

MARIANN HOME MASTER MENU (STANDARD)

MENU A – WEEK 1

APRIL 14 - 20 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|--|--|
| BREAKFAST | | | | | | |
| ORANGE/APPLE JUICE HOT OATMEAL ASSORTED COLD CEREAL BUTTERED WW TOAST VEG & CHEESE 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 | | | | | | |
| VEGETABLE NOODLE SOUP PINEAPPLE CURRY MEATBALLS COUSCOUS CORN WITH RED PEPPERS LEMON TARTS TUNA SALAD SANDWICH ROMAINE & MANGO SALAD DICED PEACHES | CLAM CHOWDER TURKEY QUESADILLA FRENCH GREEN BEANS WITH TOASTED ALMONDS SAUCY CARAMEL CAKE EGG SALAD SANDWICH MARINATED TOMATO & FETA SALAD MANDARIN ORANGE SECTIONS | CREAMY TOMATO SOUP HAMBURGER PLATTER CHUNKY COUNTRY FRIES MIXED VEGETABLES <i>Sliced Tomato & Onion – Relish Cheese Slice</i> TROPICAL FRUIT HAVARTI CHEESE SANDWICH ON WW GREEN SALAD CHIFFON | CHICKEN NOODLE SOUP HASH BROWN FRITTATA FALL MEDLEY MARBLE BREAD WATERMELON WEDGE POLLOCK FINGERS COLESLAW JELLO CUP | CREAM OF MUSHROOM SOUP CHICKEN NUGGETS BAKED PEACHES WITH WARM BERRY SAUCE MULTI-GRAIN BREAD RHUBARB & STRAWBERRIES BISTRO SANDWICH CUCUMBER & RED PEPPER RICE KRISPIE SQUARE | FRESH VEGETABLE SOUP CREAMY PASTA & VEGETABLES BROCCOLI CHOPPED FRESH FRUIT CUP BEEF PIE TOSSED SALAD BUTTERTARTS | MINESTRONE SOUP HOT DOG Mustard - Relish GREEN PEAS WITH PEARL ONIONS FRUIT FLAVOUR APPLESAUCE TURKEY BACON WRAP CAESAR SALAD ICE CREAM |
| DINNER | | | | | | |
| TONKATSU PORK CUTLET BAKED POTATO WITH TOPPINGS HERBED BROCCOLI APPLE SAUCE ROAST TURKEY CRANBERRY SAUCE MASHED POTATOES WHIPPED PARSNIPS RICE PUDDING | BREADED PERCH RICE A RONI VEGETABLE BAKE DICED PEARS VEAL WITH SAUCE MASHED POTATOES GLAZED CARROTS VANILLA & STRAWBERRY WAFERS | CHICKEN IN CREAM CHEESE SAUCE ROASTED RED POTATO GREEN BEANS PUDDING CAKE BRAISED FARMER SAUSAGES IN TOMATO RICE PILAF MASHED TURNIP DICED FRESH CANTELOUPE | SPAGHETTI WITH MEATBALLS GARLIC BREAD MONTEGO VEGETABLES COCONUT CREAM PUDDING W/ WHIPPED CREAM TURKEY SCHNITZEL <i>Cranberry Sauce</i> MASHED POTATOES SQUASH & APPLE CASSEROLE CHOPPED APRICOTS | PEPPERONI PIZZA TATER TOTS BRUSSEL SPROUTS W' RED PEPPER ICE CREAM SUNDAE HOT BEEF IN YORKSHIRE PUDDING WITH GRAVY MASHED POTATOES CARROTS PINEAPPLE | PARM CRUSTED SALMON MASHED POTATOES ASIAN STYLE VEGETABLES <i>Tartar Sauce</i> LEMON MERINGUE PIE CHICKEN CACCIATORE RICE PILAF FALL MEDLEY FRUIT COCKTAIL | BBQ RIB 'O PORK FRENCH FRIES CREAM CORN CHOCOLATE BROWNIE BEEF & BROCCOLI WHITE RICE BRAISED CABBAGE MANDARINS |

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 FRUIT 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.