

	Weekly Menu Cycle						St Patrick's Home		Week #1	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	30-Jun-19	1-Jul-19	2-Jul-19	3-Jul-19	4-Jul-19	5-Jul-19	6-Jul-19			
Breakfast	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices		
	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal		
	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal		
	Scrambled Egg or Boiled Eggs	Scrambled Egg or Boiled Eggs	Scrambled Egg or Boiled Eggs	Scrambled Egg or Boiled Eggs	Scrambled Egg or Boiled Eggs	Scrambled Egg or Boiled Eggs	Waffles & Scrambled Eggs	Scrambled Egg or Boiled Eggs		
	Bacon Whole Wheat Toast	Bran Muffin Whole Wheat Toast	Sausage Whole Wheat Toast	Banana Muffin Whole Wheat Toast	Whole Wheat Toast	Sausage Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast		
Lunch	Vegetable Soup Garden Salad	Cream of Broccoli Garden Salad	Beef & Rice Soup Mixed Kale Salad	Minestrone Soup Potato Salad	Chicken Noodle Soup Garden Salad	Vegetable & Rice Soup Ceasar Salad	Navy Bean Soup Creamy Coleslaw			
	Battered Fish Tartar & Lemon Slices French Fries	Onion, Tomato & Cheese Quiche Mashed Potatoes	Baked Macaroni & Cheese	Cheeseburger Sliders Onion/Lettuce/tomato Mashed Potatoes	Beans & Wieners with a Roll	Cheese Ravioli with Marinara Sauce Garlic Bread	Basil Chicken Stew Rice			
	Ham Salad Sandwich Corn Vanilla Pudding Raspberries	Corned Beef Sandwich Parslied Cauliflower Date Squares Papaya	Salmon Salad Sandwich Mixed Vegetables Chocolate Chip Cookies Pears	Ham and Swiss Sandwich Seasoned Green Beans Neapolitan Ice Cream Banana	Roast Beef Sandwich Beets Angel Cake Cherry Jello	Egg Salad Sandwich Peas and Carrots Assorted Danishes Pineapple Chunks	Tuna Salad Sandwich Asparagus Chocolate Pudding Watermelon			
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Ceasar Salad			
	Roast Beef with Gravy Horseradish Garlic Mashed Potato	Macaroni and Beef Roasted Baby Potatoes	Baked Fish Tartar & Lemon Slices Rice Mashed Potato	Swedish Meatballs Egg Noodles Mashed Potato	Baked Chicken Breasts Sweet Mashed Potato	Herbed Fish Filet Tartar & Lemon Slices Mashed Potato	Turkey Schnitzel Mashed Potato			
Alfredo Pasta Dinner Roll Diced Squash Apple Pie Tropical Fruit Cocktail	Chicken Burger on a Bun Dinner Roll Waxed Beans Brownies Cinnamon Apple Sauce	BBQ Pork Riblet on a bun Dinner Roll California Mixed Vegetables Carrot Cake Mandarin Oranges	Rice & Spinach Casserole Dinner Roll Baby Carrots Baked Apple Crisp Apricots	Salisbury Steak Dinner Roll Turnip Banana Cake Peaches	Pork and Vegetable Stew Dinner Roll Sunrise Mixed Vegetables Chocolate Mania Cake Mango Chunks	Mushroom Penne Casserole Dinner Roll Italian Mixed Vegetables Blueberry Cheesecake Fruit Cocktail				

		Weekly Menu Cycle			St Patrick's Home		Week #2	
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7-Jul-19	8-Jul-19	9-Jul-19	10-Jul-19	11-Jul-19	12-Jul-19	13-Jul-19
Breakfast	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices
	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal
	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal
	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled Egg or Boiled Eggs	Waffles & Scrambled Eggs	Scrambled or Boiled Eggs
	Bacon Whole Wheat Toast	Bran Muffin Whole Wheat Toast	Sausage Whole Wheat Toast	Banana Muffin Whole Wheat Toast	Whole Wheat Toast	Sausages Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Lunch	Tomato Macaroni Soup Garden Salad	Cream of Mushroom Soup Greek Pasta Salad	Chicken Vegetable Soup Garden Salad	Cream of Celery Soup Seven Grain Salad	Beef Noodle Soup Coleslaw	Cream of Potato Soup Garden Salad	Corn Chowder Garden Salad	
	Buttered Haddock	Meat Chili & Corn Muffin	Ham & Potato Bake	Beans & Wieners	Cod Nuggets	Baked Vegetable Omelet	Sloppy Joe on a Bun	
	Tartar & Lemon Slices Mashed Potato			with a Roll	Tartar & Lemon Slices French Fries	Mashed Potato	Mashed Potato	
	Salami Sandwich	Chicken Salad Sandwich	Cheese Sandwich	Sliced Turkey Sandwich	Roast Beef Sandwich	Ham Salad Sandwich	Egg Salad Sandwich	
	Carrot Coins Butterscotch Pudding Honeydew Melon	California Mixed Vegetables Almond Cookies Mandarin Oranges	Peas Orange Cake Cinnamon Apple Sauce	Parsnips Vanilla Ice Cream Fruit Cocktail	PEI Mixed Vegetables Berry Mousse Crushed Pineapple	Beets Banana Pudding Cantaloupe	Turnip Butter Tarts Blueberries	
Dinner	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	
	Maple Glazed Ham	Apple Ginger Pork Chops	Potato/Chive Cod	Chicken a la King	Baked Macaroni and Cheese	Fish Creole	Chicken Parmesan	
	Scalloped Potatoes Mashed Potato	Parslied Boiled Potatoes Mashed Potato	Tartar & Lemon Slices Dinner Roll Mashed Potato	Egg Noodles Dinner Roll Mashed Potato	Mashed Potato	Tartar & Lemon Slices Mashed Potato	Egg Noodles Mashed Potato	
	Chicken Cutlet	Cheese Tortellini	Meat Loaf	Roast Pork	Veal Cacciatore	BBQ Pork Rib	EggPlant Ragout	
	Dinner Roll Squash Banana Cream Pie Strawberries	Dinner Roll Broccoli Ice Cream Sandwich Banana	Corn Fruit Yogurt Stewed Rhubarb	Four Way Mixed Vegetables Bread Pudding Peaches	Dinner Roll Zucchini Sponge Cake with Sauce Pears	Sunrise Mixed Vegetables Apple Crisp Tropical Fruit Salad	Dinner Roll Cauliflower Orange Jello Apricots	

		Weekly Menu Cycle				St Patrick's Home		Week #3
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		14-Jul-19	15-Jul-19	16-Jul-19	17-Jul-19	18-Jul-19	19-Jul-19	20-Jul-19
Breakfast	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices
	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal	Hot Cereal
	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal
	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	Scrambled Egg or Boiled Eggs	Waffles & Scrambled Eggs	Scrambled or Boiled Eggs
	Bacon Whole Wheat Toast	Bran Muffin Whole wheat Toast	Sausage Whole wheat Toast	Banana Muffin Whole wheat Toast		Whole wheat Toast	Sausage Whole wheat Toast	Whole wheat Toast
Lunch	Cream of Vegetable Soup Garden Salad	Pea Soup Tuscany Bean Salad	Cream of Tomato Garden Salad	Cream of Cauliflower Soup Caesar Salad	Bean & Bacon Soup Spinach Salad	Chicken & Rice Soup Chick Pea Salad	Beef Barley Soup Garden Salad	
	Farmers Sausage Mashed Potatoes	Tater Tot Casserole	Cabbage Rolls	Hot Dog	Teriyaki Tofu Stir Fry Rice	Broccoli Quiche Mashed Potatoes	Fish Burger on a Bun Tartar & Lemon Slices French Fries	
	Salmon Salad Sandwich Winter Mixed Vegetables Chocolate Ice Cream Pears	Egg Salad Sandwich Green Beans Rhubarb Crisp Apple Sauce	Grilled Cheese Sandwich Carrot Coins Lime Jello Apricots	Tuna Sandwich Broccoli Chocolate Cake Fresh Clementines	Chicken Salad Sandwich Peas Vanilla Caramel Cake Diced Mango	Sliced Turkey Sandwich Sunrise Mixed Vegetables Vanilla Ice Cream Honey Dew Melon	Tomato/Cheese Sandwich Parsnips Banana Pudding Mandarin Oranges	
Dinner	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	
	Roast Turkey Stuffing/cranberry Sauce Dinner Roll Mashed Potato	Chicken Fingers Sweet Potato Fries Dinner Roll Mashed Potato	Calico Skillet Dinner Roll Mashed Potato	All Dressed Pizza Mashed Potato	Turkey Schnitzel Dinner Roll Mashed Potato	Poached Haddock Tartar & Lemon Slices O'Brien Potato	Sweet and Sour Chicken Fried Rice Mashed Potato	
	Spaghetti with Meat Balls Buttered Corn Boston Cream Pie Fruit Cocktail	Ham Steak/Pineapple Four Way Mix Vegetables Danishes Peaches	Potato/Chive Cod Tartar & Lemon Slices California Mixed Vegetables Rice Pudding Tropical Fruit Salad	Beef Stew Dinner Roll Squash Cherry Cheesecake Crushed Pineapple	Shepherd's Pie PEI Mixed Vegetables Cranberry Loaf Strawberries	Meat Lasagna Dinner Roll Peas and Carrots Short Bread Cookies Baked Apple Crisp	Hot Hamburger Sandwich Dinner Roll Oriental Vegetables Rainbow Jello Pineapple	

Breakfast: Assorted Juice, 2% Milk, Cold Cereals (2% Milk 125ml), Bread, Toast, Condiments, Coffee & Tea.

Lunch Service: Water, Assorted Juice, 2% Milk, Bread, Condiments, Coffee & Tea. 3rd choice offered of alternate sandwich.

Dinner Service: Water, Assorted Juice, 2% Milk, Bread, Condiments, Coffee & Tea.