

Western Menu Plan: Red Meat (Regular or Soft)

This menu begins in Oct. 2018

2018		Monday	Tuesday	Wednesday	Thursday	Friday
W E E K 1	Oct 1 – Oct 5 Oct 29–Nov 2 Nov 26–Nov30 Dec 24–Dec 28	<i>Cream of Vegetable</i> Chicken Teriyaki Mixed Rice & Peas Vegetables <i>Cookie</i>	<i>Carrot Soup</i> Barbeque Meatloaf Pasta Vegetables <i>Macaroon Bite</i>	<i>Cream of Tomato</i> Perogies and Turkey Sausages Sauerkraut <i>Fresh Orange</i>	<i>Seafood Chowder</i> Battered Fish Rice Vegetables <i>Brownie</i>	<i>Corn Chowder</i> Boneless BBQ Ribs Mashed Potatoes Vegetables <i>Date Square</i>
W E E K 2	Oct 8 – Oct 12 Nov 5 – Nov 9 Dec 3 – Dec 7	<i>Cream of Cauliflower</i> Mediterranean Chicken Mashed Potatoes Vegetables <i>Banana</i>	<i>Vegetable Barley Soup</i> Salisbury Steak Fried Potatoes Vegetables <i>Oatmeal Raisin Cookie</i>	<i>Chicken Vegetable</i> <i>Soup</i> Butter Chicken Fried Rice Vegetables <i>Cheesecake</i>	<i>Roasted Tomato Soup</i> Poached Fish Basmati Rice with Mushrooms Vegetables <i>Cinnamon Crunchie</i>	<i>Vegetable Soup</i> Spaghetti and Meat Balls Vegetables <i>Apple Crumble</i>
W E E K 3	Oct 15-Oct 19 Nov 12–Nov16 Dec10–Dec14	<i>Minestrone</i> Roast Chicken Mashed Potatoes Vegetables <i>Chocolate Cake</i>	<i>Split Pea Soup</i> Cabbage Rolls Vegetables <i>Apple</i>	<i>Cream of Broccoli</i> BBQ Chicken Mixed Rice and Peas Vegetables <i>Muffin</i>	<i>Clam Chowder</i> Salmon Patty Pasta Vegetables <i>Mini Donuts</i>	<i>Cream of Potato</i> Roast Pork Mashed Potatoes Vegetables <i>Coconut Cake</i>
W E E K 4	Oct 22-Oct26 Nov19–Nov 23 Dec17– Dec21	<i>Mulligatawny</i> Chicken Cacciatore Noodles Vegetables <i>Brownie</i>	<i>Roasted Eggplant Soup</i> Sweet and Sour Meatballs Rice Pilaf Vegetables <i>Banana Loaf</i>	<i>Chicken Noodle Soup</i> Roast Turkey Mashed Potatoes Vegetables <i>Butterscotch Pudding</i>	<i>Navy Bean Soup</i> Seafood Casserole Rice Vegetables <i>Peach and Pear Halves</i>	<i>Mushroom Soup</i> Shepherd’s Pie Grilled Tomato Vegetables <i>Cheesecake</i>
Sandwich Pack		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit

Western Menu Plan: Red Meat (Regular or Soft)

This menu is current until the end of Sept. 2018

2018		Monday	Tuesday	Wednesday	Thursday	Friday			
W E E K 1	Jan 8-12 Feb 5-9 Mar 5-9 Apr 2-6 Apr 30-May 4 May 28-Jun 1 Jun 25-29	<i>Cream of Vegetable</i> Chicken Teriyaki Mixed Rice & Peas Vegetables <i>Cookie</i>	<i>Carrot Soup</i> Barbeque Meatloaf Pasta Vegetables <i>Vanilla Custard</i>	<i>Seafood Chowder</i> Battered Fish Rice Vegetables <i>Fruit Cocktail</i>	<i>Cream of Tomato</i> Perogies & Turkey Sausages Sauerkraut <i>Fresh Orange</i>	<i>Corn Chowder</i> Boneless BBQ Ribs Spaghetti Vegetables <i>Chocolate Mousse</i>			
	W E E K 2	Jan 15-19 Feb 12-16 Mar 12-16 Apr 9-13 May 7-11 Jun 4-8 Jul 2-6	<i>Cream of Cauliflower</i> Mediterranean Chicken Rice Vegetables <i>Banana</i>	<i>Vegetable Barley Soup</i> Steak Parmesan Lemon Potatoes Vegetables <i>Oatmeal Raisin Cookie</i>	<i>Roasted Tomato Soup</i> Poached Fish Basmati Rice with Mushrooms Vegetables <i>Chocolate Pudding</i>	<i>Chicken Vegetable Soup</i> Butter Chicken Steamed Rice Vegetables <i>Lemon and Coconut</i> <i>Cake</i>	<i>Vegetable Soup</i> Spaghetti and Meat Balls Vegetables <i>Fruit Salad</i>		
		W E E K 3	Jan 22-26 Feb 19-23 Mar 19-23 Apr 16-20 May 14-18 Jun 11-15 Jul 9-13	<i>Minestrone</i> Roast Chicken Mashed Potatoes Vegetables <i>Chocolate Cake</i>	<i>Split Pea Soup</i> Cabbage Rolls Vegetables <i>Apple Crumble</i>	<i>Clam Chowder</i> Seafood Casserole Rice Vegetables <i>Cookie</i>	<i>Cream of Broccoli</i> Barbeque Chicken Mixed Rice & Peas Vegetables <i>Muffin</i>	<i>Cream of Potato</i> Boneless Pork Chop with Gravy Vegetables <i>Fruit Crisp</i>	
			W E E K 4	Jan 1-5 Jan 29-Feb 2 Feb 26-Mar 2 Mar 26-30 Apr 23-27 May 21-25 Jun 18-22	<i>Mulligatawny</i> Chicken Cacciatore Noodles Vegetables <i>Tapioca Pudding</i>	<i>Roasted Eggplant Soup</i> Beef Meatballs Mashed Potatoes Vegetables <i>Banana Loaf</i>	<i>Navy Bean Soup</i> Catch of the Day Fried Potatoes Vegetables <i>Peach and Pear Halves</i>	<i>Chicken Noodle Soup</i> Roasted Turkey Mashed Potatoes Vegetables <i>Fruit Tart</i>	<i>Mushroom Soup</i> Shepherd's Pie Grilled Tomato Vegetables <i>Cheesecake</i>
				Sandwich Pack		Turkey & Fruit	Vegetarian & Fruit	Tuna Salad & Fruit	Egg Salad & Fruit