

DAY	MONDAY Oct-23, Nov-20, Dec-18, Jan-15, Feb-12, Mar-11, Apr-8	TUESDAY Oct-24, Nov-21, Dec-19, Jan-16, Feb-13, Mar-12, Apr-9	WEDNESDAY Oct-25, Nov-22, Dec-20, Jan-17, Feb-14, Mar-13, Apr-10	THURSDAY Oct-26, Nov-23, Dec-21, Jan-18, Feb-15, Mar-14, Apr-11	FRIDAY Oct-27, Nov-24, Dec-22, Jan-19, Feb-16, Mar-15, Apr-12	SATURDAY Oct-28, Nov-25, Dec-23, Jan-20, Feb-17, Mar-16, Apr-13	SUNDAY Oct-29, Nov-26, Dec-24, Jan-21, Feb-18, Mar-17, Apr-14
B R E A K F A S T	<ul style="list-style-type: none"> ❖Oatmeal ❖Cheese Omelette ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cream of Wheat ❖Hard Boiled Eggs ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cinnamon Oatmeal ❖Beef Breakfast Sausage ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cream of Wheat ❖Poached Eggs ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Oatmeal ❖Toast and Preserves ❖Cheese Portions ❖Muffin ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Oatmeal ❖Scrambled Eggs ❖Bacon ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cream of Wheat ❖Cottage Cheese ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>
A M	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
L U N C H	<ul style="list-style-type: none"> ❖Chicken Noodle Soup ❖Boneless Chicken Wings with Ranch ❖Potato Wedges ❖Garden Salad ❖Mango <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Creamy and Tomato and Red Pepper Soup ❖Roast Beef and Swiss Cheese Mini Sub ❖Crunchy Apple Salad ❖Pickles ❖Fruit Cocktail <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Fall Turkey and Vegetable Soup ❖Cheesy Hot Dog Tater Tot Casserole ❖Steamed Broccoli Florets ❖Pineapple Tidbits <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖ Cream of Mushroom Soup ❖BBQ Mozza Burger ❖French Fries ❖Lettuce Tomato Salad ❖Bananas <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Egg Drop Soup ❖Sweet and Sour Chicken Balls ❖Chow Mein Noodles ❖Asian Vegetable Mix ❖Strawberries <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Italian Wedding Soup ❖Cannelloni in Tomato Sauce ❖Caesar Salad ❖Garlic Toast ❖Fresh Orange Sections <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Golden Autumn Carrot Soup ❖Eggs Benedict ❖Breakfast Potatoes ❖Canned Peaches <p><i>OR:</i> Assorted Sandwiches</p>
P M	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
D I N N E R	<ul style="list-style-type: none"> ❖Homemade Meatloaf ❖Chive Whipped Potatoes ❖Green Beans Almondine ❖Nanaimo Bar <p><i>OR:</i> Vegetarian Lasagna</p>	<ul style="list-style-type: none"> ❖Lemon Thyme Chicken ❖Roasted Red Skin Potatoes ❖Cauliflower and Red Peppers ❖Caramel Pudding with Whipped Cream <p><i>OR:</i> Swiss Steak</p>	<ul style="list-style-type: none"> ❖Teriyaki Glazed Salmon Fillet ❖Jasmine Rice ❖Mixed Vegetables ❖Red Berry Beignet <p><i>OR:</i> Chicken Burger</p>	<ul style="list-style-type: none"> ❖German Boneless Pork Chops ❖German Potato Salad ❖Braised Red Cabbage ❖Peach Shortcake <p><i>OR:</i> Soup and Sandwich</p>	<ul style="list-style-type: none"> ❖Cabbage Rolls ❖Herbed Baby Potatoes ❖Buttery Glazed Carrots ❖Toffee Pudding Cake <p><i>OR:</i> Casserole</p>	<ul style="list-style-type: none"> ❖Turkey Schnitzel with Creamy Dill Sauce ❖Buttered Egg Noodles ❖Sunrise Vegetable Mix ❖Ice Cream <p><i>OR:</i> Lemon Pepper Cod Fillet</p>	<ul style="list-style-type: none"> ❖Salisbury Steak ❖Rice Pilaf ❖Garden Peas ❖Apple Pie <p><i>OR:</i> Teriyaki Chicken</p>
H S	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

Approved by: Styndera J. RD

VENTA CARE CENTRE

FALL/WINTER 2023/2024

WEEK 2

DAY	MONDAY Oct-30, Nov-27, Dec-25, Jan-22, Feb-19, Mar-18, Apr-15	TUESDAY Oct-31, Nov-28, Dec-26, Jan-23, Feb-20, Mar-29, Apr-16	WEDNESDAY Nov-1, Nov-29, Dec-27, Jan-24, Feb-21, Mar-20, Apr-17	THURSDAY Nov-2, Nov-30, Dec-28, Jan-25, Feb-22, Mar-21, Apr-18	FRIDAY Nov-3, Dec-1, Dec-29, Jan-26, Feb-23, Mar-22, Apr-19	SATURDAY Nov-4, Dec-2, Dec-30, Jan-27, Feb-24, Mar-23, Apr-20	SUNDAY Nov-5, Dec-3, Dec-31, Jan-28, Feb-25, Mar-24, Apr-21
BREAKFAST	<ul style="list-style-type: none"> ❖Oatmeal ❖Western Omelet ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cream of Wheat ❖Hard Boiled Eggs ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Oatmeal ❖Vegetable Omelette ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cream of Wheat ❖Cheese Portions ❖Muffin ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cinnamon Oatmeal ❖Poached Eggs ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Oatmeal ❖Breakfast Maple Pork Patty ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cream of Wheat ❖Scrambled Eggs and Bacon ❖Toast and Preserves ❖Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
LUNCH	<ul style="list-style-type: none"> ❖Cream of Asparagus Soup ❖Open Faced Hot Turkey Sandwich with Gravy ❖Cranberry Sauce ❖Buttered Peas and Carrots ❖Canned Apricots <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Fall Harvest Soup ❖Corned Beef, Swiss Cheese, and Lettuce Sandwich ❖Spinach Salad with Pecans ❖Pickles ❖Canned Pears <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Winter Borscht Soup ❖Perogies with Fried Onions and Sou Cream ❖Sautéed Sauerkraut ❖Kielbasa Sausage ❖Garden Peas ❖Tropical Fruit Salad with Coconut <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Beef and Barley Soup ❖Chicken Burger with Mayo ❖Fries ❖Green Pepper Slaw ❖Banana <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Cream of Cauliflower and Cheese Soup ❖Philly Cheesesteak Sandwich ❖Waffle Fries ❖Marinated Vegetable Medley ❖Honeydew Chunks <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Fall Chicken Gumbo Soup ❖Homestyle Chili garnished with Cheddar Cheese ❖Garden Salad ❖Corn Muffin ❖Applesauce <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Creamy Corn Chowder ❖Quiche Lorraine ❖Roasted Potato and Asparagus Blend ❖Mandarin Orange Sections <p><i>OR:</i> Assorted Sandwiches</p>
PM	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
DINNER	<ul style="list-style-type: none"> ❖BBQ Glazed Chicken ❖Baked Potato with Sour Cream and Green Onions ❖Buttered Corn ❖Triple Chocolate Chunk Brownie <p><i>OR:</i> Meat Lasagna</p>	<ul style="list-style-type: none"> ❖Pork Roast in Fire Roasted Tomato Sauce ❖Lemon Pepper Mashed Potatoes ❖Steamed Broccoli Florets ❖French Cream Cheesecake <p><i>OR:</i> Chicken Pot Pie</p>	<ul style="list-style-type: none"> ❖Almond Crusted Breaded Sole Fillet with Remoulade Sauce ❖Lemony Rice ❖Pick of the Day Vegetables ❖Bread Pudding with English Cream <p><i>OR:</i> Burger with Condiments</p>	<ul style="list-style-type: none"> ❖Hawaiian Meatballs ❖Jasmine Rice ❖Thai Vegetable Mix ❖Strawberry Cream Cheese Danish <p><i>OR:</i> Soup and Sandwich</p>	<ul style="list-style-type: none"> ❖Chicken Cacciatore ❖Tricolor Rotini ❖Italian Mixed Vegetables ❖Old Fashioned Rhubarb and Sour Cherry Crumble <p><i>OR:</i> Liver and Fried Onions</p>	<ul style="list-style-type: none"> ❖Turkey A La King ❖Buttered Pasta ❖Oregano Green Beans ❖Vanilla Cream Puffs with Drizzle <p><i>OR:</i> Breaded Fish with Tartar Sauce</p>	<ul style="list-style-type: none"> ❖Beef Burgundy ❖Roasted Fingerling Potatoes ❖Winter Vegetable Blend ❖Boston Cream Pie <p><i>OR:</i> Glazed Ham</p>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

Approved by: Shondra RD

VENTA CARE CENTRE

FALL/WINTER 2023/2024

WEEK 3

DAY	MONDAY Nov-6, Dec-4, Jan-1, Jan-29, Feb-26, Mar-25, Apr-22	TUESDAY Nov-7, Dec-5, Jan-2, Jan-30, Feb-27, Mar-26, Apr-23	WEDNESDAY Nov-8, Dec-6, Jan-3, Jan-31, Feb-28, Mar-27, Apr-24	THURSDAY Nov-9, Dec-7, Jan-4, Feb-1, Feb-29, Mar-28, Apr-25	FRIDAY Nov-10, Dec-8, Jan-5, Feb-2, Mar-1, Mar-29, Apr-26	SATURDAY Nov-11, Dec-9, Jan-6, Feb-3, Mar-2, Mar-30, Apr-27	SUNDAY Nov-12, Dec-10, Jan-7, Feb-4, Mar-3, Mar-31, Apr-28
BREAKFAST	<ul style="list-style-type: none"> ❖Oatmeal ❖Spinach and Cheese Omelette ❖Toast and Preserves ❖Fresh Fruit <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cream of Wheat ❖Cottage Cheese ❖Toast and Preserves ❖Fresh Fruit <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Oatmeal ❖Hard Boiled Eggs ❖Toast and Preserves ❖Fresh Fruit <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cream of Wheat ❖Poached Eggs ❖Toast and Preserves ❖Fresh Fruit <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cinnamon Oatmeal ❖Cheese Portion ❖Muffin ❖Toast and Preserves ❖Fresh Fruit <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Oatmeal ❖Breakfast Maple Pork Patty ❖Toast and Preserves ❖Fresh Fruit <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖Cream of Wheat ❖Scrambled Eggs and Bacon ❖Toast and Preserves ❖Fresh Fruit <p><u>OR:</u> Cold Cereal Peanut Butter</p>
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
LUNCH	<ul style="list-style-type: none"> ❖French Onion Soup ❖Tuna Noodle Casserole ❖Spring Mix Salad ❖Pineapple Tidbits <p><u>OR:</u> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Beefy Winter Tomato Soup ❖Egg Salad on a Croissant ❖Red Beet Citrus Salad ❖Pickles ❖Fruit Cocktail <p><u>OR:</u> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Cream of Broccoli and Cheese Soup ❖French Toast with Syrup ❖Turkey Apple Sausage ❖Tomato Slices ❖Banana <p><u>OR:</u> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Minestrone Soup ❖Beef Sausage Roll with Honey Mustard Dip ❖Sweet BBQ Baked Beans ❖Carrot Apple Salad ❖Fresh Cantaloupe <p><u>OR:</u> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Beef and Barley Soup ❖Swiss Mushroom Veggie Burger ❖Waffle Fries ❖Cranberry Almond Lettuce Salad ❖Strawberries <p><u>OR:</u> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Winter Golden Lentil Soup ❖Monte Cristo Sandwich ❖Creamy Mandarin Salad ❖Mango <p><u>OR:</u> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖Cream of Vegetable Soup ❖Rainbow Cheese Tortellini in Creamy Pesto Sauce ❖Caesar Salad ❖Garlic Bread Stick ❖Canned Peaches <p><u>OR:</u> Assorted Sandwiches</p>
PM	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
DINNER	<ul style="list-style-type: none"> ❖Lemon Chicken ❖Honey Butter Cinnamon Sweet Potatoes ❖New England Vegetable Mix ❖Appel Strudel <p><u>OR:</u> Salisbury Steak with Gravy</p>	<ul style="list-style-type: none"> ❖Boneless Pork Chops with Sweet and Sour Sauce ❖Vegetable Fried Rice ❖Asian Mixed Vegetables ❖Black Forrest Tart <p><u>OR:</u> Soup and Sandwich</p>	<ul style="list-style-type: none"> ❖Veal Paprika ❖Seasoned Egg Noodles ❖Dill and Lemon Pepper Glazed Carrots ❖Raspberry Jello with Whipped Cream <p><u>OR:</u> Seasoned Salmon Fillet</p>	<ul style="list-style-type: none"> ❖Garlic Butter Cod Loin ❖Herbed Baby Potatoes ❖Fall Medley Mixed Vegetables ❖Rice and Raisin Pudding <p><u>OR:</u> Honey Mustard Pork Roast</p>	<ul style="list-style-type: none"> ❖Roast Beef with Yorkshire Pudding ❖Garlic Mashed Potatoes ❖Sweet Balsamic Brussel Sprouts ❖Country Iced Carrot Cake <p><u>OR:</u> Casserole</p>	<ul style="list-style-type: none"> ❖Santa Fe Boneless Chicken Thighs ❖Spanish Rice ❖Buttered Corn ❖Ice Cream <p><u>OR:</u> Liver and Fried Onions</p>	<ul style="list-style-type: none"> ❖Honey Garlic Boneless Pork Ribs ❖Chow Mein Noodles ❖Garlic and Sesame Sugar Snap Peas ❖Blueberry Pie <p><u>OR:</u> Cranberry Turkey Roast</p>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

Approved by: Konradus RD

VENTA CARE CENTRE

FALL/WINTER 2023/2024

WEEK 4

DAY	MONDAY Nov-13, Dec-11, Jan-8, Feb-5, Mar-4, Apr-1, Apr-29	TUESDAY Nov-14, Dec-12, Jan-9, Feb-6, Mar-5, Apr-2, Apr-30	WEDNESDAY Nov-15, Dec-13, Jan-10, Feb-7, Mar-6, Apr-3, May-1	THURSDAY Nov-16, Dec-14, Jan-11, Feb-8, Mar-7, Apr-4, May-2	FRIDAY Nov-17, Dec-15, Jan-12, Feb-9, Mar-8, Apr-5, May-3	SATURDAY Nov-18, Dec-16, Jan-13, Feb-10, Mar-9, Apr-6, May-4	SUNDAY Nov-19, Dec-17, Jan-14, Feb-11, Mar-10, Apr-7, May-5
BREAKFAST	<ul style="list-style-type: none"> ❖ Oatmeal ❖ Cheesy Chive Omelette ❖ Toast and Preserves ❖ Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖ Cream of Wheat ❖ Hard Boiled Eggs ❖ Toast and Preserves ❖ Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖ Oatmeal ❖ Mushroom Omelette ❖ Toast and Preserves ❖ Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖ Cream of Wheat ❖ Poached Eggs ❖ Toast and Preserves ❖ Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖ Cinnamon Oatmeal ❖ Breakfast Turkey Sausage ❖ Toast and Preserves ❖ Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖ Oatmeal ❖ Quiche ❖ Toast and Preserves ❖ Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> ❖ Cream of Wheat ❖ Yogurt ❖ Toast and Preserves ❖ Fresh Fruit <p><i>OR:</i> Cold Cereal Peanut Butter</p>
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
LUNCH	<ul style="list-style-type: none"> ❖ Cream of Potato and Leek Soup ❖ Chicken Tenders with Plum Sauce ❖ Mac and Cheese ❖ Marinated Bean Salad ❖ Mandarin Orange Sections <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖ Cabbage and Potato Soup <p><u>Winter Cottage Cheese and Fruit Plate:</u></p> <ul style="list-style-type: none"> ❖ Cottage Cheese ❖ Honeydew Chunks ❖ Cucumber Slices ❖ Banana Bread ❖ Yogurt <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖ Beef Noodle Soup ❖ Fish and Chips ❖ Creamy Coleslaw ❖ Tropical Fruit Salad <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖ Tomato Soup ❖ Grilled Cheese and Bologna Sandwich ❖ Garden Salad ❖ Pickles ❖ Banana <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖ Butternut Squash Soup ❖ BBQ Pulled Beef Sandwich ❖ Sweet Potato Fries ❖ Marinated Corn and Pepper Salad ❖ Fresh Cantaloupe <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖ Thai Vegetable Soup ❖ Teriyaki Beef Stir Fry ❖ Egg Fried Rice ❖ Applesauce with Cinnamon <p><i>OR:</i> Assorted Sandwiches</p>	<ul style="list-style-type: none"> ❖ Fall Vegetable and Rice Soup ❖ Buttermilk Pancakes with Syrup ❖ Scrambled Eggs ❖ Bacon ❖ Tomato Slices ❖ Canned Pears <p><i>OR:</i> Assorted Sandwiches</p>
PM	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
DINNER	<ul style="list-style-type: none"> ❖ Cowboy Shaved Steak and Peppers ❖ Au Gratin Potatoes ❖ Parsley Crinkle Cut Carrots ❖ Chocolate Pudding with Maple Wafer Cookie <p><i>OR:</i> Oven Baked Chicken Breast</p>	<ul style="list-style-type: none"> ❖ Classic Roast Turkey Dinner ❖ Whipped Potatoes with Gravy ❖ Buttered Peas and Carrots ❖ Mini Brioche Cinnamon Buns <p><i>OR:</i> Cabbage Rolls</p>	<ul style="list-style-type: none"> ❖ Spaghetti and Meatballs ❖ Italian Vegetable Blend ❖ Tiramisu Cake <p><i>OR:</i> Rosemary Garlic Pork Loin</p>	<ul style="list-style-type: none"> ❖ Baked Chicken in Mushroom Sauce ❖ Oven Brownd Potatoes ❖ Bistro Mixed Vegetables ❖ Fruit Cobbler <p><i>OR:</i> Liver and Fried Onions</p>	<ul style="list-style-type: none"> ❖ Tilapia with Fruit Salsa ❖ Jasmine Rice ❖ Steamed Broccoli Florets ❖ Cherries in Snow <p><i>OR:</i> Swedish Meatballs</p>	<ul style="list-style-type: none"> ❖ Pork Roast with Dijon Sauce ❖ Braised Sour Cream and Dill Potatoes ❖ Romanesco Vegetable Mix ❖ Cinnamon Sugar Churro Donuts <p><i>OR:</i> Baked Cod Fillet</p>	<ul style="list-style-type: none"> ❖ Vegetable Beef Stew ❖ Homemade Cheddar Cheese Tea Biscuits ❖ Banana Cream Pie <p><i>OR:</i> Ravioli in Tomato Sauce</p>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

Approved by: Spondrafiel RD