Weekly Menu Cycle — St Patrick's Home of Ottawa — Week One

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4-Aug-24	**5-Aug-24**	**6-Aug-24**	**7-Aug-24**	**8-Aug-24**	**9-Aug-24**	**10-Aug-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
Lunch	Cream of Chicken soup	Beef Barley Soup	Cream of Squash Soup	Minestrone Soup	Chicken Florentine Soup	Vegetable Harvest Soup	Italian Wedding Soup
	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
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