

		Weekly Menu Cycle				St Patrick's Home of Ottawa		Week One
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		25-Aug-24	26-Aug-24	27-Aug-24	28-Aug-24	29-Aug-24	30-Aug-24	31-Aug-24
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
	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
	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
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	Pulled Pork Sandwich	Cod Nuggets	Three Cheese Pizza	Meatloaf	Meat Pie with Gravy	Chicken Fingers plum sauce	
	Honey glazed Carrots	Mashed Turnips	French Fries	Mixed Vegetables	Sweet Potato Fries	Mashed Potatoes	Potato Coins	
	Mixed Berries	Blueberries	Mixed vegetables	Diced Pears	Parslied Cauliflower	Green Peas	Butternut Squash	
			Fruit Cocktail		Diced Peaches	Mango	Fruit Salad with Honeydew	
Tuna Salad Sandwich	Chicken Salad Sandwich	Chicken Greek Pasta Salad	Turkey Salad Sandwich with Cranberry Mayonnaise	Egg Salad Sandwich	Salmon Salad Sandwich Salmon	Roast Beef Sandwich		
Chickpea and Vegetable Salad	Spinach and Mandarin Salad	Mixed greens salad	Caesar Salad with Croutons	Beet & Orange Manddarin Salad	Four Bean Salad	Creamy Coleslaw		
		Wheat Roll		Raspberry Jello with Whipped topping	Banana Cake	Strawberry Mousse		
	Tapioca Pudding	Creamsicle Parfait	Caramel Pudding	Chocolate Ice Cream				
Dinner	Roasted Pork with Gravy	Teriyaki Turkey Patty	Salisbury Steak with Gravy	Asian baked Pork Chop	5 Spice Chicken Thighs	Turkey a la King	Veal Marsala	
	Whipped Potatoes	Baked Potato Wedges	Whipped Potatoes	Mashed Potatoes	Roasted Red Potatoes	Herbed White Rice	Buttered Egg Noodles	
	Squash and Zucchini	Mixed Vegetables	PEI Mixed Vegetables	Broccoli	Parslied Parsnips	Green beans	Broccoli and Cauliflower	
	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	Dinner Roll	
Lemon Meringue Pie	Carrot Cake	Ambrosia	Lemon Tart	Cherry Cheesecake	Nanaimo Bar	Rhubarb Crisp		
Turkey Schnitzel	Beef Macaroni Casserole with Cheese	Vegetable Chili	Lamb Stew	Cheese Ravioli with Pumpkin Sauce	Basa Fish	Spinach Quiche		
Greens with Carrots Salad	Greens with Carrots Salad	Mixed Greens Salad	Greens with Carrots Salad	Caesar Salad with Croutons	Greens with Carrots Salad	Spinach Salad		
		Mixed Greens Salad		Madarins	Watermelon	Applesauce		
	Diced Peaches	Pineapple tidbits	Apricot Halves	Tropical Fruit Salada				

		Weekly Menu Cycle				St Patrick's Home of Ottawa		Week Two
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-Sep-24	2-Sep-24	3-Sep-24	4-Sep-24	5-Sep-24	6-Sep-24	7-Sep-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	
	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	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 Parslied Parsnip Iced Orange Cake	
Dinner	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	

		Weekly Menu Cycle				St Patrick's Home of Ottawa		Week Three
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8-Sep-24	9-Sep-24	10-Sep-24	11-Sep-24	12-Sep-24	13-Sep-24	14-Sep-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 Blubberies	3-Cheese Penne Pasta California Veg Greens with carrot salad Pear slices	Roasted Pork Spinach Mandarin Salad Pineapple Tidbits	