

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Juice/Tea/Coffee/ Milk Fruit salad, Hot Porridge/ Cold Cereal, Toast Eggs Benedict	Juice/Tea/Coffee/ Milk Fruit salad, Hot Porridge/ Cold Cereal, Toast Blueberry pancakes	Juice/Tea/Coffee/ Milk Fruit salad, Hot Porridge/ Cold Cereal, Toast Cheese omelet	Juice/Tea/Coffee/ Milk Fruit salad, Hot Porridge/ Cold Cereal, Toast Strawberry waffles	Juice/Tea/Coffee/ Milk Fruit salad, Hot Porridge / Cold Cereal, Toast Bagels with cream cheese
Lunch	Tomato Vegetable Soup Ham and cheese crepe with tater tots Apple salad Dessert Lemon square / diabetic Lemon mousse	Ham Barley Soup Roast Beef dip sandwich in a bun with French Fries, gravy and broccoli coleslaw (no greens carrot salad) Dessert Chocolate Cake/Diabetic chocolate mousse cake	Chicken and Rice Soup Turkey submarine cheese Lettuce, tomato Water melon Dessert Apple cobbler vanilla ice cream Regular and diabetic	Carrot Soup Salmon stuffed twice baked potato garden salad Salad dressings (Red salad for no greens) Dessert Pumpkin Pie Diabetic cherry pie	Tomato Soup Breaded haddock French fries Green peas (Carrots for no greens) Dessert Strawberry cake Regular and diabetic
Dinner	Butternut Squash Soup Roast Turkey Dinner Stuffing , whipped potato, mashed turnip and gravy Cranberry sauce Whole wheat white roll Dessert Apple Pie/ regular and diabetic	Broccoli Soup Cheeseburger casserole with fresh garden salad Whole wheat or white dinner roll Dessert Banana cream Pie Regular and diabetic	Vegetable Soup Chicken Drum sticks And roasted vegetables Mustard-Tarragon Sauce Whole wheat or white dinner roll Dessert Carrot Cake Diabetic Blueberry cake	Celery Soup Lamb and butternut squash stew Whole wheat or white dinner roll Dessert Orange trifle Regular and diabetic	Pea Soup Spaghetti with homemade meat balls Garlic bread Parmesan cheese Dessert Rocky Road squares/ Diabetic chocolate tart