

West Park SS 21 - Week 1

Diet: Regular / Texture:
Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Orange Juice Strawberries Oatmeal Hard Boiled Egg Raisin Toast Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Cranberry Juice Banana Half Cream of Wheat Poached Egg Whole Wheat Toast Assorted Cold Cereal Vanilla Yogurt Fruit Extreme Muffin	Apple Juice Mandarin Oranges Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Assorted Cold Cereal Peanut Butter	Orange Juice Blueberries Oatbran Cereal Hard Boiled Egg Whole Wheat Toast Assorted Cold Cereal Vanilla Yogurt Mini Cinnamon Bun	Cranberry Juice Honeydew Melon Oatmeal Poached Egg Whole Wheat Toast Assorted Cold Cereal Peanut Butter	Apple Juice Banana Half Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Assorted Cold Cereal Peanut Butter Rye Toast	Orange Juice Cantaloupe Chunks Cream of Wheat Egg & Bacon on English Muffin Assorted Cold Cereal Peanut Butter Whole Wheat Toast
LUNCH						
Garden Vegetable Soup Unsalted Soda Crackers Hamburger on Wheat Bun Greek Salad Fresh Watermelon Egg Salad Black Bean Corn Salad Mini Croissant Butterscotch Ice Cream	Beef Vegetable Soup Macaroni & Cheese Unsalted Soda Crackers Tossed Salad Whole Wheat Bread Crushed Pineapple Deli & Potato Salad Plate Wheat Roll Apple Crumble Cake	Chicken Vegetable Noodle Soup English Style Battered Pollock Unsalted Soda Crackers French Fries Coleslaw Whole Wheat Bread Fruit Cocktail Farmers Sausage Focaccia Bun Salad with Raspberry Vinaigrette Butterscotch Pudding	Homemade Vegetable Barley Soup Unsalted Soda Crackers Chicken Salad on Croissant Caesar Salad Wheat Roll Chilled Diced Peaches BBQ Beef on Bun Pickled Beets Strawberry Mousse	Cream of Potato & Leek Soup Turkey Sandwich w/Aioli Unsalted Soda Crackers Spring Mix Lettuce Salad Chilled Tropical Fruit Ham & Cheese Omelet Buttered Corn Tea Biscuit French Cream Cake	Hearty Beef Soup with Lentils & Barley Unsalted Soda Crackers Perogies w/Bacon & Onions Prince Edward Vegetables Whole Wheat Bread Mandarin Oranges French Toast Vanilla Greek Yogurt Summer Fruit Salad Brownie	Cream of Chicken Soup Unsalted Soda Crackers Tuna Salad Chickpea Vegetable Salad Wheat Roll Chilled Diced Pears Weiners & Beans Sauteed Pepper & Onion Whole Wheat Bread Butterscotch Sundae
DINNER						
Battered Cod Fillet Mashed Potatoes Sweet Balsamic Brussels Sprouts Whole Wheat Bread Chilled Diced Pears Pork Chop & Mushroom Sauce Butternut Squash Lemon Pudding	Sweet & Sour Chicken Fluffy Rice Asian Vegetables Whole Wheat Bread Cantaloupe Chunks Baked Ham in Pineapple Juice Scalloped Potatoes Green Peas Strawberry Shortcake	Seasoned Cowboy Steak Brown Gravy Baked Potato Sour Cream Sliced Carrots Whole Wheat Bread Chilled Apricots Turkey Schnitzel Turkey Gravy Fluffy Rice Whole Green Beans Maple Chocolate Mania Cake	Honey Garlic Ribs Honey Garlic Sauce Mashed Potatoes Scandinavian Vegetables Whole Wheat Bread Fresh Apple Slices Spaghetti & Tomato Sauce Parslied Cauliflower Pineapple Upside Down Cake	Braised Cod with Tomato & Basil Oven-Browned Potatoes Green Peas Whole Wheat Bread Mango Meatloaf Beef Gravy Sunrise Vegetables Macaroon Madness Bar	Chicken Marsala Herbed Potatoes California Vegetables Whole Wheat Bread Cantaloupe Chunks Swiss Veal Cutlet Fluffy Rice Zucchini Medley Cherry Streusel Cake RTS	Roast Turkey Turkey Gravy Whipped Potatoes Green Beans Whole Wheat Bread Fresh Watermelon Meat Lasagna Mixed Green Italian Salad Garlic Bread Apple Pie Slice

Note: Bread, margarine and/or crackers offered at Lunch and Dinner. Offer both vegetable choices at Lunch and Dinner and fruit as first choice of dessert at meals as part of CFG. Coffee, tea, water and milk offered at each meal and nourishment.