



NW-Spring/Summer 2022 - Week 1

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half Oatmeal Cottage Cheese Raisin Toast Margarine Strawberry Jam Special K Cereal Peanut Butter Whole Wheat Toast	Chilled Apricots Cream of Wheat Scrambled Eggs Pancakes Syrup Margarine Honey Nut Cheerios Cereal Peanut Butter Whole Wheat Toast	Banana Cinnamon Oatmeal Poached Egg Whole Wheat Toast Strawberry Jam Margarine Rice Krispies Cereal Peanut Butter White Toast	Fruit Cocktail Cream of Wheat Hard Boiled Egg Blueberry Muffin Strawberry Jam Margarine Special K Cereal Peanut Butter White Toast	Banana Oatmeal Scrambled Egg Whole Wheat Toast Margarine Strawberry Jam Raisin Bran Cereal Peanut Butter White Toast	Mandarin Oranges Cream of Wheat Bacon Poached Egg Whole Wheat Toast Margarine Strawberry Jam Rice Krispies Cereal Peanut Butter White Toast	Banana Oatmeal Scrambled Egg Whole Wheat Toast Margarine Strawberry Jam Bran Flakes Cereal Peanut Butter White Toast
AM						
Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
LUNCH						
Roasted Cauliflower Soup Unsalted Crackers Captain Burger on WW Bun Tartar Sauce Creamy Coleslaw Fresh Watermelon Egg Salad Sandwich	Butternut Squash Soup Unsalted Crackers Macaroni & Cheese Baked Tomato au Gratin Chilled Diced Pears Beef Roast Sandwich	Tuscan Bean & Vegetable Soup Unsalted Crackers Chicken Salad Sandwich Romaine with Mustard Pineapple Tidbits Salmon Salad Sandwich	Cabbage Soup Unsalted Crackers Pork & Potato Saute Whole Wheat Roll Green & Yellow Beans Margarine Mandarin Oranges Egg Salad Sandwich	Minestrone Soup Unsalted Crackers Beef Burger on WW Bun Mayonnaise Lettuce Leaf Sliced Tomato Spinach & Mushroom Lemon Blueberry Tart Cheese Sandwich	Corn Chowder Unsalted Crackers Italian Herb Frittata 5-Way Mixed Vegetables Whole Wheat Bread Margarine Chilled Peach Slices Turkey & Swiss Sandwich	Lentil & Vegetable Soup Unsalted Crackers BBQ Pork Ribette on WW Bun Triple Bean Salad Ice Cream Sandwich Chicken Salad Sandwich
PM						
Chocolate Chip / Fresh Fruit	Blueberry Loaf/ Banana	Shortbread Cookie/ Fresh Fruit	Lemon Loaf/ Banana	Oatmeal Cookie / Grapes	Chocolate Chip Loaf/ Banana	Assorted Cookies /Grapes
DINNER						
Salisbury Steak & Gravy Mashed Potatoes Parsley Carrots Multi Grain Roll Margarine Mississippi Mud Pie Spiced Chicken Thigh	Pork Goulash Hungarian Buttered Egg Noodles Cranberry Bars Cheese Sandwich	Beef Stroganoff Basmati Rice Diced Squash Cherry Crisp Spinach Cheese Penne Garlic Bread	Turkey Vegetable Stew Poultry Gravy Roasted Red Skin Green Peas Iced Brownie Egg Salad Sandwich	Lemon Pepper Cod Baked Sliced Potatoes Zesty Balsamic Carrots Creamsicle Parfait Cheese Sandwich	Broccoli Cheese Pasta Bake Parslied Cauliflower Multi Grain Roll Margarine Black Forest Cake Turkey & Swiss Sandwich	Roast Beef Beef Gravy Mashed Potatoes Peas & Pearl Onions Blushing Pineapple Chicken Salad Sandwich
HS						
Banana Loaf/Yogurt <i>Menu subject to change without notice</i>	Applesauce/Yogurt	Blueberry Loaf/Yogurt	Applesauce/Yogurt	Carrot Loaf/Yogurt	Applesauce/Yogurt <i>Audited by Site Registered Dietitian - April,2022</i>	Lemon Loaf/Yogurt

Menu subject to change without notice

PM/HS = Yogurt & Fruits are always available for snacks

Breakfast: 250 ml of milk and 125 ml of juice are offered daily.
Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily
AM/PM/HS: Assorted Beverages (125 ml juices/milk/tea/coffee).
HS: Assorted sandwich is also available upon request

The 1st choice is in bold and the 2nd choice(alternate) is under it.



NW-Spring/Summer 2022 - Week 2

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half Cream of Wheat Poached Egg Raisin Toast Margarine Strawberry Jam Special K Cereal Peanut Butter Whole Wheat Toast	Fresh Apple Slices Oatmeal Scrambled Eggs Whole Wheat Toast Margarine Strawberry Jam Raisin Bran Cereal Peanut Butter White Toast	Banana Cream of Wheat Hard Boiled Egg Oatmeal Muffin Margarine Strawberry Jam Rice Krispies Cereal Peanut Butter Whole Wheat Toast	Chilled Peach Slices Oatmeal Poached Egg Whole Wheat Toast Strawberry Jam Margarine Bran Flakes Cereal Peanut Butter White Toast	Banana Cream of Wheat Scrambled Egg Whole Wheat Toast Margarine Strawberry Jam Special K Cereal Peanut Butter White Toast	Fruit Cocktail Cinnamon Oatmeal Poached Egg Whole Wheat Toast Margarine Strawberry Jam Raisin Bran Cereal Peanut Butter White Toast	Banana Cream of Wheat French Toast Bacon Syrup Margarine Rice Krispies Cereal Peanut Butter Whole Wheat Toast Strawberry Jam
AM						
Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
LUNCH						
Creamy Carrot Dill Soup Unsalted Crackers Turkey Pot Pie Poultry Gravy Whipped Squash Multi Grain Roll Margarine Chilled Apricots Ham & Cheese Sandwich	Minestrone Soup Unsalted Crackers Three Cheese Pizza Caesar Salad Chilled Peach Slices Roast Beef Sandwich	Egg Drop Soup Unsalted Crackers Turkey & Potato Salad Plate Heritage Blend Salad with French Dressing Cheddar Garlic Biscuit Margarine Cantaloupe Chunks Ham Salad Sandwich	Leek Mushroom & Pasta Soup Unsalted Crackers Chili Con Carne Broccoli Florets Corn Muffin Margarine Rainbow Sherbet Tuna Salad Sandwich	Garden Vegetable Soup Unsalted Crackers Oktoberfest on Bun Marinated 4 Bean Salad Vanilla Mousse Egg Salad Sndw on Wheat	Split Pea Soup Unsalted Crackers Chicken Strips Plum Sauce Sweet Potato Fries Buttered Corn Mandarin Oranges Cheese Sandwich on WW	Potato Vegetable Soup Unsalted Crackers Cod Au Gratin Greek Rice Pilaf Parsley Carrots Chilled Peach Slices Roast Beef Sandwich on
PM						
Chocolate Chip / Fresh Fruit	Blueberry Loaf/ Banana	Shortbread Cookie/ Fresh Fruit	Lemon Loaf/ Banana	Oatmeal Cookie / Grapes	Chocolate Chip Loaf/ Banana	Assorted Cookies /Grapes
DINNER						
Lamb Curry Basmati Rice Cauliflower Cherry Cheesecake Ham & Cheese Sandwich	Baked Pollock Parisienne Potatoes Buttered Brussels Sprouts Lemon Wedge Chocolate Frosted Rice Cornflake Crusted Chicken	Spinach & Cheese Cannelloni Mixed Green Italian Salad Whole Wheat Bread Margarine Blonde Bars Ham Salad Sandwich	Chicken with Mushroom Sauce Baked Potato Butternut Squash Cinnamon Pears Tuna Salad Sandwich	Baked Salmon Fillet Lemon Wedge Lyonnaise Potatoes Baked Tomato au Gratin Maple Chocolate Mania Egg Salad Sndw on Wheat	Apple Cider Pork Chops Parslied Noodles California Vegetables Raisin Cream Bar Cheese Sandwich on WW	Roast Turkey Cranberry Sauce Poultry Gravy Mashed Potatoes Fall Medley Vegetables Lemon Meringue Pie Roast Beef Sandwich on
HS						
Banana Loaf/Yogurt	Applesauce/Yogurt	Blueberry Loaf/Yogurt	Applesauce/Yogurt	Carrot Loaf/Yogurt	Applesauce/Yogurt	Lemon Loaf/Yogurt

Menu subject to change without notice

Audited by Site Registered Dietitian - April, 2022

PM/HS = Yogurt & Fruits are always available for snacks
 Breakfast: 250 ml of milk and 125 ml of juice are offered daily.
 Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily
 AM/PM/HS: Assorted Beverages (125 ml juices/milk/tea/coffee).
 HS: Assorted sandwich is also available upon request

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NW-Spring/Summer 2022 - Week 3

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Chilled Tropical Fruit Oatmeal Hard Boiled Egg Apple Spice Muffin Margarine Strawberry Jam Bran Flakes Cereal Peanut Butter White Toast	Banana Cream of Wheat Cottage Cheese Raisin Bread Margarine Strawberry Jam Special K Cereal Peanut Butter White Toast	Chilled Peach Slices Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Margarine Strawberry Jam Raisin Bran Cereal Peanut Butter Whole Wheat Toast	Banana Cream of Wheat Poached Egg Whole Wheat Toast Margarine Strawberry Jam Special K Cereal Peanut Butter White Toast	Orange Sections Oatmeal Scrambled Egg Whole Wheat Toast Strawberry Jam Margarine Bran Flakes Cereal Peanut Butter White Toast	Banana Cream of Wheat Poached Egg Whole Wheat Toast Margarine Strawberry Jam Special K Cereal Peanut Butter White Toast	Sliced Pears Oatmeal Scrambled Egg Whole Wheat Toast Strawberry Jam Margarine Raisin Bran Cereal Peanut Butter Bacon White Toast
AM						
Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
LUNCH						
Unsalted Crackers Cream of Tomato Soup BBQ Beef Ribette on WW Bun Green Beans Margarine Orange Gelatin Grilled Cheese on Wheat	Unsalted Crackers Country Bean & Vegetable Soup Vegetable & Swiss w/Mushrooms Quiche Buttered Corn Fruit Cocktail Sliced Turkey on Wheat	Unsalted Crackers Creamy Carrot Ginger Soup B L T on croissant Grilled Vegetables Mandarin Oranges Salmon Salad on WW	Unsalted Crackers Roasted Red Pepper Soup Beef Burgundy Garlic Potatoes Chickpea & Veggie Salad Fresh Watermelon Chicken Salad Sandwich on	Unsalted Crackers Herbed Tomato Bisque Chicken Burger on WW Bun Lettuce Leaf Mayonnaise Creamy Coleslaw Baked Custard Cheese Sandwich on WW	Unsalted Crackers Tuscan White Bean & Kale Soup Crab Melt Sndw on WW Tomato & Onion Salad Chilled Apricots Egg Salad Sndw on Wheat	Unsalted Crackers Harvest Vegetable Soup Turkey Divan Buttered Penne Julienne Parsley Carrots Mango Whip Roast Beef Sandwich on Vanilla Ice Cream
PM						
Chocolate Chip / Fresh Fruit	Blueberry Loaf/ Banana	Shortbread Cookie/ Fresh Fruit	Lemon Loaf/ Banana	Oatmeal Cookie / Grapes	Chocolate Chip Loaf/ Banana	Assorted Cookies /Grapes
DINNER						
Breaded Pork Cutlet Mustard Sauce Roasted New Potatoes Sliced Beets Black Forest Tart Cheese Sandwich on WW	Lentil Infused Meatloaf Beef Gravy Garlic Mashed Potatoes Green Peas Bread Pudding Turkey & Swiss Sndw on	Chicken Cacciatore Rotini Steamed Broccoli Carrot Cake Salmon Salad on WW	Sweet-N-Sour Pork Bites Fluffy Rice Buttered Brussels Sprouts Buttertart Square Rotini Primavera w/Alfredo	Creole Baked Fish O'Brien Potatoes Sauteed Spinach Cinnamon Pears Cheese Sandwich on WW	Beef Chow Mein Asian Stir Fry Vegetables Blueberry Crisp Chicken Breast Mashed Potatoes	Baked Ham in Pineapple Juice Scalloped Potatoes Prince Edward Apple Pie Slice Roast Beef Sandwich on
HS						
Banana Loaf/Yogurt	Applesauce/Yogurt	Blueberry Loaf/Yogurt	Applesauce/Yogurt	Carrot Loaf/Yogurt	Applesauce/Yogurt	Lemon Loaf/Yogurt

Menu subject to change without notice

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NW-Spring/Summer 2022 - Week 4

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half Cream of Wheat Poached Egg Raisin Toast Margarine Strawberry Jam Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Mandarin Oranges Oatmeal Cottage Cheese Bran Muffin Margarine Strawberry Jam Special K Cereal Peanut Butter Whole Wheat Toast	Banana Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Strawberry Jam Margarine Rice Krispies Cereal Peanut Butter White Toast	Mandarin Oranges Cream of Wheat Poached Egg Whole Wheat Toast Margarine Strawberry Jam Raisin Bran Cereal Peanut Butter White Toast	Banana Oatmeal Scrambled Egg Whole Wheat Toast Margarine Strawberry Jam Special K Cereal Peanut Butter White Toast	Chilled Apricots Cream of Wheat Poached Egg Whole Wheat Toast Margarine Strawberry Jam Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Pineapple Tidbits Oatmeal Scrambled Egg Whole Wheat Toast Margarine Strawberry Jam Rice Krispies Cereal Peanut Butter Bacon White Toast
AM						
Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
LUNCH						
Country Bean & Vegetable Soup Unsalted Crackers BBQ Glazed Chicken Rice Pilaf Broccoli Florets Fresh Watermelon Egg Salad Sndw on Wheat	Golden Lentil Soup Unsalted Crackers Breaded Cod French Fries Vinaigrette Coleslaw Tartar Sauce Lemon Wedge Scalloped Cinnamon Cheese Sandwich on WW	Vegetable Florentine Soup Unsalted Crackers Potato & Cheese Perogies Sour Cream Buttered Cabbage Fruit Cocktail Turkey Salad on Wheat	Tomato & Rice Soup Unsalted Crackers Sausage Links Mini Pancakes Bites Hot Spiced Apples Syrup Chilled Tropical Fruit Tuna Salad Sandwich on Chickpea & Veggie Salad	Roasted Cauliflower Soup Unsalted Crackers Tuna Melt on WW Creamy Coleslaw Chilled Pineapple Pastrami Sndw on Wheat	Cream of Broccoli Soup Unsalted Crackers Hot Roast Beef on Bun Buttered Brussels Sprouts Chilled Diced Pears Cheese Sandwich on WW	Tomato Basil Soup Unsalted Crackers Turkey Salad Sandwich Marinated Bean Salad Mandarin Oranges Egg Salad Sndw on Wheat
PM						
Chocolate Chip / Fresh Fruit	Blueberry Loaf/ Banana	Shortbread Cookie/ Fresh Fruit	Lemon Loaf/ Banana	Oatmeal Cookie / Grapes	Chocolate Chip Loaf/ Banana	Assorted Cookies /Grapes
DINNER						
Hamburger & Sausage Casserole Roasted Mediterranean Multi Grain Roll Margarine Date Square Egg Salad Sndw on Wheat	Turkey Meatballs in Yogurt Sauce Fluffy Rice Green Peas Lemon Cake Cheese Sandwich on WW	Beef Mushroom Ragout Parslied Noodles Sunrise Vegetables Apple Crisp Turkey Salad on Wheat	Lemon Pepper Chicken Mashed Potatoes Sautéed Spinach Chocolate Cake Tuna Salad Sandwich on	Pork & Mushroom Pie Iceberg & Carrot Salad Macaroon Madness Bar Pastrami Sndw on Wheat	Chicken Marsala Savoury Diced Potatoes Diced Carrots Margarine Red Velvet Cake Cheese Sandwich on WW	Pork Roast Brown Gravy Baked Potato Key West Vegetables Multi Grain Roll Sour Cream Margarine Blueberry Pie Egg Salad Sndw on Wheat
HS						
Banana Loaf/Yogurt	Applesauce/Yogurt	Blueberry Loaf/Yogurt	Applesauce/Yogurt	Carrot Loaf/Yogurt	Applesauce/Yogurt	Lemon Loaf/Yogurt

Menu subject to change without notice

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Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily
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