

	Weekly Menu Cycle						St Patrick's Home	Week #1
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	4-Oct-20	5-Oct-20	6-Oct-20	7-Oct-20	8-Oct-20	9-Oct-20	10-Oct-20	
Breakfast	Assorted Juice	Assorted Juice	Assorted Juice	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 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	
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	Corned Beef Sandwich	Salmon Salad Sandwich	Ham and Swiss Sandwich	Roast Beef Sandwich	Egg Salad Sandwich	Tuna Salad Sandwich	
	Corn Vanilla Pudding Raspberries	Parslied Cauliflower Date Squares Papaya	Mixed Vegetables Chocolate Chip Cookies Pears	Seasoned Green Beans Neapolitan Ice Cream Banana	Beets Angel Cake Cherry Jello	Peas and Carrots Assorted Danishes Pineapple Chunks	Asparagus Chocolate Pudding Watermelon	
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Ceasar Salad	
Dinner	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 Fresh 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					
	11-Oct-20		12-Oct-20		13-Oct-20		14-Oct-20		15-Oct-20		16-Oct-20		17-Oct-20					
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 Tartar & Lemon Slices Mashed Potato		Meat Chili & Corn Muffin		Ham & Potato Bake		Beans & Wieners with a Roll		Cod Nuggets Tartar & Lemon Slices French Fries		Baked Vegetable Omelet Mashed Potato		Sloppy Joe on a Bun Mashed Potato					
	Salami Sandwich Squash Butterscotch Pudding Honeydew Melon		Chicken Salad Sandwich California Mixed Vegetables Almond Cookies Mandarin Oranges		Cheese Sandwich Peas Orange Cake Cinnamon Apple Sauce		Sliced Turkey Sandwich Parsnips Vanilla Ice Cream Fruit Cocktail		Roast Beef Sandwich PEI Mixed Vegetables Berry Mousse Crushed Pineapple		Ham Salad Sandwich Beets Banana Pudding Cantaloupe		Egg Salad Sandwich Turnip Butter Tarts Blueberries					
	Tossed Salad		Tossed Salad		Tossed Salad		Tossed Salad		Tossed Salad		Tossed Salad		Tossed Salad					
	Maple Glazed Ham		Apple Ginger Pork Chops		Potato/Chive Cod Tartar & Lemon Slices Dinner Roll Mashed Potato		Chicken a l King Egg Noodles Dinner Roll Mashed Potato		Baked Macaroni and Cheese Mashed Potato		Fish Creole Tartar & Lemon Slices Mashed Potato		Pork Souvlaki Rice Mashed Potato					
Chicken Cutlet Dinner Roll Fresh Carrot Coins Banana Cream Pie Strawberries		Cheese Tortellini Dinner Roll Broccoli Ice Cream Sandwich Banana		Meat Loaf Corn Fruit Yogurt Stewed Rhubarb		Roast Pork Four Way Mixed Vegetables Bread Pudding Peaches		Veal Cacciatore Dinner Roll Zucchini Sponge Cake with Sauce Pears		Honey Garlic Pork Rib Sunrise Mixed Vegetables Apple Crisp Tropical Fruit Salad		EggPlant Ragout Dinner Roll Cauliflower Orange Jello Apricots						

		Weekly Menu Cycle				St Patrick's Home		Week #3
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		18-Oct-20	19-Oct-20	20-Oct-20	21-Oct-20	22-Oct-20	23-Oct-20	24-Oct-20
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	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	Whole wheat Toast	Whole wheat Toast
Lunch	Cream of Vegetable Soup	Pea Soup	Cream of Tomato	Cream of Cauliflower Soup	Bean & Bacon Soup	Chicken & Rice Soup	Beef Barley Soup	
	Garden Salad	Tuscany Bean Salad	Garden Salad	Caesar Salad	Spinach Salad	Chick Pea Salad	Garden Salad	
	Farmers Sausage	Tater Tot Casserole	Cabbage Rolls	Hot Dog	Teriyaki Tofu Stir Fry	Broccoli Quiche	Fish Burger on a Bun	
	Mashed Potatoes				Rice	Mashed Potatoes	Tartar & Lemon Slices	
							French Fries	
Salmon Salad Sandwich	Egg Salad Sandwich	Grilled Cheese Sandwich	Tuna Sandwich	Chicken Salad Sandwich	Sliced Turkey Sandwich	Tomato/Cheese Sandwich		
Buttered Corn	Green Beans	Carrot Coins	Broccoli	Peas	Sunrise Mixed Vegetables	Parsnips		
Chocolate Ice Cream	Rhubarb Crisp	Lime Jello	Chocolate Cake	Vanilla Caramel Cake	Vanilla Ice Cream	Banana Pudding		
Pears	Apple Sauce	Apricots	Fresh Clementines	Diced Mango	Honey Dew Melon	Mandarin Oranges		
Dinner	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	
	Roast Turkey	Chicken Fingers	Calico Skillet	All Dressed Pizza	Turkey Schnitzel	Poached Haddock	Sweet and Sour Chicken	
	Stuffing/cranberry Sauce	Sweet Potato Fries				Tartar & Lemon Slices	Fried Rice	
	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll			
	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	O'Brien Potato	Mashed Potato	
Spaghetti with Meat Balls	Ham Steak/Pineapple	Potato/Chive Cod	Beef Stew	Shepherd's Pie	Meat Lasagna	Hot Hamburger Sandwich		
Fresh Mini Root Vegetables	Four Way Mix Vegetables	Tartar & Lemon Slices	Dinner Roll	PEI Mixed Vegetables	Dinner Roll	Dinner Roll		
Boston Cream Pie	Danishes	California Mixed Vegetables	Squash	Cranberry Loaf	Peas and Carrots	Oriental Vegetables		
Fruit Cocktail	Peaches	Rice Pudding	Cherry Cheesecake	Strawberries	Short Bread Cookies	Rainbow Jello		
		Tropical Fruit Salad	Crushed Pineapple		Baked Apple Crisp	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.