

TM sprina/summer 2021 - WEEK 1

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Banana Half	Applesauce	Chilled Diced Pears	Mandarin Oranges	Fruit Cocktail	Chilled Diced	Cream of Wheat
	Cream of Wheat	High Fibre Oatmeal	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Peaches	Sausage Links
	Egg Omelette	Cottage Cheese	Hard Boiled Egg	Cheddar Cheese	Vanilla Yogurt	High Fibre Oatmeal	Waffle and Berries
	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Slice	Whole Wheat Toast	Cheese Omelette	Syrup
	-----	-----	-----	Blueberry Muffin	-----	Whole Wheat Toast	-----
	Special K Cereal	Bran Flakes	xRice Krispies Cereal	-----	Special K Cereal	-----	xRice Krispies
	Peanut Butter	Peanut Butter	Peanut Butter	Raisin Bran Cereal	Peanut Butter	Bran Flakes	Cereal
	Hard Boiled Egg	Whole Wheat Toast	Peanut Butter	Hard Boiled Egg	Peanut Butter	Peanut Butter	
			Hard Boiled Egg			Hard Boiled Egg	
			Whole Wheat Toast			Whole Wheat Toast	
L U N C H	Honey Mustard	Beef & Cabbage	Roast Turkey Gravy	Shepherds Pie	Lemon Glazed	Spaghetti & Meat	Roast Beef
	Chicken	Casserole	& Cranberry Sauce	Wax Beans	Chicken Dippers	Sauce	Mashed Potatoes
	Rice Pilaf	Cauliflower	Mashed Potatoes	Beef Gravy	Fluffy Rice	Broccoli Florets	Apple Glazed
	Sunrise Vegetables	Frosted Spiced Cake	Buttered Brussels	Lemonicious Bar	Asian Stir Fry	Butter Tart	Turnips
	Nanaimo Bar	-----	Sprouts	-----	Vegetables	-----	Beef Gravy
	-----	Maple Pork	Poultry Gravy	Lamb & Vegetable	Date Square	Turkey Pot Pie	Horseradish
	Crunchy Baked Cod	Chop	Cherries in Snow	Stew	-----	Peas & Pearl Onions	Vanilla Ice Cream
	Mashed Potatoes	Garlic Mashed	-----	Whipped Potatoes	Weiners & Beans	Poultry Gravy	Apple Pie
	Steamed Asparagus	Potatoes	Multigrain Tilapia	Minted Peas	Buttered WW Bread	Mandarin Oranges	-----
	Spears	Diced Squash	Baked Potato	Bananas & Cream	Caesar Salad		Vegetable
	Brown Gravy	Brown Gravy	Parsley Carrots		Blushing Pears		Lasagna
	Tartar Sauce	Apricot Halves	Tartar Sauce				Sliced Carrots
	Mandarin Oranges		Sour Cream				Garlic Bread
		Chilled Diced				Diced Fresh Melon	
		Peaches					
D I N N E R	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Cream of Celery	Tomato Basil Soup	Garden Vegetable	Cream of Broccoli	Potato & Leek Soup	Minestrone Soup	Split Pea Soup
	Soup	Tuna Salad Sndw on	Soup	Soup		Shaved Ham on Bun	
	Sliced Turkey on	WW	Chicken Salad Sndw	Egg Salad Sndw	Cheddar/Tom/Onion/	Mixed Greens	Salmon Salad
	Wheat	Mixed Green Italian	on WW		Mayo on Rye	w/Berry Vinaigrette	Multigrain Dinner
	Marinated 4 Bean	Salad	Cucumber Slices	Mediterranean Salad	Rainbow Coleslaw	Chocolate Mousse	Roll
	Salad	Gelatin Medley	Tangerine Mousse	Ice Cream	Raspberry Jelly Roll	-----	Cucumber Slices
	Mayonnaise	-----	-----	-----	-----	Vegetable Chili	Ranch Dressing
	Tapioca Pudding	Spinach & Cheese	Ratatouille &	Cheesy Sausage in	Cod Nuggets	Italian Green Beans	Iced Orange Cake
	-----	Cannelloni	Macaroni Casserole	a Blanket	Baked Potato	White Dinner Roll	-----
	Ham & Potato	Montego Vegetables	Paradisio Vegetables	Sauteed Zucchini	Wedges	Margarine	Chicken Burger on
Casserole	Fruit Compote	Mixed Berries	Mustard	Diced Squash	Chilled Tropical Fruit	WW Bun	
Corn Niblets			Margarine	Tartar Sauce		Calico Corn	
Cinnamon Peaches			Pineapple Tidbits	Hot Spiced Apples		Apricot Halves	
with Cream LoCal							

TM sprina/summer 2021 - WEEK 2

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Chilled Pineapple	Banana Half	Apricot Halves	Mandarin Oranges	Applesauce	Blueberries	Chilled Diced Pears
	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Cream of Wheat	High Fibre Oatmeal	Cream of Wheat	High Fibre Oatmeal
	Hard Boiled Egg	Strawberry Yogurt	Cheddar Cheese	LS Bacon	Creamy Peach	Poached Egg	Cottage Cheese
	Mini Croissant	Whole Wheat Toast	Slice	Scrambled Eggs	Yogurt	Raisin Toast	Fruit Extreme
	-----	-----	Bran Muffin	Whole Wheat Toast	Pancakes	-----	Muffin
	Raisin Bran Cereal	Special K Cereal	Whole Wheat Toast	-----	-----	Special K Cereal	-----
	Peanut Butter	Peanut Butter	-----	xRice Krispies	Raisin Bran Cereal	Peanut Butter	Bran Flakes
Whole Wheat Toast	Hard Boiled Egg	Cheerios Cereal	Cereal	Peanut Butter	Whole Wheat Toast	Peanut Butter	
		Peanut Butter	Peanut Butter	Hard Boiled Egg		Hard Boiled Egg	
		Hard Boiled Egg		Whole Wheat Toast		Whole Wheat Toast	
L U N C H	Cabbage Rolls	Battered English	Lemon Herb Bkd	Baked Ham	Baked Chicken with	Honey Garlic	Roast Turkey
	Mashed Potatoes	Style Pollock	Chicken Breast	Roasted Baby	Chalet Sauce	Meatballs w/Veg	Mashed Potatoes
	Brown Gravy	Crispy Potato Cubes	w/Onions	Potatoes	Chive Whipped	Lemon Pepper	Mexican Mixed
	Prince Edward	LS Sweet Sour	Baked Potato	Green Beans	Potatoes	Mashed Potatoes	Vegetables
	Vegetables	Coleslaw	Sour Cream	Nanaimo Bar	Julienne Parsley	Cauliflower & Red	Poultry Gravy
	Rice Raisin Pudding	Ice Cream Sandwich	Sunrise Vegetables	-----	Carrots	Peppers	Banana Cream Pie
	-----	-----	Peach Crisp	Italian Herb Beef	Strawberry Ice	Zwieback Rolls	Slice
	Turkey Schnitzel	Ravioli w/Rose Sauce	-----	Stew	Cream Cup	Margarine	-----
	Fluffy Rice	Italian Mixed	Sun-Dried Tomato	Mashed Potatoes	-----	German Chocolate	Veggie Burger on
	Diced Beets	Vegetables	Tilapia	Butternut Squash	Veal Parmesan	Cake	WW Bun
Mango	Stewed Strawberries & Rhubarb	Cheddar Mashed Potatoes	Beef Gravy	Buttered Spaghetti	-----	Wax Beans	
		Green Peas	Mixed Berries	Mediterranean Salad	Macaroni & Cheese	Chilled Apple Slices	
		Chilled Diced Pears		Banana Half	Sauteed Zucchini		
					Fruit Compote		
D I N N E R	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Butternut Squash	Cream of Mushroom	Italian Wedding	Fall Harvest Soup	Corn Chowder	Broccoli Cheese Soup	Minestrone Soup
	Soup	Soup	Soup	Hot Turkey Sndw on	Hot Dog on White	Pepperoni Pizza	Shaved Beef on
	Potato Leek Quiche	Egg Salad	Deli Meat & Cheese	WW w/Gravy	Bun	Caesar Salad	Multigrain
	Baked Tomato au	White Dinner Roll	Sndw on WW	French Fries	Tossed Salad	Carrot Cake	Creamy Cucumber
	Gratin	Creamy Cabbage &	Tossed Salad with	Pearl Harvest	Coconut Cream	-----	Salad
	Mini Cupcake	Apple Salad	LoCal Drsg	Vegetables	Pudding	Sweet & Sour Pork	Creamy
	-----	Blueberry Pie	Mini Lemon Tart	Rainbow Sherbet	-----	Fluffy Rice	Horseradish Sauce
	Salami on Wheat	-----	-----	-----	Liver & Onions	Orange Glazed	Cherries in Snow
	w/Pickles	Beef Burger on WW	Chili Con Carne	Salmon Salad Plate	Mashed Potatoes	Parsnips	-----
	Mixed Green Salad	Bun	Cauliflower	Whole Wheat Roll	LS Stewed	Chilled Apricots	Chicken &
	Diced Pears with		Cheese Tea Biscuit	Pickled Beets	Tomatoes		Noodles
	Caramel Sauce	Lettuce/Tomato/Onion	Chilled Tropical Fruit	Margarine	Beef Gravy		Asian Stir Fry
	Crinkle Cut Fries		Diced Fresh Melon	Mango		Vegetables	
	Sauteed Zucchini					Summer Fruit Salad	
	Rosy Applesauce						

**TM sprina/summer 2021 - WEEK 3**

**Regular/Regular**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>B R E A K F A S T</b>	Blushing Pineapple	Rosy Applesauce	Chilled Diced	Mandarin Oranges	Banana Half	Chilled Diced	Blueberries
	Cinnamon Oatmeal	LoCal	Peaches	Cream of Wheat	Cream of Wheat	Peaches	Cinnamon Oatmeal
	Hard Boiled Egg	Cream of Wheat	High Fibre Oatmeal	Morning Glory	Cheesy Scrambled	High Fibre Oatmeal	Vanilla Yogurt
	Whole Wheat Toast	Cheddar Cheese Slice	Poached Egg	Muffin	Eggs	Cottage Cheese	Raisin Bread
	-----	Mini Croissant	Whole Wheat Toast	Strawberry Yogurt	LS Bacon	Whole Wheat Toast	-----
	xRice Krispies Cereal	-----	-----	-----	Rye Toast	-----	Special K Cereal
	Peanut Butter	Raisin Bran Cereal	Special K Cereal	Bran Flakes	-----	Raisin Bran Cereal	Peanut Butter
		Peanut Butter	Peanut Butter	Peanut Butter	xRice Krispies	Peanut Butter	Hard Boiled Egg
		Hard Boiled Egg		Hard Boiled Egg	Cereal	Hard Boiled Egg	Whole Wheat Toast
		Whole Wheat Toast		Whole Wheat Toast	Peanut Butter		
				Whole Wheat Toast			
<b>L U N C H</b>	Krunchie Perch	German Style	Glazed Ham	Meat Buns	Crispy Honey Garlic	Meatloaf	Pork Roast
	Herb Roasted	Rostbraten	Baked Potato	Garlic Mashed	Chicken	Mashed Potatoes	Dijon Mashed
	Potatoes	Mashed Potatoes	Sour Cream	Potatoes	Rice Pilaf	Cauliflower with	Potatoes
	Green Peas	Harvard Beets	Buttered Brussels	Seasoned French	Chuckwagon Corn	Cheese Sauce	Lemon Herb
	Lemon Poppy Seed	Beef Gravy	Sprouts	Green Beans	Orange Dream	G-F Beef Gravy	Zucchini
	Loaf	Vanilla Cake Roll	Mini Buttertart	Lemon Meringue Pie	Shortcake	Boston Cream Pie	Brown Gravy
	-----	-----	-----	-----	-----	-----	Cherry Crisp
	Veal Roulade	Lamb & Vegetable	Crab a La King	Cheese Tortellini &	Baked Veal Cutlet	Fish 'n Chips	-----
	Whipped Potatoes	Stew	Egg Noodle Alfredo	Marinara	Garlic Mashed	Creamy Coleslaw	Asian Chicken Stir
	Niagara Mix	Tea Biscuit	Pick of the Day	Cheese & Garlic	Potatoes	Tartar Sauce	Fry
Vegetables	Fall Medley	Vegetable Blend	Breadstick	Steamed Broccoli	Strawberries	Vegetable Fried	
Beef Gravy	Vegetables	Sliced Banana	Zucchini Medley	Beef Gravy		Rice	
Mandarin Oranges	Apricot Halves		Caramel Apple	Mango		Thai Stir Fry	
			Slices			Vegetables	
						Vegetable Egg Roll	
						Fruit & Whip	
<b>D I N N E R</b>	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
	Creamy Tomato	Cream of Mushroom	Chicken Vegetable	Borscht	Tuscan Bean &	Chicken Noodle Soup	Vegetable
	Soup	Soup	Barley Soup	Cheddar & Swiss	Vegetable Soup	Turkey & Cranberry	Florentine Soup
	Grilled Cheese on	Deli Meat & Cheese	Tuna Salad Sndw	Plate	Macaroni & Cheese	Salad	Corned Beef on Rye
	Wheat	Sndw on WW		Rollkuchen	Stewed Tomatoes	Wheat Roll	Carrot Apple Salad
	TM California Salad	Iceberg & Carrot	Mediterranean Salad	Fresh Watermelon	Cherry Gelatin	Tossed Ranch Salad	Red Velvet Cake
	Maple Swirl Ice	Salad	French Cream	Ice Cream	w/Whip	Butterscotch Pudding	-----
	Cream	Tiramisu Mousse	Cheesecake	-----	-----	-----	Potato & Cheese
	-----	-----	-----	Sliced Turkey on	Bratwurst on Bun	Egg Salad Sndw on	Perogies
	French Toast	Pulled Pork	Oriental Beef	Wheat	Caesar Salad	Wheat	California
Sausage Patty	Mashed Potatoes	Fluffy Rice	Cucumber Slices	Mustard	Four Bean Salad	Vegetables	
Strawberries	Winter Vegetables	Asian Stir Fry	Pineapple Tidbits	Sauerkraut	Chilled Apricots	Sour Cream	
Syrup	Barbecue Sauce	Vegetables				Pineapple Pear Cup	
Fruit Cocktail	Stewed Rhubarb &	Chilled Diced Pears					
	Berries						