

		Weekly Menu Cycle				St Patrick's Home of Ottawa		Week One
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5-Feb-23	6-Feb-23	7-Feb-23	8-Feb-23	9-Feb-23	10-Feb-23	11-Feb-23
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	
Dinner	<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	
Dinner	<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 Wheat Roll Caramel Pudding	Caesar Salad with Croutons Chocolate Ice Cream	Beet & Orange Manddaran Salad Raspberry Jello with Whipped topping	Four Bean Salad Banana Cake	Creamy Coleslaw 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 Squash and Zucchini Dinner Roll Lemon Meringue Pie	Baked Potato Wedges Mixed Vegetables Dinner Roll Carrot Cake	Whipped Potatoes PEI Mixed Vegetables Dinner Roll Ambrosia	Mashed Potatoes Broccoli Dinner Roll Lemon Tart	Roasted Red Potatoes Parslied Parsnips Dinner Roll Cherry Cheesecake	Herbed White Rice Green beans Dinner Roll Nanaimo Bar	Buttered Egg Noodles Broccoli and Cauliflower Dinner Roll Rhubarb Crisp	
Dinner	<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 Diced Peaches	Greens with Carrots Salad Pineapple tidbits	Mixed Greens Salad Apricot Halves	Greens with Carrots Salad Tropical Fruit Salada	Caesar Salad with Croutons Madarins	Greens with Carrots Salad Watermelon	Spinach Salad Applesauce	

		Weekly Menu Cycle			St Patrick's Home of Ottawa		Week Two	
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		12-Feb-23	13-Feb-23	14-Feb-23	15-Feb-23	16-Feb-23	17-Feb-23	18-Feb-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	
	<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
		19-Feb-23	20-Feb-23	21-Feb-23	22-Feb-23	23-Feb-23	24-Feb-23	25-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 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
		Chicken Noodle Soup	Vegetable Soup	Beef Barley Soup	Cream of Squash Soup	Tomato Basil Soup	Cream of Chicken Soup	Cream Of Broccoli Soup
<b>Lunch</b>		<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 Pickle 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>Dinner</b>		<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 Blubberies	<b>3-Cheese Penne Pasta</b> California Veg Greens with carrot salad Pear slices	<b>Roasted Pork</b> Spinach Mandarin Salad Pineapple Tidbits