Leg</b> Mini Potato Pancakes, Braised Green Cabbage Fruit Cocktail* Cinnamon Coffee Cake

# SPRING/SUMMER MENU 2022

	Week 3 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Poached Egg APO Boiled Egg HOSP* Mini Lemon Danish* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Oatmeal Cold Cereal Yogurt Parfait APO Scrambled Eggs HOSP* Pancakes & Syrup* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Poached Egg APO Vanilla Greek Yogurt HOSP* Carrot Muffin* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Oatmeal Cold Cereal Hard Boiled Egg APO Scrambled Eggs HOSP* French Toast & Syrup* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Poached Egg APO on an English Muffin* Boiled Egg HOSP* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Oatmeal Cold Cereal Egg Custard APO Honey Greek Yogurt APO* Plain Challah* Whole Wheat Bread Jam/Peanut Butter	Assorted Juice Milk, Coffee or Tea Banana Cream of Wheat Cold Cereal Hard Boiled Egg APO Scrambled Eggs HOSP* Blueberry Muffin* Whole Wheat Bread Jam/Peanut Butter
<b>Lunch</b>	<b>Cream of Broccoli Soup</b> <b>Baked Rainbow Trout*</b> with lemon wedge*, Mini Boiled Potatoes*, Vegetable Korma* <b>3 Cheese Baked Macaroni &amp; Cheese,</b> Green Peas Strawberry Ice Cream* Pineapple Tidbits	<b>Mushroom Barley Soup</b> <b>Onion &amp; Bell Pepper Quiche*,</b> Glazed Squash* <b>Ricotta &amp; Spinach Crepe with Tomato Sauce,</b> Pickled Beets Caramel Vanilla Swirl Cake* Fresh Orange Sections	<b>Potato Cheddar Soup</b> <b>Savoury Baked Cheese &amp; Egg Noodle Casserole*,</b> Green Beans & Onions* <b>Fish Provencal,</b> Mashed Potatoes, Diced Carrots Tapioca Pudding* Fresh Plums- (m/p-berry applesauce)	<b>Green Lentil Soup</b> <b>Bagel, Lox and Cream Cheese*,</b> Spring Salad* <b>Ziti w Roasted Red Pepper</b> Steamed Broccoli, Dinner Roll Citrus Orange Cake* Sliced Peaches	<b>Cream of Tomato Soup- APO</b> <b>Chili Cod*</b> Herbed Rice*, Green Peas* <b>Cheese Lasagna in Rose Sauce,</b> Caesar Salad Strawberry Applesauce* Crème Caramel	<b>Corned Beef Barley Soup</b> <b>Chicken Coq Au Vin*</b> Mashed Potatoes*, Green Beans* <b>Fresh Deli Plate</b> (Deli turkey & Salami Slices, Dinner Roll with Sub Spread) Garden Salad w/ French Dressing Sliced Pears* Brownie	<b>Minestrone Soup</b> <b>Spinach Quiche*,</b> California Mixed Veg* <b>Lemon Butter Cod</b> with lemon wedge, Lentil & Pasta Salad Iced Vanilla Dream Cake* Apricots
<b>Dinner</b>	<b>Rosemary Roasted Chicken Thigh*</b> w/ Poultry Gravy*, Parisienne Potatoes*, Corn Niblets <b>Meat Lasagna,</b> Carrot Coins Sliced Pears* Mocha Cake	<b>Crusted Pollock*</b> with tartar sauce*, Savoury Potatoes*, Stewed Tomato* <b>Shepherd's Pie with Brown Gravy</b> Roasted Green Zucchini Fruit Compote* Honey Cake	<b>Hamburger on Flat Bread Bun*,</b> garnished with diced onions & tomato slices, Creamy Coleslaw* (add potato chips for JHA) <b>Pineapple Chicken Leg,</b> Mashed Potatoes, California Vegetables Stewed Strawberries* Iced Chocolate Cake	<b>Sweet &amp; Sour Meatballs* (Sepha)</b> Egg Fried Rice* Oriental Mix Veggies* <b>Teriyaki Turkey,</b> Egg Fried Rice, Mushrooms & Onions Fresh Grapes* Marble Cake	<b>Chicken Rice Soup</b> <b>Pot Roast Beef*</b> Potato Kugel*, Honey Glazed Carrots* <b>Crusted Italian Chicken Breast,</b> Potato Kugel, Roasted Green Zucchini Apple Crisp * Fresh Fruit Salad	<b>Split Pea &amp; Potato Soup- APO</b> <b>Deli Egg Salad on Square Croissant *,</b> Creamy Coleslaw* <b>Salmon Hollandaise,</b> Roasted Red Pepper Couscous, Spinach & Onions Butter Tarts* Pineapple Tidbits	<b>Breaded Flounder with Tartar Sauce*,</b> Mushroom & Onion Farfel*, Tomato Salad* <b>BBQ Chicken Wings</b> Mushroom & Onion Farfel, Bistro Mix Vegetables Fresh Apple Slices* Chocolate Layer Cake