

**West Park SS 21 - Week 3**

Diet: Regular / Texture:  
Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
<b>Apple Juice</b> <b>Blueberries</b> <b>Cinnamon Oatmeal</b> <b>Hard Boiled Egg</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter	<b>Orange Juice</b> <b>Banana Half</b> <b>Oatbran Cereal</b> <b>Scrambled Eggs</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Vanilla Yogurt Mini Cinnamon Bun	<b>Cranberry Juice</b> <b>Chilled Diced Pears</b> <b>Oatmeal</b> <b>Poached Egg</b> <b>Raisin Toast</b> Assorted Cold Cereal Peanut Butter Whole Wheat Toast	<b>Apple Juice</b> <b>Fruit Cocktail</b> <b>Cream of Wheat</b> <b>Hard Boiled Egg</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter	<b>Orange Juice</b> <b>Chilled Apricots</b> <b>Cinnamon Oatmeal</b> <b>Scrambled Eggs</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter Rye Toast	<b>Cranberry Juice</b> <b>Banana Half</b> <b>Oatbran Cereal</b> <b>Poached Egg</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter Toasted English Muffin	<b>Apple Juice</b> <b>Chilled Diced Peaches</b> <b>Cream of Wheat</b> <b>Bacon Strips</b> <b>Scrambled Eggs</b> <b>Whole Wheat Toast</b> Assorted Cold Cereal Peanut Butter
<b>LUNCH</b>						
<b>Homestyle Turkey Vegetable Soup</b> <b>Unsalted Soda Crackers</b> <b>Pasta Tortellini in Tomato Pesto</b> <b>Pick of the Day Vegetable Blend</b> <b>Italian Dressing</b> <b>Garlic Bread</b> <b>Cantaloupe Chunks</b> Meatball Sub Mixed Green Salad Pineapple Custard Lemon Pudding	<b>Cream of Broccoli Soup</b> <b>Unsalted Soda Crackers</b> <b>Fish 'n Chips</b> <b>Dill &amp; Lemon Pepper Glazed Carrots</b> <b>Whole Wheat Bread</b> <b>Sliced Strawberries</b> Corned Beef & Swiss on Rye Rainbow Coleslaw French Vanilla Ice Cream	<b>Minestrone Soup</b> <b>Unsalted Soda Crackers</b> <b>Cottage Cheese &amp; Fruit Plate</b> <b>Carrot Muffin</b> <b>Honeydew Melon</b> Sausage Patty Potato Hashbrowns Greek Salad Whole Wheat Bread Chocolate Pudding	<b>Barley Beef Soup</b> <b>Unsalted Soda Crackers</b> <b>Turkey w/Lettuce on Whole Wheat</b> <b>Spinach Salad w/Cranberry Drsg</b> <b>Mango</b> Macaroni & Cheese Parslied Cauliflower Raspberry Tart	<b>Cream of Tomato Soup</b> <b>Unsalted Soda Crackers</b> <b>Grilled Cheese on Wheat</b> <b>Chopped Salad with Balsamic</b> <b>Fresh Watermelon</b> Hawaiian Chicken Salad Dill Potato Salad Wheat Roll Blueberry Pudding Cake	<b>Chicken Rice Soup</b> <b>Unsalted Soda Crackers</b> <b>Veggie Burger on WW Bun</b> <b>Tomato Slices &amp; Lettuce</b> <b>Creamy Cucumber &amp; Onions</b> <b>Crushed Pineapple</b> Quiche Florentine Sliced Carrots Whole Wheat Bread Rice Krispy Square	<b>Cream of Vegetable Chowder</b> <b>Cod Nuggets</b> <b>Unsalted Soda Crackers</b> <b>Sweet Potato Fries</b> <b>Caesar Salad</b> <b>Whole Wheat Bread</b> <b>Mandarin Oranges</b> Cheese Lettuce Tomato Sndw w/Mayo Four Bean Salad Tapioca Pudding
<b>DINNER</b>						
<b>Honey Garlic Glazed Chicken</b> <b>Scalloped Potatoes</b> <b>Brussels Sprouts</b> <b>Whole Wheat Bread</b> <b>Mandarin Oranges</b> Sweet & Spiced Ham Buttered Corn Triple Layer Chocolate Cake	<b>BBQ Sauce Glazed Pork Ribette</b> <b>Whipped Potatoes</b> <b>Whole Green Beans</b> <b>Whole Wheat Bread</b> <b>Apricot Halves</b> Turkey Stir Fry Fluffy Rice Asian Vegetables Cherry Cheesecake	<b>Crunchy Ranch Flavoured Chicken</b> <b>Roasted Potatoes</b> <b>Broccoli Florets</b> <b>Whole Wheat Bread</b> <b>Crushed Pineapple</b> Baked Cod Fillet Lemon Wedge Sunrise Vegetables Apple Crumble Square	<b>Tender Philly Steak</b> <b>Au Gratin Potatoes</b> <b>Minted Peas</b> <b>Whole Wheat Bread</b> <b>Orange Sections</b> Roasted Vegetable Lasagna Tossed Salad & Italian Dressing Van Caramel Swirl Cake	<b>Broiled Salmon</b> <b>Hollandaise Sauce</b> <b>Mashed Potatoes</b> <b>Oregano Green Beans</b> <b>Whole Wheat Bread</b> <b>Chilled Tropical Fruit</b> Beef Shepherd's Pie California Vegetables Orange Sorbet	<b>Pork Roast</b> <b>Orange &amp; Rosemary Sauce</b> <b>Boiled Red Potato</b> <b>Sauteed Pepper &amp; Onion</b> <b>Whole Wheat Bread</b> <b>Honeydew Melon</b> Biscuit Topped Turkey Pie Broccoli Florets Tripleberry Crumble	<b>Baked Chicken with Chalet Sauce</b> <b>Garlic Mashed Potatoes</b> <b>Italian Mixed Vegetables</b> <b>Whole Wheat Bread</b> <b>Deluxe Fruit Salad</b> Spaghetti & Meat Sauce Mixed Salad with French Dressing Garlic Bread Chocolate Cream Mint 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.