

Spring Summer 2020/2021

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast #1		Assorted Juice Congee Boiled Egg Buttered Wheat Toast Orange Sections	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Banana Half BBQ Pork Bun	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Diced Pears	Assorted Juice Congee Boiled Egg Fruit Cocktail	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Banana Vegetable Bun	Assorted Juice Congee Boiled Egg Blueberry Muffin Apple Slices	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Peach Slices
Breakfast #2		Assorted Cold Cereal Oatmeal Buttered Raisin Toast Peanut Butter	Assorted Cold Cereal Oatmeal Buttered Wheat Toast Peanut Butter	Assorted Cold Cereal Oatmeal Fruit Yogurt Peanut Butter	Assorted Cold Cereal Cream of Wheat Buttered Wheat Toast Peanut Butter	Assorted Cold Cereal Oatmeal Buttered Wheat Toast Peanut Butter	Assorted Cold Cereal Oatmeal Buttered Wheat Toast Cheddar Cheese	Assorted Cold Cereal Cream of Wheat Toasted English muffin Peanut Butter
Chinese Lunch	Soup	Congee	Congee	Pork w/ Pumpkin Soup	Congee	Apple, White Fungus	Congee	Dried Yam Soup
	Entrée	Yeem Guk Chicken	Braised Ribs w/ Red Beancurd Sauce & Fuzzy Squash	Chicken w/ Bell Peppers	Braised BBQ Pork with Tofu	Chicken w/ Zucchini	Taiwanese Steamed Fish	Porteguese Chicken
	Starch	Rice	Rice	Rice	---	Rice	Rice	Rice
	Veg	San Francisco	Chinese Broccoli	Zucchini Medley	Korean Cabbage	Fall Medley	Bok Choy	Mexican
	Dessert	Blueberry Pudding Cake	Vanilla Dixie I/C	Marble Pudding Cake	Citrus Orange Cake	Coconut Red Bean Jello	Green Tea I/C	Mango Mousse Cake
Canadian Lunch	Soup	Cream of Tomato	Lentil Soup	Congee	French Onion	Congee	Vegetable Barley	Congee
	Entrée	Vegetarian Pizza	Crab Salad Croissant	BLT Sandwich	Turkey Sausages	Mini Sub	Chicken Wings	Hamburger
	Starch	---	---	---	Pancakes	---	Fries	---
	Veg	Coleslaw	Greek Salad	Caesar Salad	Fruit Compote	Coleslaw	Broccoli Florets	Garden Salad
	Dessert	Mandarin	Crushed Pineapple	Sliced Peaches	Watermelon	Chilled Apricots	Fruit Cocktail	Sliced Pears
German Lunch	Soup	Cream of Tomato	Beef Noodle	Cream of Potato w/ Bacon	French Onion	Sweet Pot. Bisque	Vegetable Barley	Clam Chowder
	Entrée	Tuna Casserole	Meat Lasagna	Chicken w/ White Sauce	Salmon Salad Croissant	Mac & Cheese w/ Bacon Bits	Tuna Sandwiches	Salami Sandwiches
	Starch	---	---	Penne	---	---	Sweet Potato Fries	---
	Veg	San Francisco	Prince Edward	Zucchini Medley	Mixed Greens w/ Raspberry Vinaigrette	Fall Medley	Spring Salad	
Chinese Dinner	Entrée	Pork w/ Taro	Chicken w/ Salted Fish Fried Rice	Steamed Cod w/ Ginger	Chicken w/ Black Bean Sauce	Glutinous Fried Rice	Chicken w/ Creamed Corn	Char Siu Pork
	Starch	Rice	---	Rice	Rice	---	Rice	Rice
	Veg	Shanghai Bok Choy	Summertime	Yau Choy	California	A Choy	Italian	Kernel Corn
	Dessert	Pound Cake	Red Bean Dessert	Carrot Cake	Purple Rice Dessert	Toffee Pudding Cake	Jelly Roll Cake	Cinnamon Coffee Cake
Canadian Dinner	Entrée	BBQ Chicken	Lemon Pork Loin	Meatball w/ Spaghetti	Apple Maple Pork Chops	Lemon Pepper Cod	Rosemary Turkey Roast w/ Gravy	Cranberry Chicken
	Starch	Parisienne Potatoes	Scalloped Potatoes		Rice	Roasted Potatoes	Garlic Bread	Mashed Potatoes
	Veg	Sliced Carrots	Squash	4 Way Mix	Brussel Sprouts	Florentine	Kale Veg Blend	Prince Edward
	Dessert	Mango	Chilled Apricots	Sliced Apples	Diced Pears	Grapes	Mango	Tropical Fruit
German Dinner	Entrée	Veal Schitzel w/ Mushroom gravy	Chicken Cacciatore	Egg Salad Sandwich	Irish Lamb Stew	Baked Chicken Breast	Turkey Sandwiches	Egg Salad Sandwiches
	Starch	Parsley Potatoes	Egg Noodles	---	Parisienne Potatoes	Mashed potatoes	---	---
	Veg	Sunrise	Summertime	Beet Chickpea Salad	California	Green Beans		