

Winter Spring 2021-2022								
Week 1		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast #1		Assorted Juice Congee Boiled Egg Buttered Wheat Toast Apple	Assorted Juice Congee Boiled Egg Chinese Pork Bun Soy Milk Banana	Assorted Juice Congee Boiled Egg Lemon Muffin Pear Diced	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Fruit Cocktail	Assorted Juice Congee Boiled Egg Rice Roll Banana	Assorted Juice Congee Boiled Egg Apple Muffin Tropical Fruit	Assorted Juice Congee Boiled Egg & Sausage Buttered Wheat Toast Pineapple Tidbit
Breakfast #2		Assorted Cold Cereal Oatmeal Buttered Raisin Toast 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 Raisin Toast Peanut Butter	Assorted Cold Cereal Cream of Wheat Buttered Wheat Toast Peanut Butter	Assorted Cold Cereal Oatmeal Buttered Wheat Toast Cheddar Cheese	Assorted Cold Cereal Cream of Wheat Buttered Raisin Toast Peanut Butter
Chinese Lunch	Soup	Congee Chicken Chow Mein	Pork and Pumpkin Soup Ribs w/ White Turnip	Congee Oriental Beef	Apple, White Fungus Braised BBQ Pork w/ Sliced Tofu	Congee Stir Fry Shrimp & Egg	Bok Choy Soup Pork Ribs w/ Plum Sauce	Congee Portuguese Chicken
	Entrée Starch Veg Dessert	--- Oriental Cinnamon Coffee Cake	Rice N Cabbage Mango Mousse	Rice Green Beans Apple Cinnamon Cake	Rice Yau Choy Lychee Jello	Rice Prince Edward Iced Carrot Cake	Rice Shanghai Bok Choy Pecan Streusel Cake	Rice San Francisco Pound Cake
Canadian Lunch	Soup	Chicken Rice Soup Mac & Chs w/ Bacon	Congee Haddock Fish n Chips	Beef Vegetable Soup Turkey Sausages	Congee Stuffed Green Peppers	Vegetable Barley Soup Oktoberfest Sausage w/ Saurkraut	Congee BBQ Chicken Wings	Butternut Squash Soup Weiners and Beans
	Entrée Starch Veg Dessert	--- 4 Way Mix Apricot	--- Brussel Sprouts Mango	Mashed Potatoes Italian Peach Slices	Garlic Bread Sliced Carrots Apple	Dinner Roll Wintertime Mandarin	Fries Squash Pear Diced	Mashed Potatoes New England Fruit Cocktail
German Lunch	Soup Entrée Veg	Chicken Rice Soup Chicken Burger House Salad	Sweet Potato Bisque Ham & Cheese Sandwich Garden Salad	Beef Vegetable Soup BLT Sandwich Spring Salad	Clam Chowder Mini Sub Cucumber and Tomato Salad	Vegetable Barley Soup Fish Burger Mixed Green Salad	Cream of Celery Pastrami Sandwich Tossed Salad	Butternut Squash Soup Turkey Sandwich Romaine Salad
Chinese Dinner	Entrée	Pork w/ Taro	Chicken w/ Salted Fish Fried Rice	Steamed Basa w/ Ginger	Chicken w/ Black Bean Sauce	Glutinous Fried Rice	Chicken w/ Creamed Corn	Char Siu Pork
	Starch Veg Dessert	Rice Chinese Broccoli Jelly Roll	--- California Black Sesame Dessert	Rice Bok Choy English Toffee Cake	Rice Mexican Green Bean Dessert	--- K Cabbage Marble Pudding Cake	Rice Baby Carrots Mocha Mousse Cake	Rice Cauliflower Vanilla Dixie I/C
Canadian Dinner	Entrée	Swedish Meatball w/ Egg Noodle	Vegetable Lasagna	Lemon Pork Loin	Maple Glazed Salmon	Lemon Herb Baked Chicken Breast	Baked Tilapia	Chicken Cutlet
	Starch Veg Dessert	--- Fall Medley Mandarin	--- Kernel Corn Tropical Fruit	Baked Potatoes Broccoli Florets Pineapple Tidbit	Garlic Mashed Potato Zucchini Medley Apricot	Egg Noodles Pick of the day Papaya	Scalloped Potatoes Kale Veg Blend Peach Slices	Oven-Browned Potato Niagara Apple
German Dinner	Entrée Veg	Ham Sandwich Carrot Raisin Salad	Tuna Salad Sandwich Caesar Salad	Egg Salad Sandwich Beet Salad	Shredded Chicken and Lettuce Carrot Raisin Salad	Salami Sandwich Caesar Salad	Roast Beef Sandwich Beet Salad	Salmon Salad Sandwich Spinach Salad