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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	15-Sep-24	**16-Sep-24**	**17-Sep-24**	**18-Sep-24**	**19-Sep-24**	**20-Sep-24**	**21-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
Lunch	Cream of Chicken soup **Beef Burger** Honey glazed Carrots Mixed Berries **Tuna Salad Sandwich** Chickpea and Vegetable Salad Tapioca Pudding	Beef Barley Soup **Pulled Pork Sandwich** Mashed Turnips Blueberries **Chicken Salad Sandwich** Spinach and Mandarin Salad Creamsicle Parfait	Cream of Squash Soup **Cod Nuggets** French Fries Mixed vegetables Fruit Cocktail **Chicken Greek Pasta Salad** Mixed greens salad Wheat Roll Caramel Pudding	Minestrone Soup **Three Cheese Pizza** Mixed Vegetables Diced Pears **Turkey Salad Sandwich with Cranberry Mayonnaise** Caesar Salad with Croutons Chocolate Ice Cream	Chicken Florentine Soup **Meatloaf** Sweet Potato Fries Parslied Cauliflower Diced Peaches **Egg Salad Sandwich** Beet & Orange Manddarin Salad Raspberry Jello with Whipped topping	Vegetable Harvest Soup **Meat Pie with Gravy** Mashed Potatoes Green Peas Mango **Salmon Salad Sandwich Salmon** Four Bean Salad Banana Cake	Italian Wedding Soup **Chicken Fingers plum sauce** Potato Coins Butternut Squash Fruit Salad with Honeydew **Roast Beef Sandwich** Creamy Coleslaw Strawberry Mousse
Dinner	**Roasted Pork with Gravy** Whipped Potatoes Squash and Zucchini Dinner Roll Lemon Meringue Pie **Turkey Schnitzel** Greens with Carrots Salad Diced Peaches	**Teriyaki Turkey Patty** Baked Potato Wedges Mixed Vegetables Dinner Roll Carrot Cake **Beef Macaroni Casserole with Cheese** Greens with Carrots Salad Pineapple tidbits	**Salisbury Steak with Gravy** Whipped Potatoes PEI Mixed Vegetables Dinner Roll Ambrosia **Vegetable Chili** Mixed Greens Salad Apricot Halves	**Asian baked Pork Chop** Mashed Potatoes Broccoli Dinner Roll Lemon Tart **Lamb Stew** Greens with Carrots Salad Tropical Fruit Salada	**5 Spice Chicken Thighs** Roasted Red Potatoes Parslied Parsnips Dinner Roll Cherry Cheesecake **Cheese Ravioli with Pumpkin Sauce** Caesar Salad with Croutons Madarins	**Turkey a la King** Herbed White Rice Green beans Dinner Roll Nanaimo Bar **Basa Fish** Greens with Carrots Salad Watermelon	**Veal Marsala** Buttered Egg Noodles Broccoli and Cauliflower Dinner Roll Rhubarb Crisp **Spinach Quiche** Spinach Salad Applesauce