

| | | Weekly Menu Cycle | | | | St Patrick's Home of Ottawa | | Week One |
|------------------|---|---|--|---|--|---|---|---|
| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | 2-Oct-22 | 3-Oct-22 | 4-Oct-22 | 5-Oct-22 | 6-Oct-22 | 7-Oct-22 | 8-Oct-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 |
| Lunch | Choice of Cold Cereal Assorted Fresh Fruit | Choice of Cold Cereal Assorted Fresh Fruit | Choice of Cold Cereal Assorted Fresh Fruit | Choice of Cold Cereal Assorted Fresh Fruit | Choice of Cold Cereal Assorted Fresh Fruit | Choice of Cold Cereal Assorted Fresh Fruit | Choice of Cold Cereal Assorted Fresh Fruit | Choice of Cold Cereal Assorted Fresh Fruit |
| | Scrambled Egg or Boiled Eggs Bacon | Scrambled Egg or Boiled Eggs Bran Muffin | Scrambled Egg or Boiled Eggs Sausage | Scrambled Egg or Boiled Eggs Banana Muffin | Scrambled Eggs & Fried Eggs | Waffles & Scrambled Eggs Sausage | Scrambled Egg or Boiled Eggs | Scrambled Egg or Boiled Eggs |
| Dinner | 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 |
| | Cream of Chicken soup | Beef Barley Soup | Cream of Squash Soup | Minestrone Soup | Chicken Florentine Soup | Vegetable Harvest Soup | Italian Wedding Soup | |
| Breakfast | Beef Burger Honey glazed Carrots | Pulled Pork Sandwich Mashed Turnips | Cod Nuggets French Fries | Three Cheese Pizza Mixed Vegetables | Meatloaf Sweet Potato Fries | Meat Pie with Gravy Mashed Potatoes | Chicken Fingers plum sauce Potato Coins | |
| | Mixed Berries | Blueberries | Mixed vegetables Fruit Cocktail | Diced Pears | Parslied Cauliflower Diced Peaches | Green Peas Mango | Butternut Squash Fruit Salad with Honeydew | |
| Lunch | Tuna Salad Sandwich Chickpea and Vegetable Salad | Chicken Salad Sandwich Spinach and Mandarin Salad | Chicken Greek Pasta Salad Mixed greens salad Wheat Roll Caramel Pudding | Turkey Salad Sandwich with Cranberry Mayonnaise Caesar Salad with Croutons Chocolate Ice Cream | Egg Salad Sandwich Beet & Orange Manddarin Salad Raspberry Jello with Whipped topping | Salmon Salad Sandwich Salmon Four Bean Salad Banana Cake | Roast Beef Sandwich Creamy Coleslaw Strawberry Mousse | |
| | Roasted Pork with Gravy Whipped Potatoes Squash and Zucchini Dinner Roll Lemon Meringue Pie | Teriyaki Turkey Patty Baked Potato Wedges Mixed Vegetables Dinner Roll Carrot Cake | Salisbury Steak with Gravy Whipped Potatoes PEI Mixed Vegetables Dinner Roll Ambrosia | Asian baked Pork Chop Mashed Potatoes Broccoli Dinner Roll Lemon Tart | 5 Spice Chicken Thighs Roasted Red Potatoes Parslied Parsnips Dinner Roll Cherry Cheesecake | Turkey a la King Herbed White Rice Green beans Dinner Roll Nanaimo Bar | Veal Marsala Buttered Egg Noodles Broccoli and Cauliflower Dinner Roll Rhubarb Crisp | |
| Dinner | Turkey Schnitzel Greens with Carrots Salad Diced Peaches | Beef Macaroni Casserole with Cheese Greens with Carrots Salad Pineapple tidbits | Vegetable Chili Mixed Greens Salad Apricot Halves | Lamb Stew Greens with Carrots Salad Tropical Fruit Salada | Cheese Ravioli with Pumpkin Sauce Caesar Salad with Croutons Madarins | Basa Fish Greens with Carrots Salad Watermelon | Spinach Quiche Spinach Salad Applesauce | |

| | | Weekly Menu Cycle | | | | St Patrick's Home of Ottawa | | Week Two |
|-----------|--|--|--|--|---|--|---|--|
| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | 9-Oct-22 | 10-Oct-22 | 11-Oct-22 | 12-Oct-22 | 13-Oct-22 | 14-Oct-22 | 15-Oct-22 |
| Breakfast | | Assorted Juice Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Egg or Boiled Eggs Bacon wwToast, English muffin, Bagel | Assorted Juice Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Egg or Boiled Eggs Bran Muffin wwToast, English muffin, Bagel | Assorted Juice Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Egg or Boiled Eggs Sausage wwToast, English muffin, Bagel | Assorted Juices Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Egg or Boiled Eggs Banana Muffin wwToast, English muffin, Bagel | Assorted Juices Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Eggs & Boiled Eggs wwToast, English muffin, Bagel | Assorted Juices Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Waffles & Scrambled Eggs Sausage wwToast, English muffin, Bagel | Assorted Juices Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Egg or Boiled Eggs 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 | | Chicken Kiev Baked Tomato Gratinated with Parsley Cherry Jello with Whipped topping | Souvlaki Chicken Thighs Pita Bread Vegetable Mix Vanilla Ice Cream | Chicken Pot Pie Broccoli Cuts Iced Chocolate Cake | Vegetable Burger Sweet Potato Fries Green Beans Bar Tripleberry Crumble | Swedish Beef Meatballs Buttered Linguine Pasta Fall Medley Vegetable Mix Chocolate Mousse | Oktoberfest Pork Sausage with Sauerkraut Mashed Potatoes Cauliflower Bread Pudding with Caramel Sauce | Fish 'n Chips Green Peas Lemon Wedges Garnish Fruit Cocktail with Whipped Topping |
| | | Tuna Salad Sandwich Four Bean Salad Peach Slices | Ham Shaved Sandwich Tomato & Onion Salad Fruit cocktail | Egg Salad Sandwich Iceberg Lettuce Salad with Carrots Mango | Bologna Sandwich Spinach and Mandarin salad Fresh Cantaloupe | Salmon Salad Sandwich Creamy Coleslaw Tropical Fruit Salad | Roast Beef Sandwich Beet & Orange Mandarin Salad Strawberries | Sliced Turkey Sandwich Coleslaw with Peppers Raspberry Filling Cheesecake |
| | | Roast Beef Mashed potatoes Baby Carrots Pumpkin Pie with Whipped Topping | Beef Stew Home fries Peas and Carrots Tiramisu | Herbed Chicken Thighs Baked potatoes PEI Mixed vegetables Raspberry Tart | Cod a l'Orange Mashed Potatoes Seasoned Squash Peach Crisp | Turkey Schnitzel White Rice Wax beans Buttertart Bar | Chicken Thighs Whipped potatoes Vegetable Mix Cranberry Orange Loaf | Pork Chops Mashed potatoes Parslied Parsnip Iced Orange Cake |
| Dinner | | Kale and Spinach Quiche Caesar salad with Croutons Mandarins | Baked Haddock Greens with Carrots Salad Apricot Halves | Veal Scallopini Spinach Salad Apple Slices | Cheese Cannelloni Garlic bread Caesar salad Blueberries | Lamb Stew Greens with Carrots Salad Pears | Liver and Onions Spinach Salad Banana slices with chocolate | Tofu Moroccan Stew Greens with Carrots Salad Pineapple tidbits |
| | | | | | | | | |

| Weekly Menu Cycle | | | | | | | | St Patrick's Home of Ottawa | | | | | | | | Week Three | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|--|--|--|---|---|--|--|---|--|--|--|--|--|--|--|---|--|--|--|
| Sunday | | | | Monday | | | | Tuesday | | | | Wednesday | | | | Thursday | | | | Friday | | | | Saturday | | | |
| 16-Oct-22 | | | | 17-Oct-22 | | | | 18-Oct-22 | | | | 19-Oct-22 | | | | 20-Oct-22 | | | | 21-Oct-22 | | | | 22-Oct-22 | | | |
| Breakfast | Assorted Juice Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Egg or Boiled Eggs Bacon wwToast, English muffin, Bagel | | | | Assorted Juice Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Egg or Boiled Eggs Bran Muffin wwToast, English muffin, Bagel | | | | Assorted Juice Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Egg or Boiled Eggs Sausage wwToast, English muffin, Bagel | | | | Assorted Juices Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Egg or Boiled Eggs Banana Muffin wwToast, English muffin, Bagel | | | | Assorted Juices Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Eggs & Fried Eggs Waffles & Scrambled Eggs Sausage wwToast, English muffin, Bagel | | | | Assorted Juices Hot Cereal Choice of Cold Cereal Assorted Fresh Fruit Scrambled Egg or Boiled Eggs wwToast, English muffin, Bagel | | | | | | |
| | Lunch | | | | | | | | Dinner | | | | | | | | | | | | | | | | | | |
| Chicken Noodle Soup | | | | Vegetable Soup | | | | Beef Barley Soup | | | | Cream of Squash Soup | | | | Tomato Basil Soup | | | | Cream of Chicken Soup | | | | Cream Of Broccoli Soup | | | |
| Frittata Peppers & Basil Baby Carrots Vanilla Ice Cream | | | | Pork Stir Fry Noodles Egg Veg Mix Asian Stir Fry Vanilla Caramel Cake | | | | Spaghetti & Meatballs Veg Mix Sunrise Chocolate Pudding | | | | Sloppy Joe Veg Mix California Peanut Butter Cookies | | | | Macaroni & Cheese Sauteed Zucchini, Squash and Peppers Vanilla Mousse | | | | Hot Turkey Sandwich Rosemary Potatoes Dill Green Peas White Cake | | | | Beef Pot Pie Cauliflower Orange Jello | | | |
| Roast Beef Sandwich Four Bean Salad Strawberries with Whipped topping | | | | Corned Beef on Rye with Pickle Garnish Coleslaw Creamy Rhubarb Stewed | | | | Salmon Salad Sandwich Romaine Vegetable Salad Apricot Halves | | | | Cottage Cheese Fruit Plate Chef Salad Mandarin Oranges | | | | Chicken Salad Sandwich Caesar Salad Honey Dew Melon | | | | Tuna Salad Sandwich Beet & Orange Mandarin Mandarin Oranges | | | | Ham Salad Sandwich Greek Salad Watermelon Cubes | | | |
| Roasted Turkey Baked Sage Stuffing Mashed Potato Wax Beans Iced Brownie | | | | Baked Cod au Gratin White Rice with Cilantro Carrots Chocolate Banana Cake | | | | Tandoori Chicken Baked Herbed Potato PEI Veg Mix Buttermilk Lemon Cake | | | | Pork Medallions Mashed potatoes Broccoli Florets Butterscotch Bar | | | | Beef Shepherd's Pie Mashed Turnips Apple Pie | | | | Chicken a L'orange Scalloped Potatoes Carrots Ambrosia with whipped topping | | | | Herbed Chicken Thighs Parslied Egg Noodles Asparagus cuts Strawberry Shortcake Cake | | | |
| Rainbow Cheese Totellini Greens with carrot salad Peach Slices with whipped topping | | | | Turkey Stew with Lentils Greens with carrot salad Dinner Roll Tropical Fruit Salad | | | | Hungarian Beef Goulash Greens with carrot salad Mango | | | | Vegetable Lasagna Garlic Bread Caesar Salad Fruit Cocktail | | | | Baked Sole with Lemon Pepper Mashed Potato Greens with carrot salad Blueberries | | | | 3-Cheese Penne Pasta California Veg Greens with carrot salad Pear slices | | | | Roasted Pork Spinach Mandarin Salad Pineapple Tidbits | | | |