

MARIANN HOME MASTER MENU (STANDARD)

MENU A – WEEK 3

APRIL 7 – 13 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
ORANGE/APPLE JUICE HOT OATMEAL ASSORTED COLD CEREAL BUTTERED WW TOAST VEGETABLE OMELETTE	ORANGE/APPLE JUICE HOT CREAM OF WHEAT ASSORTED COLD CEREAL BUTTERED WW TOAST BREAKFAST SAUSAGES	ORANGE/APPLE JUICE HOT OATMEAL ASSORTED COLD CEREAL BUTTERED WW TOAST POACHED EGGS	ORANGE/APPLE JUICE HOT CREAM OF WHEAT ASSORTED COLD CEREAL BUTTERED WW TOAST WAFFLES & BACON	ORANGE/APPLE JUICE HOT OATMEAL ASSORTED COLD CEREAL BUTTERED WW TOAST POACHED EGGS	ORANGE/APPLE JUICE HOT CREAM OF WHEAT ASSORTED COLD CEREAL BUTTERED WW TOAST SCRAMBLED EGGS	ORANGE/APPLE JUICE HOT OATMEAL ASSORTED COLD CEREAL BUTTERED WW TOAST HOT CROSS BUN CHEDDAR/HAVARTI CHEESE
LUNCH						
CHICKEN & RICE SOUP TUNA CASSEROLE MIXED VEGETABLES RYE BREAD APPLESAUCE GRILLED CHEDDAR CHEESE SANDWICH MIXED GREEN SALAD CHOCOLATE CREAM PIE	SPLIT PEA SOUP PORK POT STICKER CHICKEN DUMPLING EGG ROLL SAUTEED MUSHROOMS FRESH FRUIT CUP CHEESE CANNELONI HERBED FRENCH GREEN BEANS MOUSSE	CHICKEN NOODLE SOUP FRUIT PLATE: COTTAGE/HAVARTI CHEESE WATERMELON WEDGE MANGO AND GRAPES RAISIN BREAD CHOCOLATE PUDDING ASSORTED SUB ROMAINE SPINACH SALAD WITH TOASTED ALMONDS PEACHES N' CREAM	CREOLE TOMATO SOUP TURKEY BURGER WITH FETA & TOMATO SLICE ROMAINE MUSHROOM SALAD APPLESAUCE FISH BITES <i>Tartar Sauce</i> SPICED CARROTS MULTIGRAIN ICE CREAM SUNDAE	BEEF VEGETABLE BARLEY SOUP SOUTHWESTERN CHICKEN AND RICE CASSEROLE GREEN BEANS BUTTERED MARBLE RYE TROPICAL FRUIT SALMON SANDWICH SLICED TOMATO / CUCUMBER BROWNIES	HARVEST VEGETABLE SOUP MACARONI, CHEESE & BEAN CASSEROLE MIXED VEGETABLES DICED PEARS TURKEY & HAVARTI SANDWICH TOSSED SALAD CREAM COOKIES	SMOKED TURKEY SOUP PULLED PORK CHOP SUEY VILLAGIO BREAD SQUASH LEMON MERINGUE PIE EGG SALAD SANDWICH SPINACH TOMATO BASIL SALAD MANDARIN ORANGE SECTIONS
DINNER						
CHICKEN STEW CHEESE TEA BISCUIT GARLIC HERB ROAST POTATOES GREEN BEANS MOROCCAN BERRY SHORTCAKE SWEDISH MEATBALLS MASHED POTATOES WHIPPED PARSNIPS CHOPPED APRICOTS	BEEF HOT DOG FRENCH FRIES PARSLIED CAULIFLOWER CRUSHED PINEAPPLE TURKEY STIR FRY COUSCOUS STIR FRY GRILLED VEGETABLES STRAWBERRY CREAM PIE	SHRIMP FRIED RICE PEAS DICED FRESH CANTELOUPE BBQ CHICKEN WINGS ONION RINGS ROOT VEG FRIES SHERBET	SWEET & SOUR PORK CHOP MASHED POTATOES BROCCOLI JELLO CUP CABBAGE ROLLS GARLIC BREAD CORN & RED PEPPER CHOPPED MANGO W' BERRY SAUCE	VEAL WITH GRAVY MASHED POTATOES BRUSSEL SPROUTS WITH RED PEPPERS MINI DANISH CRANBERRY ORANGE GLAZED HAM SCALLOPED POTATOES MONTEGO STYLE VEGETABLES CHOPPED APRICOTS	MEDITERRANEAN POLLOCK HASHBROWNS SEASONED BEETS <i>Tartar Sauce</i> APPLE PIE SHEPHERD'S PIE GRAVY CREAMED CORN FRUIT COCKTAIL	ASIAN CHICKEN FRIED RICE PEAS & DICED ONIONS RHUBARB & STRAWBERRIES SALISBURY STEAK IN MUSHROOM & ONION GRAVY MASHED POTATOES FALL VEGETABLE MEDLEY PEACH COBLER

WATER IS SERVED AT ALL MEALS.

WHOLE WHEAT BREAD/PUREED WHOLE WHEAT BREAD OFFERED EVERYDAY AT LUNCH. A VARIETY OF BREADS ARE OFFERED AT DINNER. TWO - THREE CRACKERS SERVED AT LUNCH WITH SOUP.

30 ML PEANUT BUTTER OR 125 ML YOGURT ARE OFFERED AS A CHOICE AT BREAKFAST. BANANA OR 3 PRUNES ARE AVAILABLE EVERYDAY AT BREAKFAST.

200 ML MILK IS OFFERED EVERYDAY AT BREAKFAST, LUNCH & DINNER.

TEA AND COFFEE ARE OFFERED AT ALL MEALS.