

		Weekly Menu Cycle				St Patrick's Home of Ottawa		Week Two
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		22-Sep-24	23-Sep-24	24-Sep-24	25-Sep-24	26-Sep-24	27-Sep-24	28-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	