

Winter Spring 2021-2022								
Week 3		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast #1		Assorted Juice Congee Boiled Egg Buttered Wheat Toast Mandarin	Assorted Juice Congee Boiled Egg <b>Chinese Chicken Bun</b> Soy Milk Banana	Assorted Juice Congee Boiled Egg <b>Apple Spice Muffin</b> Pineapple Tidbit	Assorted Juice Congee Boiled Egg Buttered Wheat Toast Apricot	Assorted Juice Congee Boiled Egg <b>Rice Roll</b> Banana	Assorted Juice Congee Boiled Egg <b>Carrot Muffin</b> Peach Slices	Assorted Juice Congee Boiled Egg & Sausage Buttered Wheat Toast Apple
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 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 Peanut Butter	Assorted Cold Cereal Cream of Wheat Buttered Raisin Toast Peanut Butter
<b>Chinese Lunch</b>	Soup	Congee	<b>Chayote Melon Pork Soup</b>	Congee	<b>Cordyceps Flower, Carrot &amp; Pork Soup</b>	Congee	<b>Lotus Black Eyed Pea Soup</b>	Congee
	Entrée	Pork w/ Black Olive & String Bean	Curry Chicken	Sweet & Sour Pork	Lohan Tofu	Tawainese Steamed Fish	Chicken w/ Vermicelli & Fuzzy Squash	Steamed Pork w/ Preserved Veg
	Starch	Rice	Rice	Rice	Rice	Rice	Rice	Rice
	Veg Dessert	<b>Baby Carrots</b> Lemon Pudding Cake	Shanghai Bok Choy Maple Pudding Cake	Florentine Mocha Jelly Roll	N Cabbage Red Bean Jello	Oriental Tiramisu	K Cabbage <b>Pound Cake</b>	Italian Maple Chocolate Mania
<b>Canadian Lunch</b>	Soup	<b>Beef Barley Soup</b>	Congee	<b>Chicken Noodle Soup</b>	Congee	<b>Fall Harvest Soup</b>	Congee	<b>Tomato Soup</b>
	Entrée	Veal Roulade	Pork Schnitzel	Meat Lasagna	Lemon Chicken Thigh	Farmers Sauage w/ Onion & Gravy	Lemon Herb Breaded Cod	Turkey Schnitzel
	Starch Veg Dessert	Mashed Potatoes Kale Veg Blend Mango	Fries San Francisco Pear Diced	--- <b>Squash</b> Fruit Cocktail	Garlic Bread Bistro Mandarin	Egg Noodles <b>Fall Medley</b> Tropical Fruit	Dinner Roll Brussel Sprouts Pineapple Tidbit	Fries <b>Sliced Carrots</b> Apricot
<b>German Lunch</b>	Soup	<b>Beef Barley Soup</b>	Bean Medley	<b>Chicken Noodle Soup</b>	Broccoli & Cheese Soup	<b>Fall Harvest Soup</b>	Cream of Carrot	<b>Tomato Soup</b>
	Entrée Veg	Ham & Cheese Sandwich House Salad	Chicken Burger Garden Salad	BLT Sandwich Spring Salad	Mini Sub Cucumber and Tomato Sa	Fish Burger Mixed Green Salad	Turkey Sandwich Tossed Salad	Pastrami Sandwich Romaine Salad
<b>Chinese Dinner</b>	Entrée	Beef w/ Egg & Tomato	Shredded Pork w/ Bittermelon	Stir Fry Basa w/ Garlic Sauce	Tong Cho Pork Ribs	Sesame Chicken	BBQ Pork Fried Rice	Orange Chicken
	Starch Veg Dessert	Rice Yau Choy Chocolate Raspberry Pudd	Rice New England <b>Red Bean Dessert</b>	Rice Chinese Broccoli Iced Banana Cake	Rice Sunrise <b>Purple Rice Dessert</b>	Rice Bok Choy Apple Crumble Cake	--- California Lemon Buttermilk Cake	Rice Mexican Neapolitan I/C Sandwich

<b>Canadian Dinner</b>	Entrée	Creamy Fish Baked Egg	Meatball w/ Spaghetti	Country Styled Fried Chicken	Beef Shepherd's Pie	Spinach & Chs Cannelloni	Chalet Chicken	<b>Honey Garlic Pork Chop</b>
	Starch	Noodle Pasta	---	Garlic Mashed Potato	---	Lemon Potatoes	Scalloped Potatoes	Oven-Browned Potato
	Veg	<b>Cauliflower</b>	Niagara	<b>Fusion</b>	Scandinavian	4 Way Mix	<b>Kernel Corn</b>	<b>Zucchini Medley</b>
	Dessert	Tropical Fruit	Peach Slices	Apple	Papaya	Pear Diced	Fruit Cocktail	Mandarin
<b>German Dinner</b>	Entrée	Ham Sandwich	Tuna Salad Sandwich	Egg Salad Sandwich	Shredded Chicken and Lettuce Sandwich	Salami Sandwich	Salmon Salad Sandwich	Roast Beef Sandwich
	Veg	Carrot Raisin Salad	Caesar Salad	Beet Salad	Carrot Raisin Salad	Caesar Salad	Beet Salad	Spinach Salad