

		Weekly Menu Cycle					St Patrick's Home		Week #3
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		6-Oct-19	7-Oct-19	8-Oct-19	9-Oct-19	10-Oct-19	11-Oct-19	12-Oct-19	
Breakfast	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		
	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 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		
	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.

		Weekly Menu Cycle				St Patrick's Home		Week #1
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		13-Oct-19	14-Oct-19	15-Oct-19	16-Oct-19	17-Oct-19	18-Oct-19	19-Oct-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	Bran Muffin	Sausage	Banana Muffin	Whole Wheat Toast	Whole Wheat Toast	Sausage	Whole Wheat Toast
	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast			Whole Wheat Toast	Whole Wheat Toast
Lunch	Vegetable Soup	Cream of Broccoli	Beef & Rice Soup	Minestrone Soup	Chicken Noodle Soup	Vegetable & Rice Soup	Navy Bean Soup	
	Garden Salad	Garden Salad	Mixed Kale Salad	Potato Salad	Garden Salad	Cesar Salad	Creamy Coleslaw	
	Battered Fish	Onion, Tomato & Cheese Quiche	Baked Macaroni & Cheese	Cheeseburger Sliders	Beans & Wieners	Cheese Ravioli with	Basil Chicken Stew	
Tartar & Lemon Slices	Mashed Potatoes		Onion/Lettuce/tomato	with a Roll	Marinara Sauce	Rice		
French Fries			Mashed Potatoes		Garlic Bread			
Ham Salad Sandwich	Corned Beef Sandwich	Salmon Salad Sandwich	Ham and Swiss Sandwich	Roast Beef Sandwich	Egg Salad Sandwich	Tuna Salad Sandwich		
Corn	Parslied Cauliflower	Mixed Vegetables	Seasoned Green Beans	Beets	Peas and Carrots	Asparagus		
Vanilla Pudding	Date Squares	Chocolate Chip Cookies	Neapolitan Ice Cream	Angel Cake	Assorted Danishes	Chocolate Pudding		
Raspberries	Papaya	Pears	Banana	Cherry Jello	Pineapple Chunks	Watermelon		
Dinner	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Cesar Salad	
	Roast Beef with Gravy	Macaroni and Beef	Baked Fish	Swedish Meatballs	Baked Chicken Breasts	Herbed Fish Filet	Turkey Schnitzel	
	Horseradish	Roasted Baby Potatoes	Tartar & Lemon Slices	Egg Noodles	Sweet Mashed Potato	Tartar & Lemon Slices	Mashed Potato	
Garlic Mashed Potato		Rice	Mashed Potato		Mashed Potato			
Alfredo Pasta	Chicken Burger on a Bun	BBQ Pork Riblet on a bun	Rice & Spinach Casserole	Salisbury Steak	Pork and Vegetable Stew	Mushroom Penne Casserole		
Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll		
Diced Squash	Waxed Beans	California Mixed Vegetables	Baby Carrots	Turnip	Sunrise Mixed Vegetables	Italian Mixed Vegetables		
Apple Pie	Brownies	Carrot Cake	Baked Apple Crisp	Banana Cake	Chocolate Mania Cake	Blueberry Cheesecake		
Tropical Fruit Cocktail	Cinnamon Apple Sauce	Mandarin Oranges	Apricots	Peaches	Mango Chunks	Fruit Cocktail		

	Weekly Menu Cycle						St Patrick's Home	Week #2
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	20-Oct-19	21-Oct-19	22-Oct-19	23-Oct-19	24-Oct-19	25-Oct-19	26-Oct-19	
Breakfast	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	
	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 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	
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 l 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	