

**West Park SS 21 - Week 2**

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
<b>Cranberry Juice</b> <b>Fruit Cocktail</b> <b>Oatbran Cereal</b> <b>Scrambled Eggs</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter Banana Muffin	<b>Apple Juice</b> <b>Banana Half</b> <b>Oatmeal</b> <b>Hard Boiled Egg</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter	<b>Orange Juice</b> <b>Chilled Tropical Fruit</b> <b>Cream of Wheat</b> <b>Scrambled Eggs</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Vanilla Yogurt Mini Cinnamon Bun	<b>Cranberry Juice</b> <b>Cantaloupe Chunks</b> <b>Cinnamon Oatmeal</b> <b>Poached Egg</b> <b>Raisin Toast</b> Assorted Cold Cereal Peanut Butter Whole Wheat Toast	<b>Apple Juice</b> <b>Sliced Strawberries</b> <b>Oatbran Cereal</b> <b>Hard Boiled Egg</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter Rye Toast	<b>Orange Juice</b> <b>Banana Half</b> <b>Oatmeal</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter Scrambled Eggs Toasted English Muffin	<b>Cranberry Juice</b> <b>Chilled Diced Pears</b> <b>Cream of Wheat</b> <b>Scrambled Eggs</b> <b>Bacon Strips</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter
<b>LUNCH</b>						
<b>Tomato &amp; Macaroni Soup</b> <b>Egg &amp; Cheese Bake w/Seasoned Crumble</b> <b>Unsalted Soda Crackers</b> <b>Green Peas</b> <b>Whole Wheat Bread</b> <b>Orange Sections</b> Sliced Ham Sndw on Rye Tossed Ranch Salad Tapioca Pudding	<b>Chicken Vegetable Barley Soup</b> <b>Unsalted Soda Crackers</b> <b>Captain Burger on WW Bun</b> <b>Rainbow Coleslaw</b> <b>Blueberries</b> Cottage Cheese Fruit Salad Plate Fruit Extreme Muffin Vanilla Ice Cream Cup	<b>Cream of Celery Soup</b> <b>Crispy Breaded Chicken</b> <b>Unsalted Soda Crackers</b> <b>Poutine Gravy &amp; Cheese Curd</b> <b>French Fries</b> <b>Mixed Salad with French Dressing</b> <b>Whole Wheat Bread</b> <b>Crushed Pineapple</b> Pasta and Salad Plate Wheat Roll Peach Flan	<b>Turkey Rice Soup</b> <b>Unsalted Soda Crackers</b> <b>Pizza of Choice</b> <b>Spring Mix Lettuce Salad</b> <b>Fruit Cocktail</b> Beef Taco Salad Raspberry Streusal Cake	<b>Cream of Mushroom Soup</b> <b>Unsalted Soda Crackers</b> <b>Turkey Cranberry Sandwich on Bun</b> <b>Chickpea Vegetable Salad</b> <b>Mandarin Oranges</b> Sweet Potato Baked Frittata Lemony Green Beans Butterscotch Sundae	<b>Italian Wedding Soup</b> <b>Unsalted Soda Crackers</b> <b>Hot Dog on Wheat Bun</b> <b>Caesar Salad</b> <b>Chilled Diced Peaches</b> Four Cheese Penne Pasta Casserole Italian Mixed Vegetables Whole Wheat Bread Rice Pudding	<b>Fiesta Chicken Chowder</b> <b>Unsalted Soda Crackers</b> <b>Pancakes</b> <b>Vanilla Yogurt</b> <b>Strawberries &amp; Rhubarb Compote</b> <b>Fresh Watermelon</b> Salmon Salad on Croissant Dill Cucumber & Red Onion Salad Pistachio Dark Chocolate Bar
<b>DINNER</b>						
<b>Country Style Fried Chicken</b> <b>Garlic Mashed Potatoes</b> <b>Calico Corn</b> <b>Whole Wheat Bread</b> <b>Honeydew Melon</b> Swedish Meatballs Buttered Egg Noodles Cocktail Vegetables Chocolate Pudding	<b>Ginger Roast Pork</b> <b>Herbed Potatoes</b> <b>Florentine Veg Mix</b> <b>Whole Wheat Bread</b> <b>Chilled Diced Peaches</b> Teriyaki Turkey Fluffy Rice Sauteed Garlic Mushrooms Caramel Cheesecake	<b>Salisbury Steak</b> <b>Beef Gravy</b> <b>Paprika Potatoes</b> <b>Scandinavian Vegetables</b> <b>Whole Wheat Bread</b> <b>Mango</b> Breaded Sole Sweet Balsamic Brussels Sprouts Red Velvet Cake	<b>Creamy Dijon Chicken &amp; Mushrooms</b> <b>Fluffy Rice</b> <b>Broccoli Florets</b> <b>Whole Wheat Bread</b> <b>Chilled Apricots</b> Hawaiian Ham Scalloped Potatoes Niagara Mix Vegetables Blueberry Pudding Cake	<b>Mediterranean Glazed Haddock</b> <b>Rice Pilaf</b> <b>Seasoned Spinach</b> <b>Whole Wheat Bread</b> <b>Chilled Apple Slices</b> Farmers Sausage Mashed Potatoes Sauteed Pepper & Onion Luscious Lemon Square	<b>BBQ Pork Chops</b> <b>Boiled Red Potato</b> <b>Sunrise Vegetables</b> <b>Whole Wheat Bread</b> <b>Honeydew Chunks</b> Lemon Pepper Chicken Chicken Gravy Cauliflower Black Forest Cake	<b>Roast Beef</b> <b>Beef Gravy</b> <b>Mashed Potatoes</b> <b>Seasoned Green Beans</b> <b>Yorkshire Pudding</b> <b>Chilled Tropical Fruit</b> Homemade Turkey Meatloaf Mushroom Gravy Whipped Squash Whole Wheat Bread Cherry Pie

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.