

		Weekly Menu Cycle				St Patrick's Home of Ottawa		Week One
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		15-Jan-23	16-Jan-23	17-Jan-23	18-Jan-23	19-Jan-23	20-Jan-23	21-Jan-23
<b>Breakfast</b>	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
<b>Lunch</b>	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
<b>Dinner</b>	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	
<b>Breakfast</b>	<b>Beef Burger</b> Honey glazed Carrots	<b>Pulled Pork Sandwich</b> Mashed Turnips	<b>Cod Nuggets</b> French Fries	<b>Three Cheese Pizza</b> Mixed Vegetables	<b>Meatloaf</b> Sweet Potato Fries	<b>Meat Pie with Gravy</b> Mashed Potatoes	<b>Chicken Fingers plum sauce</b> Potato Coins	
	Mixed Berries	Blueberries	Mixed vegetables Fruit Cocktail	Diced Pears	Parslied Cauliflower Diced Peaches	Green Peas Mango	Butternut Squash Fruit Salad with Honeydew	
<b>Lunch</b>	<b>Tuna Salad Sandwich</b> Chickpea and Vegetable Salad	<b>Chicken Salad Sandwich</b> Spinach and Mandarin Salad	<b>Chicken Greek Pasta Salad</b> Mixed greens salad Wheat Roll Caramel Pudding	<b>Turkey Salad Sandwich with Cranberry Mayonnaise</b> Caesar Salad with Croutons Chocolate Ice Cream	<b>Egg Salad Sandwich</b> Beet & Orange Manddarin Salad Raspberry Jello with Whipped topping	<b>Salmon Salad Sandwich Salmon</b> Four Bean Salad Banana Cake	<b>Roast Beef Sandwich</b> Creamy Coleslaw Strawberry Mousse	
	Roasted Pork with Gravy Whipped Potatoes Squash and Zucchini Dinner Roll Lemon Meringue Pie	<b>Teriyaki Turkey Patty</b> Baked Potato Wedges Mixed Vegetables Dinner Roll Carrot Cake	<b>Salisbury Steak with Gravy</b> Whipped Potatoes PEI Mixed Vegetables Dinner Roll Ambrosia	<b>Asian baked Pork Chop</b> Mashed Potatoes Broccoli Dinner Roll Lemon Tart	<b>5 Spice Chicken Thighs</b> Roasted Red Potatoes Parslied Parsnips Dinner Roll Cherry Cheesecake	<b>Turkey a la King</b> Herbed White Rice Green beans Dinner Roll Nanaimo Bar	<b>Veal Marsala</b> Buttered Egg Noodles Broccoli and Cauliflower Dinner Roll Rhubarb Crisp	
<b>Dinner</b>	<b>Turkey Schnitzel</b> Greens with Carrots Salad Diced Peaches	<b>Beef Macaroni Casserole with Cheese</b> Greens with Carrots Salad Pineapple tidbits	<b>Vegetable Chili</b> Mixed Greens Salad Apricot Halves	<b>Lamb Stew</b> Greens with Carrots Salad Tropical Fruit Salada	<b>Cheese Ravioli with Pumpkin Sauce</b> Caesar Salad with Croutons Madarins	<b>Basa Fish</b> Greens with Carrots Salad Watermelon	<b>Spinach Quiche</b> Spinach Salad Applesauce	

		Weekly Menu Cycle			St Patrick's Home of Ottawa			Week Two
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		22-Jan-23	23-Jan-23	24-Jan-23	25-Jan-23	26-Jan-23	27-Jan-23	28-Jan-23
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	<b>Chicken Kiev</b>  Baked Tomato Gratinated with Parsley  Cherry Jello with Whipped topping	<b>Souvlaki Chicken Thighs</b>  Pita Bread  Vegetable Mix  Vanilla Ice Cream	<b>Chicken Pot Pie</b>  Broccoli Cuts  Iced Chocolate Cake	<b>Vegetable Burger</b>  Sweet Potato Fries  Green Beans  Bar Tripleberry Crumble	<b>Swedish Beef Meatballs</b>  Buttered Linguine Pasta  Fall Medley Vegetable Mix  Chocolate Mousse	<b>Oktoberfest Pork Sausage with Sauerkraut</b>  Mashed Potatoes  Cauliflower  Bread Pudding with Caramel Sauce	<b>Fish 'n Chips</b>  Green Peas  Lemon Wedges Garnish  Fruit Cocktail with Whipped Topping	
	<b>Tuna Salad Sandwich</b>  Four Bean Salad  Peach Slices	<b>Ham Shaved Sandwich</b>  Tomato & Onion Salad  Fruit cocktail	<b>Egg Salad Sandwich</b>  Iceberg Lettuce Salad with Carrots Mango	<b>Bologna Sandwich</b>  Spinach and Mandarin salad  Fresh Cantaloupe	<b>Salmon Salad Sandwich</b>  Creamy Coleslaw  Tropical Fruit Salad	<b>Roast Beef Sandwich</b>  Beet & Orange Mandarin Salad  Strawberries	<b>Sliced Turkey Sandwich</b>  Coleslaw with Peppers  Raspberry Filling Cheesecake	
	<b>Roast Beef</b>  Mashed potatoes  Baby Carrots  Pumpkin Pie with Whipped Topping	<b>Beef Stew</b>  Home fries  Peas and Carrots  Tiramisu	<b>Herbed Chicken Thighs</b>  Baked potatoes  PEI Mixed vegetables  Raspberry Tart	<b>Cod a l'Orange</b>  Mashed Potatoes  Seasoned Squash  Peach Crisp	<b>Turkey Schnitzel</b>  White Rice  Wax beans  Buttertart Bar	<b>Chicken Thighs</b>  Whipped potatoes  Vegetable Mix  Cranberry Orange Loaf	<b>Pork Chops</b>  Mashed potatoes  Parslied Parsnip  Iced Orange Cake	
Dinner	<b>Kale and Spinach Quiche</b>  Caesar salad with Croutons  Mandarins	<b>Baked Haddock</b>  Greens with Carrots Salad  Apricot Halves	<b>Veal Scallopini</b>  Spinach Salad  Apple Slices	<b>Cheese Cannelloni</b>  Garlic bread  Caesar salad  Blueberries	<b>Lamb Stew</b>  Greens with Carrots Salad  Pears	<b>Liver and Onions</b>  Spinach Salad  Banana slices with chocolate	<b>Tofu Moroccan Stew</b>  Greens with Carrots Salad  Pineapple tidbits	

Weekly Menu Cycle								St Patrick's Home of Ottawa								Week Three											
Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday			
29-Jan-23				30-Jan-23				31-Jan-23				1-Feb-23				2-Feb-23				3-Feb-23				4-Feb-23			
<b>Breakfast</b>	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						
	<b>Lunch</b>								<b>Dinner</b>																		
Chicken Noodle Soup				Vegetable Soup				Beef Barley Soup				Cream of Squash Soup				Tomato Basil Soup				Cream of Chicken Soup				Cream Of Broccoli Soup			
<b>Frittata Peppers &amp; Basil</b> Baby Carrots Vanilla Ice Cream				<b>Pork Stir Fry</b> Noodles Egg Veg Mix Asian Stir Fry Vanilla Caramel Cake				<b>Spaghetti &amp; Meatballs</b> Veg Mix Sunrise Chocolate Pudding				<b>Sloppy Joe</b> Veg Mix California Peanut Butter Cookies				<b>Macaroni &amp; Cheese</b> Sauteed Zucchini, Squash and Peppers Vanilla Mousse				<b>Hot Turkey Sandwich</b> Rosemary Potatoes Dill Green Peas White Cake				<b>Beef Pot Pie</b> Cauliflower Orange Jello			
<b>Roast Beef Sandwich</b> Four Bean Salad Strawberries with Whipped topping				<b>Corned Beef on Rye with Pickles Garnish</b> Coleslaw Creamy Rhubarb Stewed				<b>Salmon Salad Sandwich</b> Romaine Vegetable Salad Apricot Halves				<b>Cottage Cheese Fruit Plate</b> Chef Salad Mandarin Oranges				<b>Chicken Salad Sandwich</b> Caesar Salad Honey Dew Melon				<b>Tuna Salad Sandwich</b> Beet & Orange Mandarin Mandarin Oranges				<b>Ham Salad Sandwich</b> Greek Salad Watermelon Cubes			
<b>Roasted Turkey</b> Baked Sage Stuffing Mashed Potato Wax Beans Iced Brownie				<b>Baked Cod au Gratin</b> White Rice with Cilantro Carrots Chocolate Banana Cake				<b>Tandoori Chicken</b> Baked Herbed Potato PEI Veg Mix Buttermilk Lemon Cake				<b>Pork Medallions</b> Mashed potatoes Broccoli Florets Butterscotch Bar				<b>Beef Shepherd's Pie</b> Mashed Turnips Apple Pie				<b>Chicken a L'orange</b> Scalloped Potatoes Carrots Ambrosia with whipped topping				<b>Herbed Chicken Thighs</b> Parslied Egg Noodles Asparagus cuts Strawberry Shortcake Cake			
<b>Rainbow Cheese Totellini</b> Greens with carrot salad Peach Slices with whipped topping				<b>Turkey Stew with Lentils</b> Greens with carrot salad Dinner Roll Tropical Fruit Salad				<b>Hungarian Beef Goulash</b> Greens with carrot salad Mango				<b>Vegetable Lasagna</b> Garlic Bread Caesar Salad Fruit Cocktail				<b>Baked Sole with Lemon Pepper</b> Mashed Potato Greens with carrot salad Blueberries				<b>3-Cheese Penne Pasta</b> California Veg Greens with carrot salad Pear slices				<b>Roasted Pork</b> Spinach Mandarin Salad Pineapple Tidbits			