

	<b>Weekly Menu Cycle</b>						<b>St Patrick's Home</b>	<b>Week #1</b>
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	17-Jan-21	18-Jan-21	19-Jan-21	20-Jan-21	21-Jan-21	22-Jan-21	23-Jan-21	
<b>Breakfast</b>	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	
<b>Lunch</b>	<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	
	<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>Dinner</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>  Dinner Roll Fresh Diced Squash Apple Pie Tropical Fruit Cocktail	<b>Chicken Burger on a Bun</b>  Dinner Roll Waxed Beans Brownies Cinnamon Apple Sauce	<b>BBQ Pork Riblet on a bun</b>  Dinner Roll California Mixed Vegetables Carrot Cake Mandarin Oranges	<b>Rice &amp; Spinach Casserole</b>  Dinner Roll Baby Carrots Baked Apple Crisp Apricots	<b>Salisbury Steak</b>  Dinner Roll Turnip Banana Cake Peaches	<b>Pork and Vegetable Stew</b>  Dinner Roll Sunrise Mixed Vegetables Chocolate Mania Cake Mango Chunks	<b>Mushroom Penne Casserole</b>  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
	24-Jan-21	25-Jan-21	26-Jan-21	27-Jan-21	28-Jan-21	29-Jan-21	30-Jan-21
<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>Scalloped Potatoes</b> Mashed Potato	<b>Apple Ginger Pork Chops</b>  <b>Parslied Boiled Potatoes</b> Mashed Potato	<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
		31-Jan-21	1-Feb-21	2-Feb-21	3-Feb-21	4-Feb-21	5-Feb-21	6-Feb-21
<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 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
<b>Lunch</b>	<b>Cream of Vegetable Soup</b> Garden Salad	<b>Pea Soup</b> Tuscany Bean Salad	<b>Cream of Tomato</b> Garden Salad	<b>Cream of Cauliflower Soup</b> Caesar Salad	<b>Bean &amp; Bacon Soup</b> Spinach Salad	<b>Chicken &amp; Rice Soup</b> Chick Pea Salad	<b>Beef Barley Soup</b> Garden Salad	
	<b>Farmers Sausage</b> <b>Mashed Potatoes</b>	<b>Tater Tot Casserole</b>	<b>Cabbage Rolls</b>	<b>Hot Dog</b>	<b>Teriyaki Tofu Stir Fry</b> <b>Rice</b>	<b>Broccoli Quiche</b> <b>Mashed Potatoes</b>	<b>Fish Burger on a Bun</b> Tartar & Lemon Slices <b>French Fries</b>	
	<b>Salmon Salad Sandwich</b>  Buttered Corn Chocolate Ice Cream Pears	<b>Egg Salad Sandwich</b>  Green Beans Rhubarb Crisp Apple Sauce	<b>Grilled Cheese Sandwich</b>  Carrot Coins Lime Jello Apricots	<b>Tuna Sandwich</b> Broccoli Chocolate Cake Fresh Clementines	<b>Chicken Salad Sandwich</b> Peas Vanilla Caramel Cake Diced Mango	<b>Sliced Turkey Sandwich</b> Sunrise Mixed Vegetables Vanilla Ice Cream Honey Dew Melon	<b>Tomato/Cheese Sandwich</b> Parsnips Banana Pudding Mandarin Oranges	
	<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> Stuffing/cranberry Sauce Dinner Roll Mashed Potato	<b>Chicken Fingers</b> <b>Sweet Potato Fries</b> Dinner Roll Mashed Potato	<b>Calico Skillet</b> Dinner Roll Mashed Potato	<b>All Dressed Pizza</b> Mashed Potato	<b>Turkey Schnitzel</b> Dinner Roll Mashed Potato	<b>Poached Haddock</b> Tartar & Lemon Slices <b>O'Brien Potato</b>	<b>Sweet and Sour Chicken</b> <b>Fried Rice</b> Mashed Potato	
<b>Spaghetti with Meat Balls</b> Fresh Mini Root Vegetables Boston Cream Pie Fruit Cocktail	<b>Ham Steak/Pineapple</b> Four Way Mix Vegetables Danishes Peaches	<b>Potato/Chive Cod</b> Tartar & Lemon Slices California Mixed Vegetables Rice Pudding Tropical Fruit Salad	<b>Beef Stew</b> Dinner Roll Squash Cherry Cheesecake Crushed Pineapple	<b>Shepherd's Pie</b> PEI Mixed Vegetables Cranberry Loaf Strawberries	<b>Meat Lasagna</b> Dinner Roll Peas and Carrots Short Bread Cookies Baked Apple Crisp	<b>Hot Hamburger Sandwich</b> 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.