

|  |  | Weekly Menu Cycle                              |  |   |   | St Patrick's Home of Ottawa                   |  | Week One                                      |
|--|--|--|--|---|---|---|--|---|
|  |  | Sunday   | Monday   | Tuesday                                       | Wednesday   | Thursday                                      | Friday   | Saturday                                      |
|  |  | 11-Sep-22                                      | 12-Sep-22  | 13-Sep-22                                     | 14-Sep-22   | 15-Sep-22                                     | 16-Sep-22  | 17-Sep-22                                     |
| 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<br>Assorted Fresh Fruit            | Choice of Cold Cereal<br>Assorted Fresh Fruit  | Choice of Cold Cereal<br>Assorted Fresh Fruit          | Choice of Cold Cereal<br>Assorted Fresh Fruit | Choice of Cold Cereal<br>Assorted Fresh Fruit         | Choice of Cold Cereal<br>Assorted Fresh Fruit | Choice of Cold Cereal<br>Assorted Fresh Fruit            | Choice of Cold Cereal<br>Assorted Fresh Fruit |
|  | Scrambled Egg or Boiled Eggs<br>Bacon                    | Scrambled Egg or Boiled Eggs<br>Bran Muffin    | Scrambled Egg or Boiled Eggs<br>Sausage                | Scrambled Egg or Boiled Eggs<br>Banana Muffin | Scrambled Eggs & Fried Eggs                           | Waffles & Scrambled Eggs<br>Sausage           | Scrambled Egg or Boiled Eggs                             | Scrambled Egg or Boiled Eggs                  |
|  | wwToast, English muffin, Bagel                           | wwToast, English muffin, Bagel                 | wwToast, English muffin, Bagel                         | wwToast, English muffin, Bagel                | wwToast, English muffin, Bagel                        | wwToast, English muffin, Bagel                | wwToast, English muffin, Bagel                           | wwToast, English muffin, Bagel                |
| Lunch                                      | Cream of Chicken soup                                    | Beef Barley Soup                               | Cream of Squash Soup                                   | Minestrone Soup                               | Chicken Florentine Soup                               | Vegetable Harvest Soup                        | Italian Wedding Soup                                     |   |
|  | <b>Beef Burger</b>                                       | <b>Pulled Pork Sandwich</b>                    | <b>Cod Nuggets</b>                                     | <b>Three Cheese Pizza</b>                     | <b>Meatloaf</b>                                       | <b>Meat Pie with Gravy</b>                    | <b>Chicken Fingers plum sauce</b>                        |   |
|  | Honey glazed Carrots                                     | Mashed Turnips                                 | French Fries   | Mixed Vegetables                              | Sweet Potato Fries                                    | Mashed Potatoes                               | Potato Coins   |   |
|  | Mixed Berries  | Blueberries                                    | Mixed vegetables<br>Fruit Cocktail                     | Diced Pears                                   | Parslied Cauliflower<br>Diced Peaches                 | Green Peas<br>Mango                           | Butternut Squash<br>Fruit Salad with Honeydew            |   |
| <b>Tuna Salad Sandwich</b>                 | <b>Chicken Salad Sandwich</b>                            | <b>Chicken Greek Pasta Salad</b>               | <b>Turkey Salad Sandwich with Cranberry Mayonnaise</b> | <b>Egg Salad Sandwich</b>                     | <b>Salmon Salad Sandwich Salmon</b>                   | <b>Roast Beef Sandwich</b>                    |  |   |
| Chickpea and Vegetable Salad               | Spinach and Mandarin Salad                               | Mixed greens salad                             | Caesar Salad with Croutons                             | Beet & Orange Manddarin Salad                 | Four Bean Salad                                       | Creamy Coleslaw                               |  |   |
| Tapioca Pudding                            | Creamsicle Parfait                                       | Wheat Roll<br>Caramel Pudding                  | Chocolate Ice Cream                                    | Raspberry Jello with Whipped topping          | Banana Cake   | Strawberry Mousse                             |  |   |
| Dinner                                     | <b>Roasted Pork with Gravy</b>                           | <b>Teriyaki Turkey Patty</b>                   | <b>Salisbury Steak with Gravy</b>                      | <b>Asian baked Pork Chop</b>                  | <b>5 Spice Chicken Thighs</b>                         | <b>Turkey a la King</b>                       | <b>Veal Marsala</b>                                      |   |
|  | Whipped Potatoes   | Baked Potato Wedges                            | Whipped Potatoes                                       | Mashed Potatoes                               | Roasted Red Potatoes                                  | Herbed White Rice                             | Buttered Egg Noodles                                     |   |
|  | Squash and Zucchini<br>Dinner Roll<br>Lemon Meringue Pie | Mixed Vegetables<br>Dinner Roll<br>Carrot Cake | PEI Mixed Vegetables<br>Dinner Roll<br>Ambrosia        | Broccoli<br>Dinner Roll<br>Lemon Tart         | Parslied Parsnips<br>Dinner Roll<br>Cherry Cheesecake | Green beans<br>Dinner Roll<br>Nanaimo Bar     | Broccoli and Cauliflower<br>Dinner Roll<br>Rhubarb Crisp |   |
| <b>Turkey Schnitzel</b>                    | <b>Beef Macaroni Casserole with Cheese</b>               | <b>Vegetable Chili</b>                         | <b>Lamb Stew</b>                                       | <b>Cheese Ravioli with Pumpkin Sauce</b>      | <b>Basa Fish</b>                                      | <b>Spinach Quiche</b>                         |  |   |
| Greens with Carrots Salad<br>Diced Peaches | Greens with Carrots Salad<br>Pineapple tidbits           | Mixed Greens Salad<br>Apricot Halves           | Greens with Carrots Salad<br>Tropical Fruit Salada     | Caesar Salad with Croutons<br>Madarins        | Greens with Carrots Salad<br>Watermelon               | Spinach Salad<br>Applesauce                   |  |   |

|           |  | Weekly Menu Cycle  |  |  |   | St Patrick's Home of Ottawa  |   | Week Two   |
|-----------|--|--|--|--|---|--|---|--|
|           |  | Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|           |  | 18-Sep-22  | 19-Sep-22  | 20-Sep-22  | 21-Sep-22   | 22-Sep-22  | 23-Sep-22   | 24-Sep-22  |
| Breakfast |  | Assorted Juice<br>Hot Cereal<br><br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Egg or Boiled Eggs<br>Bacon<br>wwToast, English muffin, Bagel | Assorted Juice<br>Hot Cereal<br><br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Egg or Boiled Eggs<br>Bran Muffin<br>wwToast, English muffin, Bagel | Assorted Juice<br>Hot Cereal<br><br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Egg or Boiled Eggs<br>Sausage<br>wwToast, English muffin, Bagel | Assorted Juices<br>Hot Cereal<br><br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Egg or Boiled Eggs<br>Banana Muffin<br>wwToast, English muffin, Bagel | Assorted Juices<br>Hot Cereal<br><br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Eggs & Boiled Eggs<br>wwToast, English muffin, Bagel | Assorted Juices<br>Hot Cereal<br><br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Waffles & Scrambled Eggs<br>Sausage<br>wwToast, English muffin, Bagel | Assorted Juices<br>Hot Cereal<br><br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Egg or Boiled Eggs<br>wwToast, English muffin, Bagel |
|           |  | Cream of Carrot Soup   | Potato and Leek Soup   | Roasted Cauliflower Soup   | Chowder Corn Soup   | Navy Bean Soup   | Chicken Noodle Soup   | Fall Harvest Soup  |
| Lunch     |  | <b>Chicken Kiev</b><br><br>Baked Tomato Gratinated with Parsley<br><br>Cherry Jello with Whipped topping   | <b>Souvlaki Chicken Thighs</b><br><br>Pita Bread<br><br>Vegetable Mix<br>Vanilla Ice Cream   | <b>Chicken Pot Pie</b><br><br>Broccoli Cuts<br><br>Iced Chocolate Cake   | <b>Vegetable Burger</b><br><br>Sweet Potato Fries<br><br>Green Beans<br>Bar Tripleberry Crumble   | <b>Swedish Beef Meatballs</b><br><br>Buttered Linguine Pasta<br><br>Fall Medley Vegetable Mix<br>Chocolate Mousse                                    | <b>Oktoberfest Pork Sausage with Sauerkraut</b><br><br>Mashed Potatoes<br><br>Cauliflower<br>Bread Pudding with Caramel Sauce                               | <b>Fish 'n Chips</b><br><br>Green Peas<br><br>Lemon Wedges Garnish<br>Fruit Cocktail with Whipped Topping  |
|           |  | <b>Tuna Salad Sandwich</b><br><br>Four Bean Salad<br>Peach Slices  | <b>Ham Shaved Sandwich</b><br><br>Tomato & Onion Salad<br>Fruit cocktail   | <b>Egg Salad Sandwich</b><br><br>Iceberg Lettuce Salad with Carrots<br>Mango   | <b>Bologna Sandwich</b><br><br>Spinach and Mandarin salad<br>Fresh Cantaloupe   | <b>Salmon Salad Sandwich</b><br><br>Creamy Coleslaw<br>Tropical Fruit Salad  | <b>Roast Beef Sandwich</b><br><br>Beet & Orange Mandarin Salad<br>Strawberries  | <b>Sliced Turkey Sandwich</b><br><br>Coleslaw with Peppers<br>Raspberry Filling Cheesecake   |
|           |  | <b>Roast Beef</b><br><br>Mashed potatoes<br><br>Baby Carrots<br>Pumpkin Pie with Whipped Topping   | <b>Beef Stew</b><br><br>Home fries<br><br>Peas and Carrots<br>Tiramisu   | <b>Herbed Chicken Thighs</b><br><br>Baked potatoes<br><br>PEI Mixed vegetables<br>Raspberry Tart   | <b>Cod a l'Orange</b><br><br>Mashed Potatoes<br><br>Seasoned Squash<br>Peach Crisp  | <b>Turkey Schnitzel</b><br><br>White Rice<br><br>Wax beans<br>Buttertart Bar   | <b>Chicken Thighs</b><br><br>Whipped potatoes<br><br>Vegetable Mix<br>Cranberry Orange Loaf   | <b>Pork Chops</b><br><br>Mashed potatoes<br><br>Parslied Parsnip<br>Iced Orange Cake   |
| Dinner    |  | <b>Kale and Spinach Quiche</b><br><br>Caesar salad with Croutons<br><br>Mandarins  | <b>Baked Haddock</b><br><br>Greens with Carrots Salad<br><br>Apricot Halves  | <b>Veal Scallopini</b><br><br>Spinach Salad<br><br>Apple Slices  | <b>Cheese Cannelloni</b><br><br>Garlic bread<br>Caesar salad<br>Blueberries   | <b>Lamb Stew</b><br><br>Greens with Carrots Salad<br><br>Pears   | <b>Liver and Onions</b><br><br>Spinach Salad<br><br>Banana slices with chocolate  | <b>Tofu Moroccan Stew</b><br><br>Greens with Carrots Salad<br><br>Pineapple tidbits  |
|           |  |  |  |  |   |  |   |  |

|  |  | Weekly Menu Cycle  |  |   |   |   | St Patrick's Home of Ottawa  | Week Three  |
|--|--|--|--|---|---|---|--|---|
|  |  | Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|  |  | 25-Sep-22  | 26-Sep-22  | 27-Sep-22   | 28-Sep-22   | 29-Sep-22   | 30-Sep-22  | 1-Oct-22  |
| Breakfast  | Assorted Juice<br>Hot Cereal<br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Egg or Boiled Eggs<br>Bacon<br>wwToast, English muffin, Bagel | Assorted Juice<br>Hot Cereal<br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Egg or Boiled Eggs<br>Bran Muffin<br>wwToast, English muffin, Bagel | Assorted Juice<br>Hot Cereal<br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Egg or Boiled Eggs<br>Sausage<br>wwToast, English muffin, Bagel | Assorted Juices<br>Hot Cereal<br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Egg or Boiled Eggs<br>Banana Muffin<br>wwToast, English muffin, Bagel | Assorted Juices<br>Hot Cereal<br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Eggs & Fried Eggs<br>wwToast, English muffin, Bagel | Assorted Juices<br>Hot Cereal<br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Waffles & Scrambled Eggs<br>Sausage<br>wwToast, English muffin, Bagel | Assorted Juices<br>Hot Cereal<br>Choice of Cold Cereal<br>Assorted Fresh Fruit<br>Scrambled Egg or Boiled Eggs<br>wwToast, English muffin, Bagel |   |
|  | Chicken Noodle Soup  | Vegetable Soup   | Beef Barley Soup   | Cream of Squash Soup  | Tomato Basil Soup   | Cream of Chicken Soup   | Cream Of Broccoli Soup   |   |
| Lunch  | <b>Frittata Peppers &amp; Basil</b><br>Baby Carrots<br>Vanilla Ice Cream   | <b>Pork Stir Fry</b><br>Noodles Egg<br>Veg Mix Asian Stir Fry<br>Vanilla Caramel Cake  | <b>Spaghetti &amp; Meatballs</b><br>Veg Mix Sunrise<br>Chocolate Pudding   | <b>Sloppy Joe</b><br>Veg Mix California<br>Peanut Butter Cookies  | <b>Macaroni &amp; Cheese</b><br>Sauteed Zucchini, Squash and Peppers<br>Vanilla Mousse  | <b>Hot Turkey Sandwich</b><br>Rosemary Potatoes<br>Dill Green Peas<br>White Cake  | <b>Beef Pot Pie</b><br>Cauliflower<br>Orange Jello   |   |
|  | <b>Roast Beef Sandwich</b><br>Four Bean Salad<br>Strawberries with Whipped topping   | <b>Corned Beef on Rye with Pickle Garnish</b><br>Coleslaw Creamy<br>Rhubarb Stewed   | <b>Salmon Salad Sandwich</b><br>Romaine Vegetable Salad<br>Apricot Halves  | <b>Cottage Cheese Fruit Plate</b><br>Chef Salad<br>Mandarin Oranges   | <b>Chicken Salad Sandwich</b><br>Caesar Salad<br>Honey Dew Melon  | <b>Tuna Salad Sandwich</b><br>Beet & Orange Mandarin<br>Mandarin Oranges  | <b>Ham Salad Sandwich</b><br>Greek Salad<br>Watermelon Cubes   |   |
|  | Dinner   | <b>Roasted Turkey</b><br>Baked Sage Stuffing<br>Mashed Potato<br>Wax Beans<br>Iced Brownie   | <b>Baked Cod au Gratin</b><br>White Rice with Cilantro<br>Carrots<br>Chocolate Banana Cake   | <b>Tandoori Chicken</b><br>Baked Herbed Potato<br>PEI Veg Mix<br>Buttermilk Lemon Cake  | <b>Pork Medallions</b><br>Mashed potatoes<br>Broccoli Florets<br>Butterscotch Bar   | <b>Beef Shepherd's Pie</b><br>Mashed Turnips<br>Apple Pie   | <b>Chicken a L'orange</b><br>Scalloped Potatoes<br>Carrots<br>Ambrosia with whipped topping  | <b>Herbed Chicken Thighs</b><br>Parslied Egg Noodles<br>Asparagus cuts<br>Strawberry Shortcake Cake |
| <b>Rainbow Cheese Totellini</b><br>Greens with carrot salad<br>Peach Slices with whipped topping |  | <b>Turkey Stew with Lentils</b><br>Greens with carrot salad<br>Dinner Roll<br>Tropical Fruit Salad   | <b>Hungarian Beef Goulash</b><br>Greens with carrot salad<br>Mango   | <b>Vegetable Lasagna</b><br>Garlic Bread<br>Caesar Salad<br>Fruit Cocktail  | <b>Baked Sole with Lemon Pepper</b><br>Mashed Potato<br>Greens with carrot salad<br>Blubberies  | <b>3-Cheese Penne Pasta</b><br>California Veg<br>Greens with carrot salad<br>Pear slices  | <b>Roasted Pork</b><br>Spinach Mandarin Salad<br>Pineapple Tidbits   |   |