

HP Spring/Summer 2024 - Week 1

Diet: Regular / Texture: Regular

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------|---|-----------------------------|-------------------------|-----------------------------------|---------------------------|-----------------------------|
| BREAKFAST | | | | | | |
| High Fibre Oatmeal | High Fibre Oatmeal | High Fibre Oatmeal | High Fibre Oatmeal | High Fibre Oatmeal | High Fibre Oatmeal | High Fibre 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 | Rye 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 |
| LUNCH | | | | | | |
| Salisbury Steak | Pork Goulash Hungarian | Beef Stroganoff | Turkey Schnitzel | Breaded Haddock | Stuffed Cabbage Rolls | Roast Beef |
| Savoury Diced Potatoes | Brown Gravy | Buttered Egg Noodles | Poultry Gravy | Brown Gravy | Mashed Potatoes | Beef Gravy |
| Parsley Carrots | Mashed Potatoes | Seasoned Zucchini | Diced Savory Potatoes | Mashed Potatoes | Parslied Cauliflower | Mashed Potatoes |
| Vanilla Caramel Swirl Cake | California Vegetables | Peach Crisp | Asian Vegetables | Sliced Carrots | Mandarin Oranges | Green Peas |
| Cranberry Juice | Fruit Cocktail | Apple Juice | Warm Apple Compote | Tartar Sauce | Peach Juice | Blueberry Pie Slice |
| Spiced Chicken Thigh | Peach Juice | Turkey Sausage | Grape Juice | Chocolate Cake | Breaded Pork Cutlet | Apple Juice |
| Mashed Potatoes | Baked Tilapia | Stir Fried Peppers & Onions | Lamb Patty | Cranberry Juice | Fluffy Rice | Roasted Vegetable Lasagna |
| Steamed Broccoli | Fluffy Rice | Turkey Gravy | Mashed Potatoes | Rotini Primavera w/Alfredo Sc | Asian Vegetables | Italian Seasoned Vegetables |
| Chilled Diced Peaches | Green Beans | Mashed Potatoes | Green Peas | Buttered Brussels Sprouts | Dessert of the Day | Pineapple Tidbits |
| | Ice Cream Sandwich | Diced Squash | Iced Brownie | Chilled Tropical Fruit | | |
| | | Chilled Diced Pears | | | | |
| DINNER | | | | | | |
| Italian Wedding Soup | Chicken Noodle Soup | Garden Veg Soup | Borscht Soup | Beef Barley & Vegetable Soup | Three Sisters Soup | Lentil & Vegetable Soup |
| Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers |
| Captain Burger on WW Bun | Beef Roast Sandwich on Wheat | Bacon Syrup | Egg Salad Sndw on Wheat | Beef Burger on WW Bun | Turkey & Swiss Sndw on WW | Sliced Chicken Sndw on WW |
| Tartar Sauce | Heritage Blend Salad with French Dressing | French Toast | Creamy Cucumber Salad | Ketchup/Mustard/Relish | Pickled Beets | Triple Bean Salad |
| Dixie Coleslaw | Lime Gelatin | Stewed Rhubarb & Berries | Strawberry Ice Cream | Mixed Salad with Italian Dressing | Chilled Diced Peaches | Ice Cream Sandwich |
| Fresh Watermelon | Whipped Topping | Pineapple Tidbits | Pork Drummies | Lemon Tart | Spanish Omelette | BBQ Pork Ribette on WW Bun |
| Pepperoni Pizza | Macaroni & Cheese | Chicken Salad Sndw on WW | Brown Gravy | 5-Way Mixed Vegetables | Dixie Coleslaw | |
| Caesar Salad | Tomato Slices | Spinach Onion Salad | Green & Yellow Beans | Chicken Strips | Tea Biscuit | Mango |
| Tiramisu Mousse | Strawberries | Vanilla Pudding | White Dinner Roll | Plum Sauce | Butterscotch Pudding | |
| | | | Mandarin Oranges | Sunrise Vegetables | Whipped Topping | |
| | | | | French Fries | | |
| | | | | Chilled Diced Pears | | |

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| High Fibre Oatmeal | High Fibre Oatmeal | High Fibre Oatmeal | High Fibre Oatmeal | High Fibre Oatmeal | High Fibre Oatmeal | High Fibre 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 | Rye 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 |
| LUNCH | | | | | | |
| Turkey Pot Pie | Swedish Meatballs w/Mushroom Sauce | Spinach & Cheese Cannelloni | Roasted Sage Chicken Leg | Breaded Haddock | Breaded Pork Cutlet | Roast Turkey |
| Poultry Gravy | Brown Gravy | New England Vegetables | Poultry Gravy | Savory Potato Wedges | Mashed Potatoes | Poultry Gravy |
| Savoury Diced Potatoes | Egg Noodles | Boston Cream Cake | Mashed Potatoes | Asian Vegetables | Green Beans | Cranberry Sauce |
| Steamed Broccoli | California Vegetables | Apple Juice | Butternut Squash | Tartar Sauce | Buttertart Square | Mashed Potatoes |
| Caramel Cheesecake | Strawberries | Liver & Onions | Rhubarb Crisp | Maple Chocolate Mania Cake | Peach Juice | Florentine Veg Mix |
| Cranberry Juice | Peach Juice | Brown Gravy | Grape Juice | Cranberry Juice | Meat Lasagna | Lemon Meringue Pie |
| Lamb & Vegetable Stew | Baked Salmon Fillet | Mashed Potatoes | Vegetarian Meatballs | Bavarian Veal | Brown Gravy | Apple Juice |
| Mashed Potatoes | Mashed Potatoes | Seasoned Zucchini | Spaghetti with Vegetable Sauce | Brown Gravy | Parslied Cauliflower | Beef Pot Pie |
| Diced Squash | Buttered Brussels Sprouts | Pineapple Tidbits | California Vegetables | Mashed Potatoes | Bananas & Cream | Beef Gravy |
| Fresh Watermelon | Date Square | | Chilled Diced Pears | Wax Beans | | Savoury Diced Potatoes |
| | | | | Chilled Tropical Fruit | | Parsley Carrots |
| | | | | | | Chilled Apricots |
| DINNER | | | | | | |
| Chicken Noodle Soup | Minestrone Soup | Borscht Soup | Chicken Vegetable Barley Soup | Garden Vegetable Soup | Split Pea Soup | Potato Vegetable Soup |
| Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers |
| Sliced Ham Sndw on WW | Vegetable Pizza | Pulled Pork on WW Bun | Unsalted Crackers | Oktoberfest on Bun | Chicken Dippers | Cod Nuggets |
| Mixed Green Italian Salad | Caesar Salad | Green & Yellow Beans | Tuna Salad Sndw on WW | Marinated 4 Bean Salad | Plum Sauce | Tartar Sauce |
| Mandarin Oranges | Fruit Platz | Cantaloupe Chunks | Creamy Cucumber & Onions | Strawberry Gelatin | French Fries | Baked Potato Wedges |
| Asparagus & Swiss Quiche | Hot Roast Beef on Wheat w/Gravy | Turkey & Potato Salad Plate | Mango | Swiss & Tomato Sndw on WW | Tossed Ranch Salad | Creamy Coleslaw |
| Tomato Basil Salad | Sliced Carrots | Heritage Blend Salad with French Dressing | Chili Con Carne | Tossed Garden Salad | Rice Pudding | Chilled Diced Peaches |
| Dessert of the Day | Chilled Diced Peaches | Butterscotch Pudding | Sunrise Vegetables | Blueberries | Cheddar Cheese & Fruit | Broccoli Cheese Frittata |
| | | | Cheddar Herb Tea Biscuit | | Apple Cinnamon Muffin | Green Peas |
| | | | Orange Sherbet | | Mandarin Oranges | Ice Cream |

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| Hard Boiled Egg | Poached Egg | Scrambled Eggs | Poached Egg | Scrambled Eggs | Poached Egg | Hard Boiled Egg |
| Whole Wheat Toast | Whole Wheat Toast | Whole Wheat Toast | Whole Wheat Toast | Whole Wheat Toast | Rye Toast | 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 |
| | | | | | Whole Wheat Toast | Whole Wheat Toast |
| LUNCH | | | | | | |
| Beef Shepherd's Pie | Baked Chicken with Chalet Sauce | Meatloaf | Sauerkraut & Ribs | Breaded Haddock | Veal Schnitzel | Baked Ham |
| Steamed Asparagus | G-F Chicken Gravy | G-F Beef Gravy | Brown Gravy | French Fries | Mashed Potatoes | Brown Gravy |
| Chilled Diced Pears | Mashed Potatoes | Mashed Potatoes | Mashed Potatoes | Paradisio Vegetables | Italian Mixed Vegetables | Scalloped Potatoes |
| Cranberry Juice | Steamed Broccoli | Steamed Broccoli | Sliced Carrots | Tartar Sauce | Blueberry Crisp | Prince Edward Vegetables |
| Baked Sole Fillet | Green Peas | Carrot Cake | Chilled Diced Peaches | Lemon Buttermilk Cake | Peach Juice | Strawberry Rhubarb Pie |
| Brown Gravy | Bread Pudding | Apple Juice | Grape Juice | Cranberry Juice | Tuna Penne Bake | Apple Juice |
| Mashed Potatoes | Caramel Sauce | Roast Leg of Lamb & Veg | Roasted Vegetable Lasagna | Beef Stroganoff | Broccoli Florets | Chicken Vegetable Stew |
| Sunrise Vegetables | Peach Juice | Savoury Diced Potatoes | Buttered Brussels Sprouts | Beef Gravy | Pineapple Tidbits | Mashed Potatoes |
| Mini Raspberry Tart | Cheese Ravioli & Sauce | Wax Beans | Dessert of the Day | Mashed Potatoes | | Parslied Cauliflower |
| | California Vegetables | Bananas & Cream | | Buttered Corn | | Chilled Tropical Fruit |
| | Grated Parmesan Cheese | | | Chilled Diced Pears | | |
| | Mango | | | | | |
| DINNER | | | | | | |
| Tomato Soup | Chicken Noodle Soup | Italian Wedding Soup | Borscht Soup | Split Pea Soup | Beef Vegetable & Noodle Soup | Garden Vegetable Soup |
| Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers | Unsalted Crackers |
| Hot Dog on White Bun | Sliced Turkey on Wheat | Perogies & Sour Cream | Shaved Beef Sndw on Wheat | Chicken Burger on WW Bun | Unsalted Crackers | Egg Salad Sndw on Croissant |
| Tossed Ranch Salad | Chickpea & Veggie Salad | Prince Edward Vegetables | Creamy Cucumber Salad | Mayonnaise | Sliced Turkey | Tossed Salad |
| Ketchup/Mustard/Relish | Fruit Cocktail | Mandarin Oranges | Fresh Watermelon | Creamy Coleslaw | Pickled Beets | Ice Cream |
| Orange Gelatin | Vegetable & Swiss w/Mushrooms Quiche | Salmon Salad on WW | Hard Boiled Egg | Peach Passion Mousse | Zwieback | Sloppy Joe on WW Bun |
| Grilled Cheese on Wheat | Buttered Corn | Mixed Green Italian Salad | Dixie Coleslaw | Cottage Cheese & Fruit Salad Plate | Chocolate Pudding | Wax Beans |
| Green Beans | Chocolate Mousse | Lemon Pudding | Dill Potato Salad | Banana Loaf | Red Pepper & Basil Frittata w/Parmesan Cheese | Chilled Apricots |
| Strawberries | | | Tiramisu Mousse | Chilled Tropical Fruit | Julienne Parsley Carrots | |
| | | | | | Fruit Cocktail | |