

TM Fall/Winter 2022 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Banana	Banana	Banana	Banana	Banana	Banana
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	LS Bacon	Waffles	Apple Cinnamon Muffin
Margarine	Margarine	Margarine	Margarine	Whole Wheat Toast	Maple Syrup	Margarine
Peanut Butter	Peanut Butter	Strawberry Jam	Peanut Butter	Margarine	Peanut Butter	Peanut Butter
Strawberry Jam	Strawberry Jam	Peanut Butter	Strawberry Jam	Peanut Butter	Whole Wheat Toast	Whole Wheat Toast
		Whole Wheat Toast		Strawberry Jam	Strawberry Jam	Strawberry Jam
					Margarine	
LUNCH						
Spiced Chicken Thigh	Italian Sausage	Veal Schnitzel	Pork Roast	Penne & Meat Sauce	Ham & Potato Casserole	Roast Beef
Mashed Potatoes	Festive Potato Medley	Mashed Potatoes	Mashed Potatoes	Cauliflower	Julienne Parsley Carrots	Mashed Potatoes
Green Peas	Wax Beans	Sliced Carrots	Buttered Corn	Van Caramel Swirl Cake	Mini Buttertart	Wax Beans
Poultry Gravy	Frosted Eclair	RS Brown Gravy	Brown Gravy	Baked Haddock	Herb Baked Chicken Thigh	Beef Gravy
Cherry Tart	Veg & Bean Stew	Carrot Cake	Iced Brownie	Mashed Potatoes	Mashed Potatoes	Horseradish
Multigrain Tilapia	Mashed Potatoes	LS Turkey a la King	Beef & Broccoli Stir-Fry	Seasoned Green Beans	Broccoli Florets	Lemon Meringue Pie
Fluffy Rice	Buttered Brussels Sprouts	Buttered Egg Noodles	Fluffy Rice	Apricot Halves	Poultry Gravy	LS Turkey Chef Salad Bowl
Parsley Carrots	Brown Gravy	Orange-Glazed Beets	Thai Stir Fry Vegetables		Honeydew Melon	Ranch Dressing
Fruit Cocktail	Chilled Apple Slices	Chilled Diced Pears	Mixed Berries			Margarine
						Whole Wheat Roll
						Stewed Rhubarb LoCal
DINNER						
Unsalted Crackers	Unsalted Crackers	Tomato Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Vegetable Rice Soup
Minestrone Soup	Potato Leek Soup	Unsalted Crackers	Cream of Chicken Soup	Cream of Asparagus Soup	Cream of Celery Soup	Unsalted Crackers
Quiche Florentine	Macaroni & Cheese	Chicken Strips	Hot Dog on White Bun	Chicken Salad on Multigrain	Lettuce/Tomato/Onion	Egg Salad Sndw on Wheat
Sunrise Vegetables	Stewed Tomatoes	French Fries	Four Bean Salad	TM California Salad	Beef Burger on WW Bun	Tossed Garden Salad
Butterscotch Sundae	Chocolate Mousse	Asian Vegetables	Strawberry Ice Cream Cup	Lemon Mousse	California Vegetables	French Dressing
Liver & Onions	Salmon Salad on WW	Plum Sauce	Tuna Salad	Beef Tortiere	Vanilla Pudding	Grape Gelatin
Mashed Potatoes	Mediterranean Salad	Coconut Cream Pudding	WW Roll	RS Brown Gravy	Turkey & Potato Salad Plate	Potato & Cottage Cheese Perogies
Diced Beets	Cantaloupe Chunks	Salami on Wheat	Dill Cucumber & Red Onion Salad	Mashed Potatoes	Chilled Diced Peaches	Paradisio Vegetables
RS Beef Gravy		Tossed Salad	Mandarin Oranges	Garden Peas		Sour Cream
Strawberries		Ranch Dressing		Fresh Fruit Salad		Mango
		Crushed Pineapple				

TM Fall/Winter 2022 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Banana	Banana	Banana	Banana	Banana	Banana
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cream of Wheat	Oatmeal
Hard Boiled Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Hard Boiled Egg	Poached Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Peanut Butter	LS Bacon	Carrot Muffin
Margarine	Margarine	Margarine	Margarine	Whole Wheat Toast	Whole Wheat Toast	Margarine
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Margarine	Margarine	Peanut Butter
Strawberry Jam	Strawberry Jam	Whole Wheat Toast	Strawberry Jam	Strawberry Jam	Peanut Butter	Whole Wheat Toast
		Strawberry Jam			Strawberry Jam	Strawberry Jam
LUNCH						
Apple Glazed Pork Roast	Mustard Chicken	Roasted Vegetable Lasagna	Lemon Pepper Chicken Leg	BBQ Teriyaki Beef Ribette	Veal Cutlet	Roast Turkey
Sweet Potato French Fries	Scalloped Potatoes	Green Beans	Mashed Potatoes	Whipped Potatoes	Baked Potato	Mashed Potatoes
Cauliflower	Garden Peas	Beef Gravy	Stewed Tomatoes	Asian Vegetables	Chuckwagon Corn	Butternut Squash
Date Square	Poultry Gravy	Nanaimo Bar	Poultry Gravy	Iced Chocolate Cake	Sour Cream	Poultry Gravy
Baked Lemon Salmon	Lemon Poppy Seed Cake	Meatloaf	Cherry Pie	Ratatouille & Macaroni Casserole	Mini Buttermint	Van Caramel Swirl Cake
Mashed Potatoes	California Cheese & Rice Casserole	Mashed Potatoes	Bavarian Beef	Buttered Brussels Sprouts	Baked Haddock	LS Beef & Cabbage Casserole
Niagara Mix Vegetables	San Francisco Vegetables	Buttered Corn	Spanish Rice	Apricot Halves	Mashed Potatoes	Cauliflower
Chilled Diced Peaches	Mixed Berries	Fruit Cocktail	Sliced Carrots		Paradisio Vegetables	Diced Fresh Melon
			Chilled Apple Slices		Brown Gravy	
					Mandarin Oranges	
DINNER						
Cream of Broccoli Soup	Unsalted Crackers	Cream of Mushroom Soup	Chicken Noodle Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Unsalted Crackers	Minestrone Soup	Unsalted Crackers	Unsalted Crackers	Borscht	Cream of Celery Soup	Pea Soup
Turkey Salad on Rye	Shaved Beef Sndw on Wheat	Captain Burger	Vegetable Pizza	Pastrami Sndw on Wheat	Chicken Burger on WW Bun	Pork Pot Pie
Tossed Salad & Italian Dressing	Mixed Salad with French Dressing	Caesar Salad	Italian Mixed Vegetables	Chopped Salad with Balsamic	Creamy Cucumber Salad	Sliced Carrots
Chocolate Pudding	Vanilla Mousse	Tartar Sauce	Ice Cream	Butterscotch Pudding	Mayonnaise	RS Brown Gravy
Mixed Veg & Cheese Frittata	Breaded Lemon Pepper Cod	Cherry Gelatin	Egg Salad Sndw on Wheat	Margarine	Chocolate Mousse	Rice Pudding
Savoury Diced Potatoes	Mashed Potatoes	Bratwurst Sausage	Creamy Coleslaw	Cheddar Cheese & Fruit Rollkuchen	Spinach & Swiss Quiche	Salmon Salad
Stewed Tomatoes	5-Way Mixed Vegetables	Mashed Potatoes & Gravy	Crushed Pineapple	Chilled Tropical Fruit	Seasoned Zucchini	Mashed Potato Salad
Fresh Fruit Salad	Cantaloupe Chunks	Triple Bean Salad			Chilled Diced Peaches	Coleslaw
		Chilled Diced Pears				Mandarin Oranges

TM Fall/Winter 2022 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Banana	Banana	Banana	Banana	Banana	Banana
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs
Raisin Bread	Whole Wheat Toast	Fruit Extreme Muffin	Whole Wheat Toast	Bacon	Margarine	Whole Wheat Toast
Margarine	Margarine	Margarine	Margarine	Whole Wheat Toast	Peanut Butter	Margarine
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Margarine	Whole Wheat Toast	Peanut Butter
Whole Wheat Toast	Strawberry Jam	Whole Wheat Bread	Strawberry Jam	Peanut Butter	Strawberry Jam	Strawberry Jam
Strawberry Jam		Strawberry Jam		Strawberry Jam		
LUNCH						
Beef Strips & Gravy	Sweet n Sour Pork Chop	Turkey Pot Pie	Baked Chicken with Chalet Sauce	Baked Salmon Fillet	LS Meat Loaf	Rubbed Pork Loin
Mashed Potatoes	Mashed Potatoes	Steamed Baby Carrots	Mashed Potatoes	Scalloped Potatoes	Mashed Potatoes	Mashed Potatoes
Buttered Corn	Sauteed Zucchini	RS Poultry Gravy	Steamed Broccoli	Sliced Carrots	Harvard Beets	San Francisco Vegetables
Creme Caramel	Orange Blossom Cake	Nanaimo Bar	Poultry Gravy	Frosted Spiced Cake	G-F Beef Gravy	Brown Gravy
Breaded Sole	Veal Parmesan	German Style Rostbraten	Buttertart Square	Cheese Tortellini & Marinara	Banana Cream Pie Slice	Frosted Brownie
Buttered Egg Noodles	Buttered Penne	Mashed Potatoes	Beans n' Franks	Buttered Brussels Sprouts	Ham & Potato Casserole	Seafood Newburg
Steamed Asparagus	Sliced Carrots	Parslied Cauliflower	Baked Squash	Stewed Rhubarb LoCal	French Cut Green Beans	Parslied Noodles
Tartar Sauce	Strawberries	Chilled Diced Pears	Margarine		Chilled Tropical Fruit	Buttered Corn
Chilled Diced Peaches			Chilled Diced Peaches			Chilled Apple Slices
DINNER						
Tomato Soup	Chicken Noodle Soup	Garden Veg Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Cream of Celery Soup	Cream of Broccoli Soup	Vegetable Rice Soup	Cream of Mushroom Soup
Grilled Cheese on Wheat	Shaved Ham Sndw on WW	Salmon Salad on WW	Shaved Beef on Multigrain	Egg Salad Sndw on Wheat	Fish 'n Chips	Turkey & Macaroni Salad Plate
Tossed Ranch Salad	Coleslaw	Cucumber Slices	Mashed Potato Salad	Tossed Salad & Italian Dressing	Creamy Coleslaw	Vanilla Pudding
Tangerine Mousse	Tapioca Pudding	Cherry Gelatin	Vanilla Ice Cream Cup	Butterscotch Pudding	Lemon Mousse	Beef Pie
Chicken Rice & Veg Casserole	Vegetarian Burger Patty	Sausage Patty	Pepperoni Pizza	Turkey Patty	Chicken Caesar Salad	Seasoned Zucchini
Italian Mixed Vegetables	Sliced Beets	Pancakes	Caesar Salad	Mashed Potatoes & Gravy	Margarine	Beef Gravy
Fruit Cocktail	Cantaloupe Chunks	Applesauce	Crushed Pineapple	Niagara Mix Vegetables	Whole Wheat Roll	Mandarin Oranges
		Syrup		Honeydew Melon	Apricot Halves	
		Margarine				
		Mandarin Oranges				