

## Tenant Spring/Summer 2023 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Raisin Toast
Strawberry Jam	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Margarine	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam
Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
					Whole Wheat Toast	Whole Wheat Toast
<b>LUNCH</b>						
Salisbury Steak & Gravy	Pork Goulash Hungarian	Veal Piccata	Turkey Schnitzel	Breaded Haddock	Cabbage Rolls	Roast Beef
Savoury Diced Potatoes	Buttered Egg Noodles	Beef Gravy	Poultry Gravy	Brown Gravy	Mashed Potatoes	Beef Gravy
Parsley Carrots	Buttered Brussels Sprouts	Mashed Potatoes	Diced Savory Potatoes	Mashed Potatoes	Buttered Brussels Sprouts	Mashed Potatoes
Chilled Diced Peaches	Fruit Cocktail	Diced Squash	Diced Parsnips	Sliced Carrots	Mandarin Oranges	Green Peas
Cranberry Juice	Peach Juice	Cherry Crisp	Warm Apple Compote	Chocolate Mousse	Cranberry Juice	Blueberry Pie Slice
Spiced Chicken Thigh	Baked Tilapia	Grape Juice	Orange Juice	Apple Juice	Rotini Primavera w/Alfredo Sc	Peach Juice
Mashed Potatoes	Brown Gravy	Cheese Stuffed Manicotti	Lamb Patty	Baked Pork Chop	Parslied Cauliflower	Roasted Vegetable Lasagna
Steamed Broccoli	Mashed Potatoes	Seasoned Zucchini	Mint Jelly	Fluffy Rice		Italian Seasoned Vegetables
	Green Beans		Mashed Potatoes	Asian Vegetables		
			Green Peas			
<b>DINNER</b>						
Cauliflower & Cheese Soup	Butternut Squash Soup	Italian Wedding Soup	Borscht Soup	Minestrone Soup	Tomato Soup	Lentil & Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Captain Burger on WW Bun	Macaroni & Cheese	Bacon	Pork, Drummies RTC	Beef Burger on WW Bun	Pickled Beets	BBQ Pork Ribette on WW Bun
Tartar Sauce	Tomato Slices	Syrup	Brown Gravy	Mayonnaise	Turkey & Swiss Sndw on WW	Triple Bean Salad
Creamy Coleslaw	Lime Gelatin	French Toast	Green & Yellow Beans	Italian Dressing	Butterscotch Pudding	Ice Cream Sandwich
Fresh Watermelon	Beef Roast Sandwich on Wheat	Peach Compote	White Dinner Roll	Tossed Salad	Whipped Topping	Sliced Chicken Sndw on WW
Cheese Ravioli & Sauce	Heritage Blend Salad with French Dressing	Vanilla Pudding	Strawberry Ice Cream	Lettuce Leaf	Spanish Omelette	Dixie Coleslaw
Caesar Salad		Chicken Salad Sndw on WW	Egg Salad Sndw on Wheat	Chilled Diced Pears	5-Way Mixed Vegetables	White Dinner Roll
		Broccoli Salad LoCal	Creamy Cucumber Salad	Sweet Hickory BBQ Baked Beans	Whole Wheat Bread	
				Buttered Corn		
				Cheddar Herb Tea Biscuit		

## Tenant Spring/Summer 2023 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Hard Boiled Egg	Poached Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Raisin Toast
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Strawberry Jam
Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Margarine
Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
					Whole Wheat Toast	Whole Wheat Toast
<b>LUNCH</b>						
Turkey Pot Pie	Swedish Meatballs w/Mushroom Sauce	Spinach & Cheese Cannelloni	Roasted Sage Chicken Leg	Breaded Haddock	Baked Pork Chop	Roast Turkey
Poultry Gravy	Brown Gravy	Mashed Potatoes	Poultry Gravy	Brown Gravy	Scalloped Potatoes	Poultry Gravy
Mashed Potatoes	Egg Noodles	New England Vegetables	Mashed Potatoes	Mashed Potatoes	California Vegetables	Cranberry Sauce
Diced Squash	Buttered Brussels Sprouts	Boston Cream Cake	Butternut Squash	Baked Tomato au Gratin	Buttertart Square	Mashed Potatoes
Cherry Cheesecake	Apple Pie Slice	Apple Juice	Chilled Diced Pears	Maple Chocolate Mania Cake	Grape Juice	Florentine Veg Mix
Grape Juice	Orange Juice	Liver & Onions	Cranberry Juice	Peach Juice	Bavarian Veal	Lemon Meringue Pie
Lamb Patty	Baked Salmon Fillet	Brown Gravy	Vegetarian Meatballs	Beef Shepherd's Pie	Beef Gravy	Apple Juice
Savoury Diced Potatoes	Mashed Potatoes	Italian Mixed Vegetables	Spaghetti with Vegetable Sauce	Asian Vegetables	Mashed Potatoes	Beef Pot Pie
Cauliflower	Green Beans		Seasoned Zucchini		Buttered Brussels Sprouts	Beef Gravy
Mint Jelly						Savoury Diced Potatoes
						Parsley Carrots
<b>DINNER</b>						
Broccoli Cheddar Soup	Unsalted Crackers	Borscht Soup	Mushroom Soup	Garden Vegetable Soup	Split Pea Soup	Potato Vegetable Soup
Unsalted Crackers	Minestrone Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Sliced Ham Sndw on WW	Three Cheese Pizza	Pulled Pork on WW Bun	Tuna Salad Sndw on WW	Oktoberfest on Bun	Chicken Strips	Cod Nuggets
Pickled Beets	Caesar Salad	Calico Corn	Creamy Cucumber & Onions	Marinated 4 Bean Salad	Plum Sauce	Tartar Sauce
Mandarin Oranges	Fruit Platz	Cantaloupe Chunks	Orange Sherbet	Vanilla Mousse	French Fries	Baked Potato Wedges
Asparagus & Swiss Quiche	Hot Roast Beef on Wheat w/Gravy	Turkey & Potato Salad Plate	Chili Con Carne	Herbed Omelette	Buttered Corn	Creamy Coleslaw
Tomato Basil Salad	Sliced Carrots	Heritage Blend Salad with French Dressing	Broccoli Florets	White Dinner Roll	Rice Pudding	Chilled Diced Peaches
			Corn Muffin	Seasoned Spinach	Cheddar Cheese & Fruit	Broccoli Cheese Frittata
					Carrot Loaf	Green Peas

## Tenant Spring/Summer 2023 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Raisin Toast
Strawberry Jam	Margarine	Margarine	Margarine	Margarine	Strawberry Jam	Margarine
Margarine	Strawberry Jam	Strawberry Jam	Strawberry Jam	Strawberry Jam	Margarine	Strawberry Jam
Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat	Cream of Wheat
Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
					Whole Wheat Toast	Whole Wheat Toast
<b>LUNCH</b>						
Baked Sole Fillet	Meatloaf	Baked Chicken with Chalet Sauce	Sauerkraut & Ribs	Breaded Haddock	Veal Schnitzel	Baked Ham
Fluffy Rice	Beef Gravy	Poultry Gravy	Brown Gravy	Savoury Diced Potatoes	Savory Potato Wedges	Brown Gravy
Steamed Asparagus	Mashed Potatoes	Savoury Diced Potatoes	Mashed Potatoes	Buttered Corn	Italian Mixed Vegetables	Mashed Potatoes
Chilled Diced Pears	Green Peas	Steamed Broccoli	Buttered Brussels Sprouts	Lemon Buttermilk Cake	Blueberry Crisp	Prince Edward Vegetables
Breaded Pork Cutlet	Bread Pudding	Carrot Cake	Chilled Diced Peaches	Beef Stroganoff	Chicken Vegetable Stew	Apple Pie Slice
Brown Gravy	Cheese Ravioli & Sauce	Roast Leg of Lamb & Veg	Roasted Vegetable Lasagna	Beef Gravy	Mashed Potatoes	Captain Fish Burger Patty
Mashed Potatoes	California Vegetables	Mashed Potatoes	Sliced Carrots	Mashed Potatoes	Parslied Cauliflower	Tartar Sauce
Sliced Beets		Wax Beans		Sauteed Spinach		Savoury Diced Potatoes
						Dixie Coleslaw
<b>DINNER</b>						
Cream of Tomato Soup	Chicken Noodle Soup	Beef Vegetable & Noodle Soup	Borscht Soup	Cauliflower & Cheese Soup	Mushroom Soup	Harvest Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
BBQ Beef Ribette on WW Bun	Sliced Turkey on Wheat	Salmon Salad on WW	Shaved Beef Sndw on Wheat	Chicken Burger on WW Bun	Tuna Melt on WW	Sliced Turkey
Green Beans	Apple Zucchini Slaw	Mixed Green Italian Salad	Chickpea & Veggie Salad	Mayonnaise	Greek Salad	Pickled Beets
Orange Gelatin	Fruit Cocktail	Mandarin Oranges	Strawberry Gelatin	Creamy Coleslaw	Chocolate Pudding	Zwieback
Grilled Cheese on Wheat	Vegetable & Swiss w/Mushrooms Quiche	Perogies & Sour Cream	Vegetarian Garden Chili	Cottage Cheese & Fruit Salad Plate	Red Pepper & Basil Frittata w/Parmesan Cheese	Vanilla Ice Cream
Tossed Ranch Salad	Buttered Corn	Prince Edward Vegetables	Seasoned Zucchini	Fruit Extreme Muffin	Broccoli Florets	Sloppy Joe on WW Bun
			White Dinner Roll	Peach Passion Mousse		Julienne Parsley Carrots