

## HP Fall/Winter 2023-2024 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg
Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Rye Toast	Buttered Raisin Toast
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Strawberry Jam	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
					Buttered WW Toast	Buttered WW Toast
<b>LUNCH</b>						
Five Spice Baked Chicken Thigh	Swedish Meatballs w/Mushroom Sauce	Breaded Chicken Breast	Baked Pork Chop	Breaded Haddock	Turkey Schnitzel	Pork Tenderloin
Poultry Gravy		Poultry Gravy	Brown Gravy	Tartar Sauce	Poultry Gravy	Brown Gravy
Mashed Potatoes	Egg Noodles	Mashed Potatoes	Mashed Potatoes	Savoury Diced Potatoes	Mashed Potatoes	Mashed Potatoes
Seasoned Diced Turnips	California Vegetables	Butternut Squash	Wax Beans	Julienne Parsley Carrots	Broccoli Florets	Fall Medley Vegetables
Cherry Crisp	Iced Chocolate Cake	Carrot Cake	Cherry Cheesecake	Orange Sections	Iced Brownie	Lemon Meringue Pie
Apple Juice	Cranberry Juice	Peach Juice	Grape Juice	Apple Juice	Cranberry Juice	Peach Juice
Creamy Pasta Primavera	Turkey Pot Pie	Lamb & Vegetable Stew	Roasted Vegetable Lasagna	Southwest Beef	Tomato & Cheese Penne	Beef Stroganoff
Sliced Carrots	Poultry Gravy	Cauliflower	Steamed Asparagus Spears	Beef Gravy	Seasoned Zucchini	Egg Noodles
Chilled Diced Pears	Mashed Potatoes	Fruit Cocktail	Chilled Diced Pears	Mashed Potatoes	Blueberries	Green Peas
	Chuckwagon Corn			Buttered Brussels Sprouts		Pineapple Tidbits
	Chilled Tropical Fruit			Nanaimo Bar		
<b>DINNER</b>						
Minestrone Soup	Borscht Soup	Chicken Rice Soup	Garden Vegetable Soup	Broccoli Cheddar Soup	Beef Vegetable & Noodle Soup	Lentil & Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Beef Burger on WW Bun	Spanakopita	Tuna Salad Sndw on WW	Sliced Egg & Salad Plate	Chicken Dippers	Ham Salad on WW	Chicken Quesadilla
Sunrise Vegetables	Greek Pasta Salad	Triple Bean Salad	Zwieback	Plum Sauce	Coleslaw	Sour Cream
Ketchup	Steamed Broccoli	Chilled Sweet Cherries	Margarine	Potato Coins	Pickle Spear	Mixed Salad with French Dressing
Butterscotch Pudding	Strawberry Ice Cream Cup	Sausage Links	Mango	Mixed Salad with Italian Dressing	Chilled Diced Peaches	Tapioca Pudding
Supreme Pizza	Beans n' Franks	Syrup	Hot Turkey Sndw on WW w/Gravy	Fruit Cocktail	Crab Cakes Brd RTB	Spinach & Swiss Quiche
Creamy Cucumber Salad	Tossed Salad & Italian Dressing	Mini Pancakes Bites	Green Peas	Pastrami Sndw on Wheat	Creamed Corn	Cauliflower
Fruit Cocktail	Pineapple Tidbits	Hot Spiced Apples	Vanilla Mousse	Beet & Onion Salad	Tartar Sauce	Mandarin Oranges
		Lime Gelatin		Chocolate Pudding	Dessert of the Day	
		Whipped Topping				

## HP Fall/Winter 2023-2024 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs
Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Rye Toast	Buttered Raisin Toast
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Strawberry Jam	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
					Buttered WW Toast	Buttered WW Toast
<b>LUNCH</b>						
Chicken Kiev	Beef Vegetable Stew	Herb Chicken	Beef & Macaroni Casserole	Breaded Haddock	Turkey a la King	Roast Beef
Poultry Gravy	Poultry Gravy	Poultry Gravy	Prince Edward Vegetables	Tartar Sauce	Poultry Gravy	Beef Gravy
Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Chilled Diced Pears	Savory Potato Wedges	Mashed Potatoes	Mashed Potatoes
Parsley Carrots	Broccoli Florets	Green & Yellow Beans	Grape Juice	Creamy Coleslaw	Green Beans	Broccoli Florets
Peach Crisp	Buttertart Square	Mandarin Oranges	Pork Tourtiere Pie	Bread Pudding	Tiramisu Cake	Yorkshire Pudding
Apple Juice	Cranberry Juice	Peach Juice	Brown Gravy	Caramel Dessert Sauce	Cranberry Juice	Horseradish
Baked Lemon Salmon	Teriyaki Turkey Patty	Meat Lasagna	Mashed Potatoes	Apple Juice	Shrimp Alfredo Rotini	Apple Pie Slice
Fluffy Rice	Savory Potato Wedges	Diced Squash	Sliced Carrots	Turkey Schnitzel	Seasoned Zucchini	Peach Juice
Cauliflower	Seasoned Diced Turnips	Dessert of the Day	Maple Chocolate Mania	Poultry Gravy	Strawberries	Lemon Herb Sole
Chilled Diced Pears	Chilled Tropical Fruit			Mashed Potatoes		Fluffy Rice
				Winter Vegetables		Diced Beets
				Chilled Sweet Cherries		Pineapple Tidbits
<b>DINNER</b>						
Potato Vegetable Soup	Cauliflower & Cheese Soup	Chicken Noodle Soup	Cream of Mushroom Soup	Borscht Soup	Fall Harvest Soup	Split Pea Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Beef Pot Pie	Ham & Swiss Sndw on Rye	Cod Nuggets	Turkey Sandwich w/Cranberry Mayo	Chicken Souvlaki	BBQ Sauce Glazed Pork Ribette	Vegetable Pizza
Beef Gravy	Marinated Cucumbers	Tartar Sauce	Heritage Blend Salad with French Dressing	Tzatziki Sauce	Potato Roll	Chickpea & Veggie Salad
Fall Medley Vegetables	Bananas & Cream	French Fries	Paradisio Vegetables	Whole Wheat Pita Bread	Green Peas	Mandarin Oranges
Fruit Cocktail	Cottage Cheese & Fruit Plate	Rainbow Coleslaw	Raspberry Mousse	Ice Cream	Chilled Diced Pears	Chicken Salad Sndw on WW
Egg Salad Sndw on Wheat	Blueberry Scone	Lemon Gelatin	Ham & Cheese Quiche	Cheese & Tomato Croissant		Carrot Raisin Salad
Romaine & Onion Salad	Frozen Peach Yogurt Sundae	Whipped Topping	Pickled Beets	Corned Beef on Rye	Mixed Green Italian Salad	Dessert of the Day
Pickle Spear		Veggie Burger on White Bun	Potato Roll	Marinated Tomatoes	Butterscotch Mousse LoCal	
Chocolate Pudding		Green Beans	Mango	Fruit Cocktail		
		Ketchup				
		Chilled Apricots				

## HP Fall/Winter 2023-2024 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg
Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Buttered WW Toast	Rye Toast	Buttered Raisin Toast
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Strawberry Jam	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
					Buttered WW Toast	Buttered WW Toast
<b>LUNCH</b>						
BBQ Sauce Glazed Chicken	Beef Shepherd's Pie	Baked Ham	Roasted Vegetable Lasagna	Breaded Haddock	Cabbage Rolls	Roast Turkey
Poultry Gravy	Beef Gravy	Scalloped Potatoes	Steamed Asparagus	Tartar Sauce	Parslied Cauliflower	Poultry Gravy
Mashed Potatoes	Seasoned Zucchini	Green & Yellow Beans	Chilled Diced Pears	Brown Gravy	Butter Tart	Mashed Potatoes
Green Peas	Peach Pie	French Cream Cheesecake	Grape Juice	Mashed Potatoes	Cranberry Juice	Whipped Squash
Blueberry Crisp	Cranberry Juice	Caramel Sauce	Veal Cutlet	Broccoli Florets	Salmon Patty	Cranberry Sauce
Apple Juice	Turkey Sausage Link	Peach Juice	Brown Gravy	Red Velvet Cake	Brown Gravy	Apple Pie
Pork Goulash Hungarian	Mashed Potatoes	Lamb Patty	Mashed Potatoes	Apple Juice	Mashed Potatoes	Peach Juice
Fluffy Rice	Buttered Corn	Brown Gravy	Parsley Carrots	Chicken Vegetable Stew	Steamed Asparagus	Pork Cutlet
Cauliflower	Chilled Tropical Fruit	Mashed Potatoes	Lemon Buttermilk Cake	Savory Potato Wedges	Tartar Sauce	Fluffy Rice
Chilled Diced Pears		Cauliflower		Sunrise Vegetables	Blueberries	Peas & Carrots
		Mandarin Oranges		Stewed Rhubarb		Mandarin Oranges
<b>DINNER</b>						
Tomato Soup	Lentil & Vegetable Soup	Garden Vegetable Soup	Borscht Soup	Butternut Squash Soup	Broccoli Cheddar Soup	Cabbage & Potato Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Salmon Salad on WW	BBQ Pork Ribette on WW Bun	Beef Stuffed Green Pepper	Sliced Turkey on Wheat	Pork Bites	Hot Roast Beef on Bun with Gravy	Macaroni & Cheese
Pickled Beets	Cucumber Slices	Steamed Broccoli	Poultry Gravy	Plum Sauce	Green Beans	Stewed Tomatoes
Vanilla Pudding	Pineapple Tidbits	Strawberries	Tomato Slices	Potato Coins	Chilled Diced Peaches	Chocolate Mousse
Potato & Cheese Perogies	Quiche Florentine	Swiss & Tomato Sndw on WW	Banana & Chocolate Sauce	Asian Vegetables		Sliced Chicken Sndw on WW
Montego Vegetables	Sliced Carrots	Pickle Spear	Red Pepper & Basil Frittata w/Parmesan Cheese	Fruit Platz	Chicken Caesar Salad	Corn Salad
Sour Cream	Butterscotch Ice Cream	Spinach Onion Salad	Green Peas	Hard Boiled Egg	Potato Roll	Pineapple Tidbits
Fruit Cocktail		Orange Gelatin	Whipped Topping	German Potato Salad	Dessert of the Day	
			Buttered WW Bread	Dixie Coleslaw		
			Tiramisu Mousse	Fruit Cocktail		