

| | | Weekly Menu Cycle | | | | St Patrick's Home of Ottawa | | Week One |
|------------------|--|--|--|--|---|---|---|--|
| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | 12-May-24 | 13-May-24 | 14-May-24 | 15-May-24 | 16-May-24 | 17-May-24 | 18-May-24 |
| 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 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 Chicken soup | Beef Barley Soup | Cream of Squash Soup | Minestrone Soup | Chicken Florentine Soup | Vegetable Harvest Soup | Italian Wedding Soup |
| Lunch | | Beef Burger Honey glazed Carrots Mixed Berries | Pulled Pork Sandwich Mashed Turnips Blueberries | Cod Nuggets French Fries Mixed vegetables Fruit Cocktail | Three Cheese Pizza Mixed Vegetables Diced Pears | Meatloaf Sweet Potato Fries Parslied Cauliflower Diced Peaches | Meat Pie with Gravy Mashed Potatoes Green Peas Mango | Chicken Fingers plum sauce Potato Coins Butternut Squash Fruit Salad with Honeydew |
| | | Tuna Salad Sandwich Chickpea and Vegetable Salad Tapioca Pudding | Chicken Salad Sandwich Spinach and Mandarin Salad Creamsicle Parfait | 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 | |
| | 19-May-24 | 20-May-24 | 21-May-24 | 22-May-24 | 23-May-24 | 24-May-24 | 25-May-24 | |
| 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 | |
| | | | | | | | | |
| Lunch | Cream of Carrot Soup | Potato and Leek Soup | Roasted Cauliflower Soup | Chowder Corn Soup | Navy Bean Soup | Chicken Noodle Soup | Fall Harvest Soup | |
| | 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 | |
| | | | | | | | | |
| Dinner | Roast Beef Mashed potatoes Baby Carrots Pumpkin Pie with Whipped Topping | Roast Turkey & Cranberry Sauce Mashed Potatoes Steamed Baby Carrots Chocolate Yule Log | 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 Parsied Parsnip Iced Orange Cake | |
| | Kale and Spinach Quiche Caesar salad with Croutons Mandarins | Baked Haddock Iceberg and Carrot Salad Mashed Potatoes Chilled Apricots | Veal Scallopini Spinach Salad Apple Slices | Cheese Cannelloni Garlic bread Caesar salad Blueberries | Lamb Stew Greens with Carrots Salad Pears | BBQ Beef Ribette Spinach Salad Banana slices with chocolate | Tofu Moroccan Stew Greens with Carrots Salad Pineapple tidbits | |
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| | | Weekly Menu Cycle | | | | | | St Patrick's Home of Ottawa | Week Three |
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| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| | | 26-May-24 | 27-May-24 | 28-May-24 | 29-May-24 | 30-May-24 | 31-May-24 | 1-Jun-24 | |
| 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 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 | | |
| 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 | | |
| | Dinner | Roasted Turkey Baked Sage Stuffing Mashed Potato Wax Beans Pumpkin Pie | 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 Tortellini Greens with carrot salad Peach Slices with whipped topping | | Turkey Stew with Lentils Greens with carrot salad Dinner Roll Tropical Fruit Salad | Beef Vegetable Stew 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 | | |