

The Palace Summer 2020 - WEEK 1

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
	Strawberries	Banana Half	Mandarin Oranges	Blueberries	Chilled Diced	Banana Half	Cantaloupe Chunks
	Oatmeal	Oatmeal	Cinnamon Oatmeal	Oatmeal	Peaches	Oatmeal	Cinnamon Oatmeal
	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Poached Egg	Oatmeal	Poached Egg	Scrambled Eggs
	Raisin Toast	Whole Wheat Toast	Bacon	Whole Wheat Toast	Poached Egg	Whole Wheat Toast	Bacon Strips
	-----	-----	Whole Wheat Toast	-----	Whole Wheat Toast	-----	-
	Assorted Cold Cereal	Assorted Cold Cereal	-----	Assorted Cold Cereal	-----	Assorted Cold Cereal	-----
	Peanut Butter Whole Wheat Toast	Vanilla Yogurt Fruit Extreme Muffin	Assorted Cold Cereal	Vanilla Yogurt Mini Cinnamon Bun	Assorted Cold Cereal Peanut Butter	Peanut Butter	Assorted Cold Cereal Peanut Butter Whole Wheat Toast
LUNCH	Baked Ham in Pineapple Juice	Sweet & Sour Chicken Fluffy Rice	Seasoned Cowboy Steak	Chicken Kiev Mashed Potatoes	Cod Au Gratin Oven-Browned	Greek Style Chicken Breast	Roast Turkey Turkey Gravy
	Scalloped Potatoes	Oriental Vegetables	Brown Gravy	Pick of the Day	Potatoes	Whipped Potatoes	Herbed Potatoes
	Green Peas	Whole Wheat Bread	Baked Potato	Vegetable Blend	Green Peas	California Vegetables	Green Beans
	Whole Wheat Bread	Strawberry Shortcake	Sour Cream	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
	Frosted Marble Cake	-----	Sliced Carrots	Cake Cherry	Neapolitan Ice	Lemon Mousse	Peach Pie
	-----	Pork Chop &	Whole Wheat Bread	Streusel RTS	Cream	-----	-----
	Parmesan and Herb Baked Fish	Mushroom Sauce -	Maple Chocolate Mania Cake	-----	-----	Krunchie Perch Potato Coins	Meat Lasagna Mixed Green Italian
	Lemon Wedge	Mashed Potatoes	-----	Spaghetti & Meat Sauce	Meatloaf	Dixie Coleslaw	Salad
	Sweet Balsamic	Butternut Squash	Turkey Schnitzel	Garlic Bread	Sunrise Vegetables	Fresh Grapes	Fresh Watermelon
	Brussels Sprouts Chilled Diced Pears	Crushed Pineapple	Whole Green Beans Chilled Apricots	Hot Spiced Apples	Mango		
DINNER	Homestyle Turkey	Beef Vegetable Soup	Chicken Vegetable	Homemade	Cream of Potato &	Corn Chowder	Creamy Dijon
	Vegetable Soup	Macaroni & Cheese	Noodle Soup	Vegetable Barley	Leek Soup	Pulled Pork on White	Chicken Mushroom
	Beef Pie	Stewed Tomatoes	Battered English	Soup	Turkey w/Lettuce on	Bun	Soup
	Tossed Ranch Salad	Whole Wheat Bread	Style Pollock	Chicken Caesar	Whole Wheat	Macaroni Salad	Seafood Salad
	Fresh Watermelon	Cantaloupe Chunks	Tartar Sauce	Salad	Spring Mix Lettuce	Whole Wheat Bread	Chickpea Vegetable
	-----	-----	French Fries	-	Salad	Mandarin Oranges	Salad
	Egg Salad	Deli & Potato Salad	Montego Vegetables	Wheat Roll	Chilled Tropical Fruit	-----	Wheat Roll
	Black Bean Corn	Plate	Fruit Cocktail	Chilled Diced	-----	French Toast	Chilled Diced Pears
	Salad	Wheat Roll	-----	Peaches	Ham & Cheese	Vanilla Greek Yogurt	-----
	Mini Croissant	Apple Cobbler	Shaved Ham Sndw on WW	-----	Omelet	Summer Fruit Salad	Weiners & Beans
Butterscotch Ice Cream		Broccoli Salad Whole Wheat Bread Creme Caramel	BBQ Beef on Bun Buttered Corn Pineapple Upside Down Cake	Harvard Beets Tea Biscuit French Cream Cake	Brownie	Sauteed Pepper & Onion Cornbread Vanilla Chocolate Ice Cream Bar	

The Palace Summer 2020 - WEEK 2

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
	Fruit Cocktail	Banana Half	Chilled Tropical Fruit	Cantaloupe Chunks	Sliced Strawberries	Banana Half	Chilled Diced Pears
	Cinnamon Oatmeal	Oatmeal	Cinnamon Oatmeal	Cinnamon Oatmeal	Oatmeal	Oatmeal	Cinnamon Oatmeal
	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Poached Egg	Scrambled Eggs
	Whole Wheat Toast	Whole Wheat Toast	Bacon	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
	-----	-----	Whole Wheat Toast	-----	-----	-----	-----
	Assorted Cold Cereal	Assorted Cold Cereal	-----	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Peanut Butter	Peanut Butter	Assorted Cold Cereal	Peanut Butter	Peanut Butter	Peanut Butter	Cereal	
Banana Muffin		Vanilla Yogurt	Whole Wheat Toast		White Toast	Peanut Butter	
L U N C H	Country Style Fried Chicken	Spaghetti & Meat Sauce	Salisbury Steak Beef Gravy	Butter Chicken Basmati Rice	Rstd Red Pepper Garlic Fish	Honey Marinated Pork Loin	Roast Beef Beef Gravy
	Garlic Mashed Potatoes	Caesar Salad Garlic Bread	Paprika Potatoes Seasoned Diced Turnips	Broccoli Florets Whole Wheat Bread	Scalloped Potatoes Florentine Veg Mix	Boiled Red Potato Sunrise Vegetables	Mashed Potatoes Seasoned Green Beans
	Calico Corn	Caramel Cheesecake	-----	Blueberry Crisp	Whole Wheat Bread	Whole Wheat Bread	-----
	Whole Wheat Bread	-----	Whole Wheat Bread	-----	Triple Chocolate	Black Forest Cake	Tea Biscuit
	Chocolate Mousse	Teriyaki Turkey	Red Velvet Cake	Country Sausage Mashed Potatoes	Fudge Cake	-----	Cherry Pie
	-----	-	-----	Sauteed Pepper & Onion	-----	Baked Chicken Breast	-----
	Swedish Meatballs	Fluffy Rice	Sole w/Lemon Pepper	Sauteed Pepper & Onion	Hawaiian Ham	Onion Gravy	Smokey Turkey Chili
-	Sauteed Garlic			Green Peas	Whipped Squash	Cauliflower	
Cocktail Vegetables	Mushrooms	Sweet Balsamic	Chilled Apricots	Chilled Apple Slices	Fresh Grapes	Cornbread	
Honeydew Melon	Chilled Diced Peaches	Brussels Sprouts Mango				Chilled Tropical Fruit	
D I N N E R	Tomato & Macaroni Soup	Chicken Vegetable Barley Soup	Cream of Celery Soup	Turkey Rice Soup	French Canadian Pea Soup	Chicken Noodle Soup	Cream of Mushroom Soup
	Three Cheese Omelete	Captain Burger on WW Bun	Crispy Breaded Chicken	Pizza of Choice	Sliced Turkey on Wheat	Hot Dog on Wheat Bun	Pancakes
	Green Peas	Tartar Sauce	Plum Sauce	Spring Mix Lettuce Salad	Spinach Salad	Ketchup	Vanilla Yogurt
	Whole Wheat Bread	Rainbow Coleslaw	French Fries	Fruit Cocktail	w/Cranberry Drsg	Mustard	Sliced Strawberries
	Orange Sections	Blueberries	Poutine Gravy & Cheese Curd	-----	Mandarin Oranges	Pickle Relish	Fresh Watermelon
	-----	-----		Egg Salad Sndw on Wheat	-----	Caesar Salad	-----
	Sliced Ham Sndw on Rye	Cottage Cheese Fruit Salad Plate	Mixed Salad with French Dressing	Tomato Slices	Beef Taco Casserole	Chilled Diced Peaches	Salmon Salad on Croissant
	Chopped Salad with Balsamic	Fruit Extreme Muffin	Whole Wheat Bread	Naan Bread	Parslied Cauliflower	-----	Four Cheese Penne
Vanilla Bean Dream Cake	Ice Cream Sandwich	Crushed Pineapple	Maple Swirl Ice Cream	Cornbread	Italian Mixed Vegetables	Pasta Casserole	
		-----		Butterscotch Pudding	Whole Wheat Bread	Italian Mixed Vegetables	
		Pasta and Salad Plate			Rice Pudding	Whole Wheat Bread	Dill Cucumber & Red Onion Salad
		Wheat Roll					Pistachio Dark Chocolate Bar
		Summer Berry Flan					

The Palace Summer 2020 - WEEK 3

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
	Chilled Diced Peaches	Banana Half	Chilled Diced Pears	Fruit Cocktail	Chilled Apricots	Banana Half	Chilled Diced Peaches
	Cinnamon Oatmeal	Cinnamon Oatmeal	Oatmeal	Oatmeal	Cinnamon Oatmeal	Oatbran Cereal	Peaches
	Hard Boiled Egg	Poached Egg	Bacon Strips	Hard Boiled Egg	Scrambled Eggs	Fried Egg	Oatmeal
	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Scrambled Eggs
	-----	-----	Raisin Toast	-----	-----	-----	Bacon Strips
	Assorted Cold Cereal	Assorted Cold Cereal	-----	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
Peanut Butter	Vanilla Yogurt	Assorted Cold Cereal	Peanut Butter	Peanut Butter	Peanut Butter	-----	
	Mini Cinnamon Bun	Peanut Butter		Poached Egg	Poached Egg	Assorted Cold Cereal	
		Whole Wheat Toast				Peanut Butter	
LUNCH	Honey Garlic Glazed Chicken	BBQ Pork Drummies	Crunchy Ranch Flavoured Chicken	Prime Rib w/Horseradish & Gravy	Broiled Salmon	Pork Roast	Baked Chicken with Chalet Sauce
	Scalloped Potatoes	Whipped Potatoes	Au Gratin Potatoes	Roasted Potatoes	Hollandaise Sauce	Orange & Rosemary Sauce	Garlic Mashed Potatoes
	Buttered Brussels Sprouts	Whole Green Beans	Broccoli Florets	Minted Peas	Mashed Potatoes	Boiled Red Potato	Italian Mixed Vegetables
	Whole Wheat Bread	Cherry Cheesecake	Whole Wheat Bread	Whole Wheat Bread	Oregano Green Beans	Sauteed Pepper & Onion	Whole Wheat Bread
	Triple Layer Chocolate Cake	-----	Apple Crumble Square	Van Caramel Swirl Cake	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
	-----	Turkey Stir Fry	-----	-----	Cotton Candy Ice Cream	Caramel Crunch Bar	Chocolate Cream Mint Pie
	Sweet & Spiced Ham	Fluffy Rice	Grilled Pollock Fish	Roasted Vegetable Lasagna	-----	-----	-----
	Buttered Corn	Oriental Vegetables	Sunrise Vegetables	Tossed Salad & Italian Dressing	Beef Shepherd's Pie	Turkey Pot Pie	Spaghetti & Meat Sauce
	Mandarin Oranges	Apricot Apple Blend	Crushed Pineapple	Orange Sections	California Vegetables	Broccoli Florets	-
					Fresh Grapes	Honeydew Melon	Caesar Salad
						Garlic Bread	
						Deluxe Fruit Salad	
DINNER	Garden Vegetable Soup	Cream of Broccoli Soup	Minestrone Soup	Barley Beef Soup	Cream of Tomato Soup	Chicken Rice Soup	Cream of Vegetable Chowder
	Pasta Tortellini in Red Pepper Pesto	Fish 'n Chips	Cottage Cheese & Fruit Plate	Turkey w/Lettuce on Whole Wheat	Grilled Cheese on Wheat	Hamburger on White Bun	Cod Nuggets
	Mixed Green Salad	Tartar Sauce	Carrot Muffin	Tomato & Cucumber Salad	Chopped Salad with Balsamic	Ketchup	Tartar Sauce
	Balsamic Vinaigrette Dressing	-	Tiramisu Mousse	Fresh Watermelon	Chopped Salad with Mango	Mustard	Sweet Potato Fries
	Garlic Bread	Dill & Lemon Pepper	-----	-----	-----	Spring Mix Lettuce Salad	Mixed Salad with French Dressing
	Cantaloupe Chunks	Glazed Carrots	Sausage Patty	Garden Chili	Hawaiian Chicken Salad	Crushed Pineapple	Whole Wheat Bread
	-----	Whole Wheat Bread	Diced Hashbrown	Parslied Cauliflower	-----	-----	Mandarin Oranges
	Roast Beef Sandwich on Brown Bread	Sliced Strawberries	Greek Salad	Cornbread	Dill Potato Salad	Quiche Florentine	-----
	Fluffy Rice	-----	Whole Wheat Bread	Blueberry Tart	Wheat Roll	Sliced Carrots	Cheese Lettuce
	Cucumber Slices	Corned Beef on Wheat	Honeydew Melon		Pear Cranberry Crisp	Whole Wheat Bread	Tomato Sndw w/Mayo
Baked Custard	Rainbow Coleslaw				Rice Krispy Square	Four Bean Salad	
	French Vanilla Ice Cream					Tapioca Pudding	