

CYCLE WEEK #1

SUMMER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Prunes or Prune Juice Cereal Toast Scrambled Egg Bacon	Oranges Cereal Toast Boiled Egg Bacon/Sausage	Prunes or Prune Juice Cereal Toast Fried Egg Bacon	Oranges Cereal Toast Poached egg Bacon/Sausage	Prunes or Prune Juice Cereal Raisin Toast Scrambled Egg Bacon	Oranges Cereal Toast Boiled Egg Bacon	Prunes or Prune Juice Cereal Toast Fried Egg Bacon/Sausage
Cream of Mushroom Subs Chips/Cheesies Peaches	Homemade Soup Corn Scallop Pickles Butter Tarts	Cream of Celery Sloppy joes Tossed salad Soft Peanut Butter Cookie	Homemade Soup Chicken Pot Pie Pickles Ice Cream	Cream of Tomato Deli Meats Potato Salad with onion Coleslaw Fresh fruit salad	Homemade Soup Cream peas on Toast Summer Berry Muffin	Cream of Mushroom Hodge Podge Dinner Roll Peaches & Cream Pudding
<i>Alternate</i>						
<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches
Liver & Onions Boiled Potato Peas (Frozen) Cherry cheese Cake	Chicken Stew Boiled Potato Carrot/Turnip Biscuit/Dumpling Carrot Cake	Roast Beef Pasta Salad Beet salad Cucumber Salad Tapioca	Orange Teriyaki Glazed Pork Chops Mashed Potatoes Coleslaw corn Blueberry Tart	Battered Fish Garlic Mashed Potatoes Broccoli Diced Beets Banana Bread	BBQ Ribs Roasted Potato Onions Carrots Lemon Loaf	herbed Roast Pork Gravy scalloped Potato Green Beans Squasah Coconut Cream Pie
<i>Alternate</i>						
Turkey	<i>Roast Beef</i>	<i>Ham</i>	<i>Roast Beef</i>	<i>Roast Pork</i>	<i>Turkey</i>	<i>Breaded Fish</i>

CYCLE WEEK #2

SUMMER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Prunes or Prune Juice Cereal Toast Scrambled Egg Bacon	Oranges Cereal Toast Boiled Egg Bacon/Sausage	Prunes or Prune Juice Cereal Toast Fried Egg Bacon	Oranges Cereal Toast Poached egg Bacon/Sausage	Prunes or Prune Juice Cereal Raisin Toast Scrambled Egg Bacon	Oranges Cereal Toast Boiled Egg Bacon	Prunes or Prune Juice Cereal Toast Fried Egg Bacon/Sausage
Home-made soup Broccoli Quiche Mixed Vegetable Chocolate Chip cookies	Cream soup Hot Chicken Sandwiches Sliced Tomatoes & Cukes Jello & Whipped Cream	Home-made soup Homemade Pizza Caesar Salad Soft Ginger Cookie	Cream Soup Grilled Cheese Sandwich Coleslaw Lemon Pudding & Whip Cream	Home-made soup Fruit Salad plate with cottage cheese Tea biscuit Fudge Sticks	Cream Soup Fish Burger Tossed salad Mandain Oranges	Home-made soup Pancakes Sausage Stewed Strawberries & Rhubarb
<i>Alternate</i>						
<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches

Boiled Ham Dinner Cabbage Potato, carrots Lemon Strusal Cake	Shepherd's pie Pickles Date square	Salmon & Lemon Butter sauce Baked Potato Corn Niblets Brussel Sprouts Strawberry Shortcake	BBQ Chicken Mashed Potato Beets Yellow Beans Frosted Pound Cake	Baked Mushroom Porkchops Mashed Potato Mixed Vegetables Orange Sherbet	Baked Beans Home-Made Brown Bread or Omlets Sliced Tomatoes & cukes Cinnamon Sugar donuts	Turkey & Gravy Cranberry sauce Mashed Potato Squash Brussel Sprouts Butterscotch Meringue PIE
<i>Alternate</i>						
Roast Beef	<i>Turkey</i>	<i>Ham</i>	<i>Roast Pork</i>	<i>Roast Beef</i>		<i>Breaded Fish</i>

CYCLE WEEK #3

SUMMER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Prunes or Prune Juice Cereal Toast Scrambled Egg Bacon	Oranges Cereal Toast Boiled Egg Bacon	Prunes or Prune Juice Cereal Toast Fried Egg Bacon	Oranges Cereal Toast Poached egg Bacon/Sausage	Prunes or Prune Juice Cereal Raisin Toast Scrambled Egg Bacon	Oranges Cereal Toast Boiled Egg Bacon	Prunes or Prune Juice Cereal Toast Fried Egg Bacon/Sausage
Cream Soup Baked Ham Denver Dinner Roll Sliced Tomatoes & cukes	Homemade Soup Hamburgers Potato Salad	Cream of Chicken Cornbeef Hash Corn Relish	Homemade Soup Pulled Pork Sandwich Coleslaw	Cream of Mushroom Macaroni & Cheese Tossed Salad	 Canned Beans & Weiners Home-made Roll	Cream of Tomato Fish Cakes Chow Chow Diced Carrots
Butterscotch Ice Cream	Mango Strawberry Crumble	Fruited Jello	Soft Peanut Butter Cookies	Blueberries & Whip cream	Orange Cake & Icing	Yogurt
<i>Alternate</i>						
<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches
BBQ Diced Pork Mashed Potato Mix Vegetable	Lemon Herb Tilapia Mashed Potato Carrots Corn	Lasagna Ceasar Salad Garlic Bread	Lemon Rosemary Chicken Chicken Gravy Mini Roasted Potatoes Squash Peas	Sausage Sauerkraut Mashed Potatoes Carrots	Roast Beef Pasta Salad Bean Salad Roll	Baked Ham & Brown sugar sauce Scallop Potato Broccoli Corn
Apple Rum Tarts	Black Forest Cake	Fresh Cream Cheese Cake	Peach Crisp	Soft Ginger Cookie	Lemon Pie Bars	Coconut Cream Pie
<i>Alternate</i>						
Turkey	Roast Beef	Roast Pork	Breaded Fish	Roast Beef	Roast Pork	Turkey

CYCLE WEEK #4

SUMMER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oranges Cereal Toast Scrambled Egg Bacon	Prunes or Prune Juice Cereal Raisin Toast Boiled Egg Bacon/Sausage	Oranges Cereal Toast Fried Egg Bacon	Prunes or Prune Juice Cereal Toast Poached egg Bacon/Sausage	Oranges Cereal Toast Scrambled Egg Bacon	Prunes or Prune Juice Cereal Toast Boiled Egg Bacon	Oranges Cereal Toast Fried Egg Bacon/Sausage
Homemade Soup Western Sandwiches Sliced Tomatoes & Cukes Stewed Rhubarb	Homemade Soup Hodge Podge Biscuits Creamsicle Cookies	Cream of Chicken Baked Bologna Hash Mixed Vegetable Ice Cream	Homemade Soup Chicken Burgers Sliced Tomatoes & Cukes Pears	Cream of Tomato Fish Nuggets Wedges Coleslaw Soft Raisin Cookies	 Beef Tips Baked Potato Mix Vegetables Yogurt Parfait	Homemade Soup Hot Dogs Potato Salad with veg Butterscotch Pudding
<i>Alternate</i>						
<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches	<i>Cream of Tomato</i> Assorted Sandwiches

BBQ Chicken legs Mashed Potato peas (Frozen) carrots Cup Cakes	Lentil & Beef Meatloaf Mashed Potato Squash Beets Rocky Road Sqaes	Haddock & Egg Sauce Mashed Potatoes Corn Green Beans Peaches & Cream <i>Jello Dessert</i>	BBQ Pork chops Pasta Salad Apple/Carrot salad roll <i>Wild Blueberry Cake</i>	Spaghetti & meat Sauce Garden Salad Garlic Bread <i>Caramel coffee Cake</i>	Baked Beans Homemade Brown Bread or Omlets Pickles Raspberry Mallow <i>Sqaes</i>	Turkey & Gravy Mashed Potato Dressing Turnip Peas Bread <i>Apple Pie</i>
<i>Alternate</i>						
Roast Beef	Turkey	Ham	Roast Beef	Roast Pork		Breaded Fish