

Spring Summer 2020/2021								
Week 3		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast #1		Assorted Juice Congee Boiled Egg Buttered Wheat Toast Fruit Cocktail	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Banana Half	Assorted Juice Congee Poached Egg Buttered Wheat Toast Orange Sections	Assorted Juice Congee Boiled Egg Grapes	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Banana Half	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Papaya	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Fruit Cocktail
Breakfast #2		Assorted Cold Cereal Oatmeal Buttered Raisin Toast Peanut Butter	Assorted Cold Cereal Oatmeal Buttered Wheat Toast Peanut Butter Vegetable Bun	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 Chicken Bun	Assorted Cold Cereal Oatmeal Buttered Wheat Toast Cheddar Cheese	Assorted Cold Cereal Cream of Wheat Toasted English muffin Peanut Butter
Chinese Lunch	Soup	Congee	Lotus Black Eye Pea	Congee	Chayote Melon Soup	Congee	Wintermelon & Pork	Congee
	Entrée	Pork w/ Pumpkin	Chicken Udon w/ Cabbage	Ribs w/ Fuzzy Squash, Mushroom, Fungus	Lohan Tofu	Minced Pork w/ Tomato & Onion	Kung Pao Chicken	Cod w/ Preserved Olives
	Starch	Rice	---	Rice	Rice	Rice	Rice	Rice
	Veg	New England	Chinese Broccoli	Prince Edward	Yau Choy	Summertime	Bok Choy	Pick of the Day
Dessert	Pound Cake	Maple Pudding Cake	Org Crnbry Pudding Cake	Mango Ice Cream	Sugar Cane Jello	Mocha Mousse Cake	Red Bean I/C	
Canadian Lunch	Soup	Butternut Squash Soup	Congee	Corn Chowder	Congee	Beef Barley Soup	Congee	Minestrone
	Entrée	BBQ Chicken w/ Caesar Salad	Beef Mini Pie	Alfredo Cheese Tortellini	Hot Dog	Breaded Haddock n Chips	Mac & Cheese	Weiners and Beans
	Starch	Dinner Roll	---	---	---	---	---	Garlic Toast
	Veg	---	Italian	San Francisco	Garden Salad	Carrot Raisin Salad	Coleslaw	House Salad
Dessert	Sliced Pears	Tropical Fruit	Crushed Pineapple	Sliced Peaches	Fruit Cocktail	Sliced Apples	Pineapple Tidbits	
German Lunch	Soup	Butternut Squash Soup	Bean Medley Soup	Corn Chowder	Lentil Soup	Beef Barley Soup	Tomato & Basil Bisque	Minestrone
	Entrée	Roast Beef Sandwich	Turkey Rueben	Ham Sandwich	BBQ Wings	Sloppy Joe	Cheese Sandwich	Tuna Sandwiches
	Starch	---	---	---	Fries	---	---	---
	Veg	Romaine Salad	Beet w/ Lettuce Salad	Vinagrette Coleslaw	Mixed Vegetable	Summertime		
Chinese Dinner	Entrée	Beef w/ Onion, Tomato and Egg	Pork w/ Bittermelon	Basa Fish Stir Fry w/ Garlic Sauce	tong cho pork rib	Ginger Chicken	BBQ Fried Rice	Chicken w/ Fish Maw
	Starch	Rice	Rice	Rice	Rice	Rice	---	Rice
	Veg	Shanghai Bok Choy	Mexican	Korean Cabbage	Sunrise	A Choy	California	Italian
	Dessert	Marble Pudding Cake	White Fungis with Papaya	Vanilla Caramel Swirl Ca	Taro w Tapioca Dessert	Apple Cinnamon Puddin	Cinnamon Coffee Cake	Pound Cake
Canadian Dinner	Entrée	Lemon Herb Breaded Cod	Lemon Herb Baked Chicken Breast	Baked Ham	Cheesy Baked Chicken Rice	Farmers Sauage in Onion gravy	Creamy Fish Baked Egg Noodle Pasta	Country Styled Fried Chicken
	Starch	Scalloped Potatoes	Garlic Mashed Potato	Roasted Potato	---	Mashed Potatoes	---	Garlic Whipped Potatoes
	Veg	Pick of the Day	Kernel Corn	Sliced Carrots	Zucchini Medley	4 Way Mix	Fall Medley	Montego
	Dessert	Mandarine Oranges	Mango	Apple Slices	Papaya	Grapes	Sliced Pears	Mandarin Oranges
German Dinner	Entrée	Baked Chicken w/ Cranberry Sauce	Pork Schitznel	Liver & Onions	Honey Garlic Pork Chops	Meatloaf	Ham Sandwiches	Egg Salad Sandwiches
	Starch	Tea Biscuit	Roasted Potatoes	Seasoned Rice	Au Gratin Potatoes	Roasted Potatoes	---	---
	Veg	Green Beans	Mexican	Squash	Sunrise	Broccoli Florets	California	