

NEW VISTA

winter 2020-21 week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	REGULAR ½ banana Hot or cold cereal Whole Wheat Toast Assorted Danish <u>Cut up : same</u> Juice/Milk/Coffee/Tea	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u> Juice/Milk/Coffee/Tea	½ banana Hot or cold cereal Whole Wheat Toast Scrambled egg <u>Cut up : same</u> Juice/Milk/Coffee/Tea	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u> Juice/Milk/Coffee/Tea	½ banana Hot or cold cereal Whole Wheat Toast Scrambled egg <u>Cut up : same</u> Juice/Milk/Coffee/Tea	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u> Juice/Milk/Coffee/Tea	½ banana Hot or cold cereal Whole Wheat Toast Scrambled eggs <u>Cut up : same</u> Juice/Milk/Coffee/Tea
	MINCED Hot cereal or cold Crust less Toast Cheese slice	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Minced pancake & syrup Minced sausages
	PUREE Pureed breakfast cereal yogurt	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed pancake & Pureed sausage

LUNCH	REGULAR Eggs benny w/ hollandaise sauce Canadian back bacon Fresh fruit Lemon pudding <u>Cut up : same</u>	Butternut squash soup Baked chicken and mushroom linguini Spinach salad/ garlic bread Mandarin oranges <u>Cut-up: same</u>	Corn chowder soup Macaroni & cheese Broccoli Fruit cup <u>Cut-up: same</u>	Potato apple Soup Salmon salad sandwich Coleslaw Ice cream cup <u>Cut-up: same</u>	Cream of mushroom soup Egg salad sandwich Cucumber and tomato salad Diced peaches <u>Cut-up: same</u>	lentil soup butter chicken mixed vegetables rice/naan bread lemon squares <u>Cut-up: same</u>	Garden vegetable soup Cheese cannelloni Caesar salad Cream puffs <u>Cut-up: same</u>
	MINCED Minced egg on crust less bread w/sauce Minced Canadian bacon Minced FRESH FRUIT Lemon pudding	Minced soup Minced pasta w/ sauce Minced marinated vegetable salad Minced oranges	Minced soup Minced mac & cheese Minced broccoli Minced fruit cup	Minced soup Minced SALMON filling crust less bread Minced steamed coleslaw Ice cream	Minced soup Minced filling crust less bread Minced marinated salad Minced peaches	Minced soup Minced butter chicken Crust less buttered bread Rice if tolerated /mashed potato Minced lemon square	Pureed soup Minced cannelloni and sauce Minced marinated veg salad Bavarian cream and topping mixed
	PUREE Puree bread egg w / sauce Puree Canadian bacon Pureed fruit cocktail Lemon pudding	Pureed soup Pureed egg filling Pureed bread Puree marinated veg salad Puree peaches	Puree soup Pureed mac and cheese Puree broccoli Pureed bread Pureed fruit	Pureed soup Pureed salmon Puree steamed slaw Pureed bread Ice cream	Puree soup Puree filling Pureed bread Pureed veg salad Pasta salad Purred peaches	Puree soup Puree butter chicken Mashed potato Pureed bread Pureed lemon square	Pureed soup Pureed cannelloni and sauce Pureed marinated veg salad Bavarian cream and topping mixed

Afternoon Snack: Assorted fresh fruits daily; Home Baked Goodies; Juice/Milk/Coffee/Tea Minced/puree: Yogurt, soft mashed fruit (banana/applesauce), pudding

SUPPER	REGULAR Roast beef Mashed potatoes/Yorkshires Pea Apple pie <u>Cut up : beef</u>	Red snapper w/ chive sauce Brown rice pilaf Mixed vegetables Mixed berry crisp <u>cut up : same</u>	Herb roasted chicken Roast potato Tarragon carrots Dinner roll Chocolate cake <u>Cut up : bite size</u>	Turkey pot pie & gravy Mashed potato Green beans Diced pears <u>Cut up : bite size</u>	Beef stroganoff Buttered egg noodles Sliced carrots Date square <u>Cut up ; same bite size</u>	Dijon roast pork loin Roasted red potato broccoli mandarin oranges <u>Cut up ; same bite size</u>	Lemon poached Basa Mashed potato Green beans Black forest cheese cake <u>Cut up ; same bite size</u>
	MINCED Minced beef Mashed potatoes Minced peas Crust less buttered bread Minced apple pie	Minced snapper and sauce Mashed potato Minced mixed veg Minced crisp	Minced chicken and gravy Mashed potato Minced carrots Crust less buttered bread Minced cake	Minced pot pie & gravy Mashed potato Minced green beans Minced pears	Minced beef & sauce Minced carrots Minced noodles w/ sauce Minced date square	Minced chicken & sauce Mashed potato Minced broccoli Minced oranges	Minced Basa w/ sauce Mashed potato Minced green beans Minced cheese cake
	PUREE Puree Mashed potatoes Puree peas PUREE bread Pureed apple pie	Puree snapper and sauce Mashed potato Purede mixed veg Pureed cake	Pureed chicken and gravy Mashed potato Pureed carrots Pureed bread Pureed cake	Pureed pot pie & gravy Mashed potato Pureed green beans Pureed pears	Puree beef w /sauce Pureed carrots Pureed noodles w/ sauce Pureed date square	Puree chicken w/ sauce Mashed potato Pureed broccoli Pureed pie	Puree Basa w sauce Mashed potato Pureed green beans Pureed cheese cake

Evening Snack: Assorted fresh fruits/cheese slice home baked goodies/Juice/Milk/Coffee/Tea MINCED/PUREE: Minced/puree: Yogurt, soft mashed fruit (banana/applesauce), pudding

Water, juice, milk, tea and coffee are available at all meals. Fruit and yogurt are available at all meals.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	REGULAR	½ banana Hot or cold cereal Whole Wheat Toast Scrambled egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Scrambled egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Scrambled egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u>	½ banana Hot or cold cereal French toast w/syrup Turkey sausage <u>Cut up : same</u>
	MINCED	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Minced French Toast w syrup Minced sausage
	PUREE	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed French toast Pureed sausage
LUNCH	REGULAR	Cream of mushroom soup Broccoli cheese quiche Tomato, onion,& feta salad Ww/ buttered bread fruit cocktail <u>Cut up : same</u>	Roasted carrot and dill soup Crab salad croissant. Spinach and mandarin salad Pineapple Bavarian cream <u>Cut up : same</u>	Tomato rice soup Beef & mac. Casserole Caesar salad Lemon pudding <u>Cut up : same</u>	Chef s choice	Vegetable Soup Grilled ham and Swiss cheese Sandwich 4- bean salad Butter tart bar	Cream of broccoli soup Bean and chick pea casserole Tossed romaine salad Apricots	Borscht soup Cabbage roll casserole Green beans Cheese biscuit Fruit jello
	MINCED	Minced soup Minced quiche w/ sauce Minced marinated veg salad Crust less buttered bread Minced fruit cocktail	Pureed soup Crust less sandwich w/minced filling Minced marinated veg salad Minced pineapple cream	Pureed soup Minced beef casserole Minced marinated veg salad Lemon pudding		Minced soup Crust less grilled ham and Swiss cheese sand. Minced 4 bean salad Minced butter tar bar	Minced soup Minced casserole Crust less buttered bread minced marinated veg salad minced apricots	Minced soup Minced cabbage casserole w/ sauce Minced green beans Crust less buttered bread Minced jello w/fruit
	PUREE	Puree soup Puree quiche w/ sauce Puree marinated salad Pureed bread Pureed fruit	Puree soup Puree bread & pureed filling Pureed veg salad Pureed pineapple cream	Pureed soup Pureed casserole Puree veg salad Lemon pudding		Pureed soup Puree grilled ham and cheese filling Puree bean salad Pureed butter tart bar	Puree soup Puree casserole Pureed salad Pureed apricots	Puree soup Pureed casserole w/ sauce pureed bread Puree green beans Pureed jello w/fruit
		Afternoon Snack: Assorted fresh fruits/Home Baked Goodies; Juice/Milk/Coffee/Tea		MINCED/PUREE: Yogurt, soft mashed fruit (banana/applesauce), pudding				
SUPPER	REGULAR	Roast pork & Gravy Apple sauce Mashed potato Honey carrots Blueberry pie Cut up: same bite size	Meatloaf & gravy Steamed potato cauliflower chocolate brownie Cut up: same bite size	Pineapple salsa chicken California mixed veg Jasmin rice Dinner roll Carrot cake Cut up: same bite size	Pork vegetable stew Mashed potato Mixed veg Rice pudding Cut up: same bite size	chicken cordon blue w/ sauce barley risotto w/ mushrooms roasted broccoli ice cream cup Cut up: same bite size	Pork cutlet& mushroom gravy Garlic Mashed potato Butternut squash Fresh fruit Cut up: same bite size	Salmon fillet Steamed new potatoes Peas &carrots Dinner roll Lemon pie Cut up: same bite size
	MINCED	Minced pork & gravy Mashed potatoes Minced carrots Crust less buttered bread Minced blueberry pie	Minced meatloaf /gravy Mashed potato Minced cauliflower Minced brownie	Minced chicken with sauce Mashed potato/rice if tolerated Minced veg Buttered crust-less bread Minced cake	Minced pork stew mashed potatoes Minced veg Minced rice pudding	Minced chicken w/ sauce Minced risotto Minced broccoli Ice cream	Minced cutlet & gravy mashed potato Minced squash Minced fruit	Minced salmon and sauce Mashed potatoes Minced peas & carrots Crust less buttered bread Minced pie
	PUREE	Puree pork & gravy Mashed potatoes Puree carrots Pureed bread Pureed pie	Puree meatloaf / gravy Mashed potato Puree cauliflower Pureed brownie	Puree chicken & sauce Puree veg Mashed potato Pureed bread Puree cake	Puree pork stew Puree veg Mashed potatoes Puree rice pudding	Puree chicken w/ sauce Pureed risotto Puree broccoli Ice cream	Puree cutlet and gravy Mashed potatoes Puree squash Puree fruit	Puree fish and sauce Mashed potatoes Puree vegetables Puree bread Pureed pie
		Evening Snack: Assorted fresh fruits/cheese slice home baked goodies/Juice/Milk/Coffee/Tea		MINCED/PUREE: Minced/puree: Yogurt, soft mashed fruit (banana/applesauce), pudding				

Water, juice, milk, tea and coffee are available at all meals. Fruit and yogurt are available at all meals.

New vista

fall and winter 20-2021 WEEK 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	REGULAR ½ banana Hot or cold cereal Whole Wheat Toast Scrambled egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Scrambled egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Scrambled egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u>	½ banana Hot or cold cereal Pancakes w/syrup Turkey sausage <u>Cut up : same</u>
	MINCED Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Minced pancakes w syrup Minced sausage
	PUREE Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed waffles/syrup Pureed sausage
LUNCH	REGULAR Eggs benny w/ hollandaise sauce Sausage rounds Potato hash brown Fresh fruit salad <u>Cut up: same bite size</u>	Tomato soup Grilled cheese sandwich Tossed romaine salad Lemon loaf <u>Cut up: same</u>	Carrot ginger soup Spaghetti and meatballs Caesar salad Garlic bread Vanilla ice cream <u>Cut up : same</u>	vegetable soup hot dog sliders Cole slaw Diced peaches <u>Cut up : same</u>	Tomato rice soup Beef chili Spinach salad Cheese biscuit Chocolate brownie <u>Cut up: same</u>	Mulligatawny soup Ham and cheese sandwich Potato salad Apricots <u>Cut up : same</u>	Split pea soup Vegetable lasagna Tossed salad Garlic bread Tapioca pudding <u>Cut up : same</u>
	MINCED Minced poached egg on crust less toast w/ sauce Minced sausage rounds Canned fruit cocktail	Minced tomato soup Crust less grilled cheese sandwich Minced marinated vegetable salad Minced lemon loaf	Pureed soup Crust less grilled cheese Minced marinated veg salad Ice cream	Minced Vegetable soup Minced hot dog on crust less bread Minced steamed slaw Minced peaches	Pureed soup Minced chili Minced marinated vegetable salad Crust less buttered bread Chocolate brownie	Minced soup Crust less sandwich with minced filling Minced potato salad Minced apricots	Minced soup Minced lasagna Minced marinated veg salad Crust less garlic bread Tapioca pudding
	PUREE Scrambled eggs and sauce Puree bread Puree sausage s Pureed fruit cocktail	Pureed soup Pureed sandwich Pureed marinated veg. salad Puree lemon loaf	Puree soup puree sandwich 2 scoops Pureed marinated veg salad Ice cream	Puree vegetable soup Puree dogs Pureed slaw Pureed bread	Pureed soup Puree chili Puree veg salad Pureed bread Pureed pudding	Puree soup Pureed bread Pureed filling puree potato salad pureed apricots	Pureed soup Pureed lasagna Pureed veg salad Pureed bread Pureed tapioca pudding
Afternoon Snack: Assorted fresh fruits daily; Home Baked Goodies; Juice/Milk/Coffee/Tea Minced/puree: Yogurt, soft mashed fruit (banana/applesauce), pudding							
SUPPER	REGULAR Baked ham Scalloped potato Peas Dinner Roll Apple crisp <u>Cut up: same bite size</u>	Roast chicken and gravy Steamed new potato Squash, Chocolate cake <u>Cut up : chicken, green beans</u>	Basa fillet w/ béarnaise sauce Bow tie pasta tossed with garlic butter sauce Carrots Stewed rhubarb with topping <u>Cut up: same</u>	Turkey schnitzel Creamy garlic rotini Italian mixed veg Pumpkin pie squares <u>Cut up :schnitzel and sauce</u>	Poached salmon Lemon mashed potato Peas& carrots Dinner rolls Apple sauce <u>cut up : chop bite size</u>	Orange cranberry chicken rice pilaf broccoli coconut cream pie <u>cut up : chicken</u>	Pacific snapper w/ hollandaise sauce Herb roasted potato Green beans Caramel swirl cake <u>cut up : same</u>
	MINCED Minced pork w/gravy Mashed potato Minced carrots Crust less buttered bread Minced Apple crisp	Minced chicken & sauce Mashed potato Minced squash Minced crisp Buttered bread	Minced Basa w/ sauce Minced pasta Minced carrots minced rhubarb w/ topping	Minced schnitzel w/ sauce Minced pasta & sauce Minced veg Minced pumpkin square	Minced salmon w/ sauce Mashed potato Minced peas & carrots Crust less buttered bread Apple sauce	Minced chicken/sauce Mashed potato /rice if tolerated Minced broccoli Minced pie	Minced fish w/ hollandaise sauce Mashed potato Minced green beans Minced cake
	PUREE Pureed pork w/ gravy Mashed potatoes Pureed carrots Pureed bread Pureed apple crisp	Pureed chicken and sauce Mashed potato Pureed squash Pureed crisp Pureed bread	Pureed Basa Pureed pasta with sauce Pureed carrots Pureed rhubarb and topping	Pureed schnitzel w/pureed sauce Pureed veg Pureed pasta /sauce Pureed pumpkin square	Pureed salmon w/ sauce Mashed potato Pureed peas carrots Pureed bread Apple sauce	Puree chicken & sauce Mashed potatoes Puree broccoli Puree pie	Puree fish w/ sauce Mashed potato Puree broccoli pureed cake
Evening Snack: Assorted fresh fruits daily; Home Baked Goodies; Juice/Milk/Coffee/Tea Minced/puree: Yogurt, soft mashed fruit (banana/applesauce), pudding							

Water, juice, milk, tea and coffee are available at all meals. Fruit and yogurt are available at all meals.

NEW VISTA

FALL AND WINTER 2020-2021 week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	REGULAR ½ banana Hot or cold cereal ASSORTED DANISH Whole Wheat Toast Scrambled egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Scrambled egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Scrambled egg <u>Cut up : same</u>	½ banana Hot or cold cereal Whole Wheat Toast Poached egg <u>Cut up : same</u>	½ banana Hot or cold cereal Waffles w/syrup Scrambled eggs <u>Cut up : same</u>
	MINCED Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Crust less Toast Minced egg	Hot cereal or cold Minced waffles w/ syrup Scrambled eggs
	PUREE Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed egg	Pureed breakfast cereal Pureed waffles/syrup
LUNCH	REGULAR Chicken noodle soup Vegetarian omelet cheese sauce Tomato wedge Hash browns Apricots <u>Cut up : same</u>	Cream of vegetable Soup Fish burger Spinach salad Yogurt <u>Cut up : same</u>	Split pea soup Grilled turkey and Swiss Cucumber Salad Chocolate pudding <u>Cut up : same</u>	Chef choice	Tomato rice soup Beef burger Lettuce and tomato Special house sauce Cole slaw Pineapple <u>Cut up : same</u>	Lentil soup Chicken salad sandwich Carrot pasta salad Lemon square <u>Cut up : same</u>	Tomato basil soup Seafood linguini Spinach Salad Ice cream scoop <u>Cut up : same</u>
	MINCED Minced soup Minced omelet i w/ sauce Minced canned tomato tots Minced apricots	Minced Soup Crust less bread w/ minced fish and condiments Minced marinated veg salad Yogurt	Minced soup Crust less sandwich w/ minced filling Minced marinated veg salad Chocolate pudding	Chef choice	Mince soup Crust less buttered bread Minced burger/ sauce Minced steamed slaw Minced pine apple	Minced soup Crust less sandwich w/ minced filling Minced pasta salad Minced lemon square	Pureed soup minced linguini w/ sauce Minced marinated salad Ice cream
	PUREE Puree soup Pureed omelet & sauce Puree canned tomato Mashed potato Pureed apricots	Puree Soup Pureed burger with sauce Pureed bread Pureed salad yogurt	Puree soup Puree filling Puree salad Puree bread Pudding	Chef choice	Pureed soup Puree burger w/ sauce Purred bread Pureed steamed slaw Pureed pineapple	Puree soup Puree filling Puree pasta salad Pureed bread Pureed lemon square	Puree soup Puree linguini w/ sauce Pureed veg salad Ice cream
Afternoon Snack: Assorted fresh fruits daily; Home Baked Goodies; Juice/Milk/Coffee/Tea Minced/puree: Yogurt, soft mashed fruit (banana/applesauce), pudding							
SUPPER	REGULAR Roast turkey & Gravy Stuffing /cranberries Mashed Potatoes Brussel sprouts Pumpkin pie <u>Cut up : turkey bite size</u>	Shepard's pie & gravy Roasted turnip and carrots Dinner roll Mango and peaches <u>Cut up : bite size</u>	Veal cutlet and Gravy Garlic risotto Butternut squash Fruit cocktail <u>Cut up : bite size</u>	Teriyaki salmon Vegetable fried rice Oriental mixed vegetables Coconut cream pie <u>Cut up bite size</u>	Chicken pot pie w/ gravy Mashed potato Green beans Ice cream <u>Cut up : same</u>	Basa fillet w/ coconut red curry sauce Jasmine rice peas Dinner roll Peach cobbler <u>Cut up : same</u>	Beef vegetable stew Herb biscuit Mushroom & zucchini sauté Blueberry cheese cake <u>Cut up : same</u>
	MINCED Minced turkey & gravy Mashed potatoes Minced mixed veg Crust less buttered bread Minced pie	Minced Sheppard pie & gravy Minced veg Crust less buttered bread Minced mango and peaches	Minced veal & gravy Minced risotto/ mashed Minced veg Fruit cocktail	Minced Salmon & sauce Mashed potato Minced veg Minced pie	Minced pot pie w/ gravy Minced vegetable Mashed potato Ice cream	Minced Basa w/ sauce Mashed potato/ rice if tolerated Minced peas Crustless buttered bread Minced co	Minced stew Crust less buttered bread Minced vegetable Minced cheese cake & topping
	PUREE Puree turkey w /gravy Mashed potatoes Puree veg Pureed bread PUREE pie	Puree Sheppard's pie & gravy Puree veg Pureed bread Pureed mango and peaches	Puree veal and gravy Mashed potatoes or pureed risotto Puree veg Puree fruit	Puree Salmon & sauce Mashed potatoes Puree vegetables Pureed pie	Puree pot pie Pureed vegetables Mashed potato Ice cream	Puree meatloaf/gravy Mashed potatoes Puree veg Puree bread Pudding	Puree stew Pureed bread Puree vegetable Puree cheese cake
Evening Snack: Assorted fresh fruits daily; Home Baked Goodies; Juice/Milk/Coffee/Tea Minced/puree: Yogurt, soft mashed fruit (banana/applesauce), pudding							

Water, juice, milk, tea and coffee are available at all meals. Fruit and yogurt are available at all meals.