

	Weekly Menu Cycle						St Patrick's Home	Week #1
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	15-Nov-20	16-Nov-20	17-Nov-20	18-Nov-20	19-Nov-20	20-Nov-20	21-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	<b>Vegetable Soup</b> Garden Salad	<b>Cream of Broccoli</b> Garden Salad	<b>Beef &amp; Rice Soup</b> Mixed Kale Salad	<b>Minestrone Soup</b> Potato Salad	<b>Chicken Noodle Soup</b> Garden Salad	<b>Vegetable &amp; Rice Soup</b> Ceasar Salad	<b>Navy Bean Soup</b> Creamy Coleslaw	
	<b>Battered Fish</b> Tartar & Lemon Slices <b>French Fries</b>	<b>Onion, Tomato &amp; Cheese Quiche</b>  <b>Mashed Potatoes</b>	<b>Baked Macaroni &amp; Cheese</b>	<b>Cheeseburger Sliders</b>  Onion/Lettuce/tomato <b>Mashed Potatoes</b>	<b>Beans &amp; Wieners</b>  with a Roll	<b>Cheese Ravioli with</b>  <b>Marinara Sauce</b> Garlic Bread	<b>Basil Chicken Stew</b>  <b>Rice</b>	
	<b>Ham Salad Sandwich</b>	<b>Corned Beef Sandwich</b>	<b>Salmon Salad Sandwich</b>	<b>Ham and Swiss Sandwich</b>	<b>Roast Beef Sandwich</b>	<b>Egg Salad Sandwich</b>	<b>Tuna Salad Sandwich</b>	
	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	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Ceasar Salad</b>	
	<b>Roast Beef with Gravy</b>  Horseradish <b>Garlic Mashed Potato</b>	<b>Macaroni and Beef</b>  <b>Roasted Baby Potatoes</b>	<b>Baked Fish</b>  Tartar & Lemon Slices <b>Rice</b> Mashed Potato	<b>Swedish Meatballs</b>  <b>Egg Noodles</b> Mashed Potato	<b>Baked Chicken Breasts</b>  <b>Sweet Mashed Potato</b>	<b>Herbed Fish Filet</b>  Tartar & Lemon Slices  Mashed Potato	<b>Turkey Schnitzel</b>   Mashed Potato	
	<b>Alfredo Pasta</b>	<b>Chicken Burger on a Bun</b>	<b>BBQ Pork Riblet on a bun</b>	<b>Rice &amp; Spinach Casserole</b>	<b>Salisbury Steak</b>	<b>Pork and Vegetable Stew</b>	<b>Mushroom Penne Casserole</b>	
	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 #2					
	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday					
	22-Nov-20		23-Nov-20		24-Nov-20		25-Nov-20		26-Nov-20		27-Nov-20		28-Nov-20					
<b>Breakfast</b>	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					
<b>Lunch</b>	<b>Tomato Macaroni Soup</b> Garden Salad		<b>Cream of Mushroom Soup</b> Greek Pasta Salad		<b>Chicken Vegetable Soup</b> Garden Salad		<b>Cream of Celery Soup</b> Seven Grain Salad		<b>Beef Noodle Soup</b> Coleslaw		<b>Cream of Potato Soup</b> Garden Salad		<b>Corn Chowder</b> Garden Salad					
	<b>Buttered Haddock</b>  Tartar & Lemon Slices <b>Mashed Potato</b>		<b>Meat Chili &amp; Corn Muffin</b>		<b>Ham &amp; Potato Bake</b>		<b>Beans &amp; Wieners</b>  with a Roll		<b>Cod Nuggets</b>  Tartar & Lemon Slices <b>French Fries</b>		<b>Baked Vegetable Omelet</b>  <b>Mashed Potato</b>		<b>Sloppy Joe on a Bun</b>  <b>Mashed Potato</b>					
	<b>Salami Sandwich</b>  Squash Butterscotch Pudding Honeydew Melon		<b>Chicken Salad Sandwich</b>  California Mixed Vegetables Almond Cookies Mandarin Oranges		<b>Cheese Sandwich</b>  Peas Orange Cake Cinnamon Apple Sauce		<b>Sliced Turkey Sandwich</b>  Parsnips Vanilla Ice Cream Fruit Cocktail		<b>Roast Beef Sandwich</b>  PEI Mixed Vegetables Berry Mousse Crushed Pineapple		<b>Ham Salad Sandwich</b>  Beets Banana Pudding Cantaloupe		<b>Egg Salad Sandwich</b>  Turnip Butter Tarts Blueberries					
	<b>Tossed Salad</b>		<b>Tossed Salad</b>		<b>Tossed Salad</b>		<b>Tossed Salad</b>		<b>Tossed Salad</b>		<b>Tossed Salad</b>		<b>Tossed Salad</b>					
	<b>Maple Glazed Ham</b>		<b>Apple Ginger Pork Chops</b>		<b>Potato/Chive Cod</b>  Tartar & Lemon Slices Dinner Roll Mashed Potato		<b>Chicken a l King</b>  <b>Egg Noodles</b> Dinner Roll Mashed Potato		<b>Baked Macaroni and Cheese</b>  Mashed Potato		<b>Fish Creole</b>  Tartar & Lemon Slices Mashed Potato		<b>Pork Souvlaki</b>  <b>Rice</b> Mashed Potato					
<b>Chicken Cutlet</b>  Dinner Roll Fresh Carrot Coins Banana Cream Pie Strawberries		<b>Cheese Tortellini</b>  Dinner Roll Broccoli Ice Cream Sandwich Banana		<b>Meat Loaf</b>  Corn Fruit Yogurt Stewed Rhubarb		<b>Roast Pork</b>  Four Way Mixed Vegetables Bread Pudding Peaches		<b>Veal Cacciatore</b>  Dinner Roll Zucchini Sponge Cake with Sauce Pears		<b>Honey Garlic Pork Rib</b>  Sunrise Mixed Vegetables Apple Crisp Tropical Fruit Salad		<b>EggPlant Ragout</b>  Dinner Roll Cauliflower Orange Jello Apricots						

		Weekly Menu Cycle					St Patrick's Home		Week #3
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		29-Nov-20	30-Nov-20	1-Dec-20	2-Dec-20	3-Dec-20	4-Dec-20	5-Dec-20	
<b>Breakfast</b>	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		
<b>Lunch</b>	<b>Cream of Vegetable Soup</b>	<b>Pea Soup</b>	<b>Cream of Tomato</b>	<b>Cream of Cauliflower Soup</b>	<b>Bean &amp; Bacon Soup</b>	<b>Chicken &amp; Rice Soup</b>	<b>Beef Barley Soup</b>		
	Garden Salad	Tuscany Bean Salad	Garden Salad	Caesar Salad	Spinach Salad	Chick Pea Salad	Garden Salad		
	<b>Farmers Sausage</b>	<b>Tater Tot Casserole</b>	<b>Cabbage Rolls</b>	<b>Hot Dog</b>	<b>Teriyaki Tofu Stir Fry</b>	<b>Broccoli Quiche</b>	<b>Fish Burger on a Bun</b>		
	<b>Mashed Potatoes</b>				<b>Rice</b>	<b>Mashed Potatoes</b>	Tartar & Lemon Slices	<b>French Fries</b>	
	<b>Salmon Salad Sandwich</b>	<b>Egg Salad Sandwich</b>	<b>Grilled Cheese Sandwich</b>	<b>Tuna Sandwich</b>	<b>Chicken Salad Sandwich</b>	<b>Sliced Turkey Sandwich</b>	<b>Tomato/Cheese Sandwich</b>		
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			
<b>Dinner</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	<b>Tossed Salad</b>	
	<b>Roast Turkey</b>	<b>Chicken Fingers</b>	<b>Calico Skillet</b>	<b>All Dressed Pizza</b>	<b>Turkey Schnitzel</b>	<b>Poached Haddock</b>	<b>Sweet and Sour Chicken</b>		
	Stuffing/cranberry Sauce	<b>Sweet Potato Fries</b>				Tartar & Lemon Slices	<b>Fried Rice</b>		
	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll		
	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	<b>O'Brien Potato</b>	Mashed Potato	
<b>Spaghetti with Meat Balls</b>	<b>Ham Steak/Pineapple</b>	<b>Potato/Chive Cod</b>	<b>Beef Stew</b>	<b>Shepherd's Pie</b>	<b>Meat Lasagna</b>	<b>Hot Hamburger Sandwich</b>			
		Tartar & Lemon Slices	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll			
Fresh Mini Root Vegetables	Four Way Mix Vegetables	California Mixed Vegetables	Squash	PEI Mixed Vegetables	Peas and Carrots	Oriental Vegetables			
Boston Cream Pie	Danishes	Rice Pudding	Cherry Cheesecake	Cranberry Loaf	Short Bread Cookies	Rainbow Jello			
Fruit Cocktail	Peaches	Tropical Fruit Salad	Crushed Pineapple	Strawberries	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.