

		Weekly Menu Cycle				St Patrick's Home of Ottawa		Week One
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4-Dec-22	5-Dec-22	6-Dec-22	7-Dec-22	8-Dec-22	9-Dec-22	10-Dec-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	wwToast, English muffin, Bagel
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	
	Tapioca Pudding	Creamsicle Parfait						
Dinner	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	
	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
		11-Dec-22	12-Dec-22	13-Dec-22	14-Dec-22	15-Dec-22	16-Dec-22	17-Dec-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	
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				
18-Dec-22				19-Dec-22				20-Dec-22				21-Dec-22				22-Dec-22				23-Dec-22				24-Dec-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							
	Chicken Noodle Soup				Vegetable Soup				Beef Barley Soup				Cream of Squash Soup				Tomato Basil Soup				Cream of Chicken Soup				Cream Of Broccoli Soup			
Lunch	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			
Dinner	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			