

Winter Spring 2021-2022								
Week 2		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast #1		Assorted Juice Congee Boiled Egg Buttered Wheat Toast Apricot	Assorted Juice Congee Boiled Egg Chinese Veg Bun Soy Milk Banana	Assorted Juice Congee Boiled Egg Banana Muffin Peach Slices	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Apple	Assorted Juice Congee Boiled Egg Chinese BBQ Bun Banana	Assorted Juice Congee Boiled Egg Blueberry Muffin Pear Diced	Assorted Juice Congee Boiled Egg & Sausage Buttered Wheat Toast Fruit Cocktail
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	Dried Yam Soup	Congee	Tomato, Potato, Pork Soup	Congee	Red & Green Turnip Soup	Congee	Congee
	Entrée	Singaporean Vermicelli	Yeem Guk Chicken	Black Bean Ribs	Chicken Pineapple Fried Rice	Basa w/ Preserved Olives	Lemon Ginger Chicken	Beef w/ Straw Mushroom & Oyster Sauce
	Starch	---	Rice	Rice	---	Rice	Rice	Rice
	Veg	Florentine	K Cabbage	Oriental	Shanghai Bok Choy	Green Beans	N Cabbage	Prince Edward
	Dessert	Red Velvet Cupcake	Blueberry Pudding Cake	Iced Orange Cake	Sugar Cane Jello	Cappuccino Cake	Tripleberry Crumble Cake	Vanilla I/C Sandwiches
Canadian Lunch	Soup	Congee	Lentil Soup	Congee	Minestrone Soup	Congee	Hearty Chicken & Veg Chd	French Onion Soup
	Entrée	Veal Schnitzel	Bacon, Spinach, & Feta Cheese Frittata	Lemon Pepper Cod	Vegetarian Pizza	Chicken Tenders	Cabbage Rolls	Tuna Casserole
	Starch	Fries	Hash Browns	Mashed Potatoes	---	Fries	Dinner Roll	---
	Veg	Fusion	Sunrise	4 Way Mix	California	Italian	Broccoli Florets	Wintertime
	Dessert	Mandarin	Tropical Fruit	Pineapple Tidbit	Apricot	Papaya	Peach Slices	Apple
German Lunch	Soup	Potato Cream w/ Bacon	Lentil Soup	Chicken Corn Chowder	Minestrone Soup	Cream of Mushroom	Hearty Chicken & Veg Ch	French Onion Soup
	Entrée	Ham & Cheese Sandwich	Chicken Burger	BLT Sandwich	Mini Sub	Fish Burger	Turkey Sandwich	Pastrami Sandwich
	Veg	House Salad	Garden Salad	Spring Salad	Cucumber and Tomato Sala	Mixed Green Salad	Tossed Salad	Romaine Salad
Chinese Dinner	Entrée	Black Pepper Chicken w/ California Veg	Mui Choy Braised Pork	Chicken w/ Zucchini	Steamed Egg w/ Pork & Dried Scallop	Honey Garlic Chicken Wings	Mapo Tofu	Honey Hoisin Chicken Thigh
	Starch	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	Veg	Bok Choy	Zucchini Medley	Yau Choy	Kernel Corn	Chinese Broccolli	Mexican	Squash
	Dessert	Vanilla Swirl Cake	White Fungus w/ Papaya	Orange Cranberry Pudding	Taro w Tapioca Dessert	Raspberry Mousse Cake	Pound Cake	Vanilla Mini Cupcakes
Canadian Dinner	Entrée	Honey Dijon Basa	Cranberry Chicken	Meatloaf	Cheesy Baked Chicken Rice	Apple Maple Pork Chops	Rosemary Turkey Roast	Pork Roast
	Starch	Lemon Potatoes	Egg Noodles	Scalloped Potatoes	---	Oven-Browned Potato	Garlic Mashed Potato	Baked Potatoes
	Veg	Bistro	Scandinavian	Fall Medley	Brussel Sprouts	Sliced Carrots	Zucchini Medley	Pick of the day
	Dessert	Mango	Pear Diced	Fruit Cocktail	Mandarin	Tropical Fruit	Pineapple Tidbit	Apricot

German Dinner	Entrée	Ham Sandwich	Tuna Salad Sandwich	Egg Salad Sandwich	Salami Sandwich	Shredded Chicken and Lettuce Sandwich	Salmon Salad Sandwich	Roast Beef Sandwich
	Veg	Carrot Raisin Salad	Caesar Salad	Beet Salad	Carrot Raisin Salad	Caesar Salad	Beet Salad	Spinach Salad