

SUMMER/FALL MENU 2025

	WEEK 1 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea
	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal
	Boiled Egg Banana Muffin*	Poached Egg Pancakes & Syrup*	Boiled Egg Carrot Muffin*	Poached Egg French Toast & Syrup*	Poached Egg on English Muffin*	Egg Custard Plain Challah*	Hard Boiled Egg Blueberry Muffin*
Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Strawberry Yogurt	Whole Wheat Bread Jam/Peanut Butter	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Sliced Cheddar Cheese	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Jam/Peanut Butter	
Lunch	Cream of Broccoli Soup	Mushroom Barley Soup	Potato Cheddar Soup	Green Lentil Soup	Tomato Bisque Soup	Turkey Vegetable Soup	Minestrone Soup
	Breaded Tilapia* with tartar sauce*, French Fries*, French Green Beans	Macaroni and Cheese*, Green Peas*	Haddock in White Wine Sauce*, Sunrise Mix Veg* Roasted Sweet Potatoes*	Lemon Pepper Salmon*, Savoury Potatoes* Bistro Mixed Veg*	Vegetable Pizza * Corn Niblets*	Beef Cholent* Waxed/Yellow Beans*	Baked Rose Rotini * with Parmesan Cheese, Green Peas*
	Summer Cottage Cheese Plate (Cottage Cheese, Honeydew, banana loaf, jello)	Rainbow Trout with lemon wedge Parisienne Potatoes, Green Peas	Egg Salad Plate (Pickled Beet Slices, Sliced Tomatoes and potato salad)	Cheese Quesadillas with sour cream Greek Salad with Vinaigrette Dressing	Deli Tuna Sandwich Mixed Salad Italian Dressing	Fresh Deli Plate (Deli turkey & Salami, Oblong Dinner Roll with Sub Spread) Garden Salad w/ French Dressing	Salmon Cakes w remoulade sauce Mashed potato Green Peas
	Lemon Meringue Pudding Fruit Cocktail	Lemon Buttermilk Cake * Fresh Sliced Apples	Fresh Pear* Ice Cream Bar	Crème Caramel* Apple Sauce	Fresh Fruit Salad*	Fruit Cocktail* Iced Mocha Cake	Ice Cream Sandwich Pineapple Sauce
Dinner	Turkey Loaf * w/ Poultry Gravy, Mashed Potato* Carrot Coins*	Chicken Shawarma* (boneless thigh) w/ Tahini Sauce*, Yellow Rice* Roasted Root Veggies*	Spaghetti Pasta with Meat Sauce* Steamed Broccoli*	Roast Beef with Mushroom Gravy* Mashed Potato* Roasted Green & yellow Zucchini*	Chicken Matzo Ball Soup	Split Pea & Potato Soup	Moroccan Chicken Tagine* Parslied Orzo*, Julienned Carrots*
	Hot Dog on a Bun // Diced onions & relish Potato Chips- garnish Baked Beans	Beef Hamburger on Bun with sliced onions & tomato slices- Garnish-potato chips) Creamy Coleslaw	HOT Smoked Turkey Sandwich on white- Hosp Steamed Broccoli	Baked Tilapia Mashed Potato* Roasted Green & yellow Zucchini*	Kasha & Bows*, Carrot Tzimmes*	Montreal Baked Cod Mashed Potato Lemon Wedge Bistro Mixed Veg	Braised Beef & Onions, Parslied Orzo Julienned Carrots
	Grapes	Watermelon* Raspberry Turnover	Honey Cake* Peaches	Apricots* Cinnamon Rugelach	Beef Potato Knish Carrot Tzimmes	Fresh Clementine* Mini Chocolate Éclair x2	Cantaloupe*
					Chocolate Layer Cake* Fruit Compote		

SUMMER/FALL MENU 2025

	WEEK 2 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea
	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal
	Boiled Egg Banana Muffin*	Pancakes & Syrup* Poached Egg	Boiled Egg Carrot Muffin*	Poached Egg French Toast & Syrup*	Poached Egg on English Muffin/Bagel*	Egg Custard Plain Challah*	Hard Boiled Egg Blueberry Muffin*
	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Strawberry Yogurt	Whole Wheat Bread Jam/Peanut Butter	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Sliced Cheddar Cheese	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Jam/Peanut Butter
Lunch	Squash Soup	Cream of Broccoli	Red Lentil Soup	Cream of Vegetable	Tomato Rice Soup	Beef Barley Soup	Minestrone Soup
	Mediterranean Baked Haddock* with lemon wedge*, Roasted Potatoes* Sunrise Mix Veg*	Garden Vegetable Frittata*, Roasted Sweet Potato*, Peas*	Cheese Lasagna in Rose Sauce*, Cocktail Vegetables*	Macaroni & Cheese*, Julienned Carrots and French Green Beans*	Zucchini Tomato Pizza* Garden Salad w/French dressing*	Chicken in Mushroom Sauce*, Rice Pilaf* Canned Green Beans *	Cheese Blintzes* with Sour Cream & Jam, Sliced Peaches & Pears, Zucchini Loaf
	Creamy Pesto Pasta, Sunrise Mix Veg	Challah, Lox & Cream Cheese, Sliced Tomatoes & Cucumbers	Mediterranean Salad Plate (Hummus, Pickled beets, Falafel, Warmed Pita, Israeli Salad)	Fish Sticks with tartar sauce, French Fries, Greek Salad with Vinaigrette Dressing	Sole Almondine, Savoury Potatoes, Green Peas	Gefilte Fish Plate (Meat) (Beet Horseradish, Carrot Salad, Bun)	NEW Egg Bite, Savory Potatoes, Sunrise Mix Veg Watermelon*
	Apricots* Mango Strawberry Pie	Caramel Vanilla Swirl Cake* Tropical Applesauce	Cherry Strudel* Fresh Peach	Fresh Apple Slices* Butterscotch Pudding	Ice Cream Sandwich Pear Sauce	Grapes*	
Dinner	General Tso Chicken* Shanghai Noodles Julienne Carrots & Peppers*	Spaghetti Pasta with Meat Sauce*, Garlic Broccoli*	Sweet & Sour Chicken Leg Mashed Potato, California Mix Veg	Roast Turkey Breast*, w/ Sage Gravy & Cranberry Sauce*, Mashed Potato*, Bistro Mix Veg*	Chicken Veg Noodle Soup	Split Pea & Potato Soup	BBQ Chicken Wings*, Mashed Potato*, Roasted Green & Yellow Zucchini*
	Hot Dog on a Bun, Diced onion & relish garnish, Baked Beans	Lemon Garlic Chicken Baked Potato w/ pareve sour cream Garlic Broccoli	Deli Tuna Salad Plate (White oblong roll, Vinaigrette Coleslaw)	Beef Kebab w/ Tahini Sauce, Mashed Potato, Bistro Mix Veg	Heavenly Chicken* Potato Kugel*, Carrot Coins*	Poached Salmon*, Mush& Onion Farfel Pilaf*, Butternut Squash*	Korean Ground Beef Basmati Rice, Roasted Green & Yellow Zucchini
	Honey Cake * Pears	Honey Dew Melon*	Mango and Pineapple*	Raspberry Turnover* Fruit Cocktail	Beef Bourguignon, Egg Noodles, Carrot Coins	Spinach & Cheese Boureka Caesar Salad	Cinnamon Coffee Cake* Fruit Cocktail
					Blueberry Pie* Fresh Fruit Salad	Orange Sherbet* Peaches	

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	Week 3 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea	Milk, Coffee or Tea
	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal	Banana Oatmeal Cold Cereal	Banana Cream of Wheat Cold Cereal
	Boiled Egg Banana Muffin*	Pancakes & Syrup* Poached Egg	Boiled Egg Carrot Muffin*	Poached Egg French Toast & Syrup*	Poached Egg on English Muffin	Egg Custard Plain Challah*	Hard Boiled Egg Blueberry Muffin*
Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Strawberry Yogurt	Whole Wheat Bread Jam/Peanut Butter	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Sliced Cheddar Cheese	Whole Wheat Bread Vanilla Yogurt	Whole Wheat Bread Jam/Peanut Butter	
Lunch	Potato Cheddar Soup	Cream of Vegetable Soup	Green Lentil Soup	Fish Chowder	Mushroom Barley Soup	Italian Wedding Soup	Squash Soup
	Baked Rainbow Trout* with lemon wedge*, Steamed Rice*, Green Peas*	Grilled Cheese Cucumber & Red Onion Salad w Vinaigrette Dressing*	Greek Style Baked Pasta *, Green Beans & Onions*	Challah, Lox and Cream Cheese*, Mixed Salad*	Chili Cod* Herbed Rice*, Green Peas*	Chicken Coq Au Vin* Mashed Potato*, Canned Green Beans*	Spinach Quiche*, California Mixed Veg*
	Sweet Potato Lentil Stew, Steamed Rice Green Peas	Tuna Noodle Casserole Bistro Mixed Veg	Fish Provencal, Mashed Potatoes, Green Beans & Onions	Chickpea Stew Pita Bread Steamed Broccoli,	Deluxe Vegetable Pizza, Caesar Salad	Meat Deli Roll Chef's Salad w/ Italian Dressing	Crusted Pollock with lemon wedge, Mashed Potato California Mix Veg
	Strawberry Ice Cream* Pineapple Sauce	Caramel Vanilla Swirl Cake* Fresh Clementine	Tapioca Pudding* Fresh Plum	Mango and Pineapple*	Strawberry Applesauce* Crème Caramel	Sliced Pears* Brownie	Chocolate Ice Cream* Apricots
Dinner	Rosemary Roasted Chicken Leg*, Parisienne Potatoes*, Garlic Broccoli*	Meat Lasagna* Roasted Green Zucchini*	Lamb & Beef Kebab*w/tahini sauce Steamed Rice* Sunrise Mix Veg*	Sweet & Sour Meatballs Egg Fried Rice* Asian Mix Veg*	Chicken Farfel Soup Roast Beef with Mushroom Gravy* Potato Kugel*, Honey Glazed Carrots*	Split Pea & Potato Soup Egg Salad Plate * (Pickled Beet Slices, Sliced Tomatoes and Croissant)	Beef Meatloaf with gravy*, Mushroom & Onion Farfel*, Bistro Mix Vegetables*
	Hamburger on Flat Bread Bun with sliced onions & tomato slices, Garnish- potato chips Vinaigrette Coleslaw	Pineapple Chicken Leg Mashed Potato, Roasted Green Zucchini	Tuna Salad Sandwich Garden Salad with French Dressing	Teriyaki Turkey, Egg Fried Rice, Asian Mix Veg	Crusted Italian Chicken Breast, Potato Kugel, Roasted Green Zucchini	Salmon Hollandaise, Roasted Red Pepper Couscous, Spinach & Onions	BBQ Chicken Wings Mush & Onion Farfel, Bistro Mix Vegetables
	Sliced Pears* Mocha Cake	Fruit Compote*	Diced Peaches* Chocolate Sponge Cake	Marble Cake* Fruit Cocktail	Apple Crisp * Fresh Fruit Salad	Butter Tarts* Pineapple Tidbits	Honeydew Melon*