Weekly Menu Fall 2016 Menu - Week 3 - Diet : Regular/Regular

GFS CONNECT menu+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes
Oatmeal	Cream of Wheat w/bran	Oatmeal	Cream of Wheat w/bran	Oatmeal	Cream of Wheat w/bran	Oatmeal
Scrambled Egg	Poached Egg	Scrambled Egg	Scrambled Egg	Boiled Egg	Scrambled Egg	Sliced Bacon
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Assorted Jams/Spreads	Whole Wheat Toast	Poached Egg
Assorted Jams/Spreads	Assorted Jams/Spreads	Assorted Jams/Spreads	Assorted Jams/Spreads	Whole Wheat Toast	Assorted Jams/Spreads	Whole Wheat Toast
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	Assorted Jams/Spreads
Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	2% Milk
						Coffee
Banana	Banana	Banana	Banana	Banana	Banana	Mandarin Oranges
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
		Fruit Scone				
Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
Butternut Squash Soup	Vegetable Beef Soup	Cream of Cauliflower Soup	Chef's Choice Soup	Cream of Tomato Soup	Tomato Macroni Soup	Cream of Veg and Rice Soup
Ciabatta Bun	Salmon Salad Sandwich	Beef Gravy	Crab Salad On A Croissant	Ham & Cheese Sandwich WW	Hamburger w/Condiments	Chicken Nuggets
BBQ Pulled Pork	Apple Coleslaw	Beef Pot Pie	Creamy Coleslaw	Salad Dressing	Lettuce & Tomato Slices	Plum Sauce
Creamy Cucumber Salad	Mixed Melons	Diced Turnip	Mandarin Oranges	Tossed Salad	Sliced Peaches	O'Brien Potatoes
Stewed Rhubarb	2% Milk	Diced Pears	2% Milk	Applesauce	2% Milk	Cali Mixed Vegetable
2% Milk		2% Milk		2% Milk		Mixed Berries
						2% Milk
Spinach & Cheese Strata	Perogies w/Cheese	Devilled Eggs	Poultry Gravy	Sloppy Joes	Egg Salad Sandwich WW	Macaroni and Cheese
Peas & Carrots	Sauteed Onions	Dinner Roll	Turkey Schnitzel	Hamburger Bun	Romaine Salad	Stewed Tomato
Chocolate Mousse	Two-bite Brownie	Mixed Greens	Baked Potato Wedges	Slliced Carrots	Jello w/Topping	Lemon Poppy Seed Loaf
		Peanut Butter Cookie	Green Peas	Lemon Streusel Cake		
			Assorted Dessert Square			
Assorted Drink	Assorted Drink	Assorted Drink	Assorted Drink	Assorted Drink	Assorted Drink	Assorted Drink
Assorted Cookie	Assorted Cookie	Assorted Cookie	Assorted Cookie	Assorted Cookie	Assorted Cookie	Assorted Cookie
Beef Stew	Chicken & Dumplings	English Style Fish	Farmer Sausage	Chicken Vegetable Stir Fry	Mushroom Baked Pork Chop	Beef Gravy
Tea Biscuit	Brussels Sprouts	Dollar Chips	Paprika Roasted Potato	White Rice	Parsley Boiled Potatoes	Beef Pot Roast
Sauteed Onions & Peppers	Fresh Fruit	Sauteed Asian Mixed Veg	Creamed Corn	Green Peas	Cut Green Beans	Mashed Potatoes
Fruit Cocktail	2% Milk	Crushed Pineapple	Diced Mango	Fruit Salad	Diced Cantaloupe	Brussels Sprouts
2% Milk		2% Milk	2% Milk	2% Milk	2% Milk	Banana
						2% Milk
Honey Garlic Turkey	Meatballs w/Mushroom Sauce	Tangy Marinated Pork	Vegetable Lasagna	Cod w/Ital Crumb Topping	Salisbury Steakette w Gravy	BBQ Chicken Thigh
Mashed Potatoes	Savoury Diced Potatoes	Mashed Potatoes	Garlic Bread	Tomato Parmesan	Scalloped Potato	
Diced Squash	Sauteed Asian Mixed Veg	Herbed Parsnip	Caesar Salad	Roasted Potatoes	Broccoli	Buttered Egg Noodles
Carrot Cake	Lemon Tart	Mini Cinnamon Crunchie	Orange Citrus Cake	Poke Cake	Vanilla Pudding	Sliced Carrots
						Blueberry Pie
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich