

	Weekly Menu Cycle						St Patrick's Home	Week #1
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	25-Oct-20	26-Oct-20	27-Oct-20	28-Oct-20	29-Oct-20	30-Oct-20	31-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	
Dinner	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	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 Fresh Diced Squash Apple Pie Tropical Fruit Cocktail	Dinner Roll Waxed Beans Brownies Cinnamon Apple Sauce	Dinner Roll California Mixed Vegetables Carrot Cake Mandarin Oranges	Dinner Roll Baby Carrots Baked Apple Crisp Apricots	Dinner Roll Turnip Banana Cake Peaches	Dinner Roll Sunrise Mixed Vegetables Chocolate Mania Cake Mango Chunks	Dinner Roll Italian Mixed Vegetables Blueberry Cheesecake Fruit Cocktail	

	Weekly Menu Cycle						St Patrick's Home	Week #1
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1-Nov-20	2-Nov-20	3-Nov-20	4-Nov-20	5-Nov-20	6-Nov-20	7-Nov-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	
Dinner	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	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 Fresh Diced Squash Apple Pie Tropical Fruit Cocktail	Dinner Roll Waxed Beans Brownies Cinnamon Apple Sauce	Dinner Roll California Mixed Vegetables Carrot Cake Mandarin Oranges	Dinner Roll Baby Carrots Baked Apple Crisp Apricots	Dinner Roll Turnip Banana Cake Peaches	Dinner Roll Sunrise Mixed Vegetables Chocolate Mania Cake Mango Chunks	Dinner Roll Italian Mixed Vegetables Blueberry Cheesecake Fruit Cocktail	

		Weekly Menu Cycle				St Patrick's Home		Week #3
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8-Nov-20	9-Nov-20	10-Nov-20	11-Nov-20	12-Nov-20	13-Nov-20	14-Nov-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 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	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 Buttered Corn 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 Fresh Mini Root Vegetables 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.