

# Menu

## Summer Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast*	Bacon & Eggs	Pancakes	Sausage & Eggs	Omelette	Oatmeal	French Toast	See Lunch
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						
Lunch	Chicken souvlaki, pita, Greek salad, fruit	Hot corned beef on rye, soup, fruit	Thai chicken salad, bun, fruit	Mexican pizza, salad, fruit	Shrimp & avocado salad, foccaccia bread, fruit	Deli mix salad, soup, fruit	Chorizo eggs benedict, hashbrowns, fruit
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						
Dinner	Ginger beef, rice, 2 veggies, salad	Salmon fettucine, caesar salad, garlic toast	Osso bucco w/ demi-glace, potato, 2 veggies, salad	Prime rib, yorkshire pudding, potato, 2 veggie, gravy au jus	Pecan chicken, rice, 2 veggies, salad	Steak, potato, veggie, salad, bread	Cajun chicken, pasta, salad, garlic toast
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						

## Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast*	Bacon & Eggs	Pancakes	Sausage & Eggs	Omelette	Oatmeal	French Toast	See Lunch
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						
Lunch	BBQ chicken & swiss burger, fries, salad, fruit	Monte Cristo sandwich, soup, salad	Shepherds pie, gravy, salad	Cajun chicken & caesar wrap, soup	BLT croissant, salad, soup, fruit	cold cut & cheese or tuna sandwich, soup, salad	eggs benedict, hashbrowns, fruit
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						
Dinner	Roast beef, yorkshire pudding, mashed potatoes, 2 veggies	Salmon oscar, rice, 2 veggies, salad	Tortilla chicken, Mexican rice, beans, corn, salad	Spaghetti & meatballs, salad, garlic toast	Schnitzel cordon bleu, potato, 2 veggies, salad	Steak, potato, veggie, salad, bread	Chicken a la king puff pastry, 2 veggies, salad
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						

\* Note: all breakfasts include toast, fruit, juice, milk, & cereal. There are a total of 16 weekly menu plans, 8 for summer and 8 for winter.