Health & Home CARE Society of BC

Western Menu Plan: Non-Red Meat (Regular)

2017		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Jan 9-13 / Jul 24-28 Feb 6-10 / Aug 21-25 Mar 6-10 / Sep 18-22 Apr 3-7 / Oct 16-20 May1-5 / Nov 13-17 May 29-Jun 2 / Dec 11-15 Jun 26-30	*Cream of Vegetable* **Chicken Teriyaki** **Mixed Rice & Peas** **Vegetables** *Cookie*	*Carrot Soup* **Three Cheese** **Tortellini** **Vegetables** *Vanilla Custard*	*Seafood Chowder* **Battered Fish** **Rice** **Vegetables** *Fruit Cocktail*	*Cream of Tomato* **Perogies & Turkey** **Sausages** **Sauerkraut** *Fresh Orange*	*Corn Chowder* **Vegetable Stew** **Roasted Potatoes** **Vegetables** *Chocolate Mousse*
WEEK 2	Jan 16-20 / Jul 31-Aug 4 Feb 13-17 / Aug 28-Sep 1 Mar 13-17 / Sep 25-29 Apr 10-14 / Oct 23-27 May 8-12 / Nov 20-24 Jun 5-9 / Dec 18-22 Jul 3-7	*Cream of Cauliflower* **Mediterranean** **Chicken** **Rice** **Vegetables** *Banana*	*Vegetable Barley Soup* **Quiche Florentine** **Vegetables** *Oatmeal Raisin Cookie*	*Roasted Tomato Soup* **Poached Fish** **Basmati Rice with** **Mushrooms** **Vegetables** *Chocolate Pudding*	*Chicken Vegetable Soup* **Butter Chicken** **Steamed Rice** **Vegetables** *Lemon and Coconut Cake*	*Vegetable Soup* **Pasta Marinara** **Vegetables** *Fruit Salad*
WEEK 3	Jan 23-27 / Aug 7-11 Feb 20-24 / Sep 4-8 Mar 20-24 / Oct 2-6 Apr 17-21 / Oct 30-Nov 3 May 15-19 / Nov 27-Dec 1 Jun 12-16 / Dec 25-29 Jul 10-14	*Minestrone* **Roast Chicken** **Mashed Potatoes** **Vegetables** *Chocolate Cake*	*Split Pea Soup* **Vegetable Stir-Fry** **Rice** *Apple Crumble*	*Clam Chowder* **Seafood Casserole** **Rice** **Vegetables** *Cookie*	*Cream of Broccoli* **Barbeque Chicken** **Mixed Rice & Peas** **Vegetables** *Muffin*	*Cream of Potato* **Veggie Burrito** **Potatoes** **Vegetables** *Fruit Crisp*
WEEK 4	Jan 2-6 / Jul 17-21 Jan 30-Feb 3 / Aug 14-18 Feb 27-Mar 3 / Sep 11-15 Mar 27-31 / Oct 9-13 Apr 24-28 / Nov 6-10 May 22-26 / Dec 4-8 Jun 19-23	*Mulligatawny* **Chicken Cacciatore** **Noodles** **Vegetables** *Tapioca Pudding*	*Roasted Eggplant Soup* **Vegetarian Chow** **Mein** **Fried Rice** *Banana Loaf*	*Navy Bean Soup* **Catch of the Day** **Fried Potatoes** **Vegetables** *Peach and Pear Halves*	*Chicken Noodle Soup* **Roasted Turkey** **Mashed Potatoes** **Vegetables** *Fruit Tart*	*Mushroom Soup* **Vegetable Tower** **Tomato Sauce** **Vegetables** *Cheesecake*
Sandwich		Turkey & Fruit	Vegetarian & Fruit	Tuna Salad & Fruit	Egg Salad & Fruit	Chicken Salad & Fruit