

MARIANN HOME MASTER MENU (STANDARD)

MENU A – WEEK 3

JULY 13 – 19 2025

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 BUTTERED RAISIN TOAST CHEDDAR/HAVARTI CHEESE
LUNCH		TAPIOCA PUDDING DAY				
CHICKEN & RICE SOUP TUNA CASSEROLE MIXED VEGETABLES RYE BREAD APPLESAUCE GRILLED CHEDDAR CHEESE SANDWICH MIXED GREEN SALAD CHOCOLATE CREAM PIE	SPLIT PEA SOUP PORK PIE (TORTIERE) SAUTEED MUSHROOMS FRESH FRUIT CUP CHEESE & SPINACH RAVIOLI HERBED FRENCH GREEN BEANS MOUSSE	CHICKEN NOODLE SOUP FRUIT PLATE: COTTAGE/HAVARTI CHEESE WATERMELON WEDGE MANGO AND GRAPES RAISIN BREAD BANANA SPLIT ASSORTED SUB ROMAINE SPINACH SALAD WITH TOASTED ALMONDS PEACHES N' CREAM	CREOLE TOMATO SOUP TERIYAKI TURKEY BURGER WITH MANGO CHUTNEY ROMAINE MUSHROOM SALAD APPLE SLICES W/ CINNAMON BREADED SOLE FILET <i>Tartar Sauce</i> SPICED CARROTS MULTIGRAIN RICE PUDDING	BEEF VEGETABLE BARLEY SOUP SOUTHWESTERN CHICKEN AND RICE CASSEROLE GREEN BEANS BUTTERED MARBLE RYE TROPICAL FRUIT SALMON SANDWICH SLICED TOMATO / CUCUMBER AMBROSIA	HARVEST VEGETABLE SOUP MACARONI, CHEESE & BEAN CASSEROLE MIXED VEGETABLES DICED PEARS TURKEY & HAVARTI SANDWICH TOSSED SALAD TRIFLE	SMOKED TURKEY SOUP PULLED PORK VILLAGIO BREAD SQUASH GINGERBREAD CAKE 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 POTATO SALAD ITALIAN VEG MIX TAPIOCA PUDDING	SWEET & SOUR PORK CHOP MASHED POTATOES BROCCOLI JELLO CUP BEEF VEGETABLE GOULASH RICE PILAF GARLIC BREAD CORN & RED PEPPER CHOPPED MANGO W' BERRY SAUCE	VEAL WITH GRAVY MASHED POTATOES BRUSSEL SPROUTS WITH RED PEPPERS STRAWBERRY JAM SQUARES BUTTER GLAZED HAM WITH RAISIN SAUCE SCALLOPED POTATOES MONTEGO STYLE VEGETABLES CHOPPED APRICOTS	MEDITERRANEAN POLLOCK HASHBROWNS SEASONED BEETS <i>Tartar Sauce</i> LEMON TARTS SHEPHERD'S PIE GRAVY CREAMED CORN FRUIT COCKTAIL	CURRY CHICKEN FRIED RICE PEAS & DICED ONIONS RHUBARB & STRAWBERRIES SALISBURY STEAK IN MUSHROOM & ONION GRAVY MASHED POTATOES FALL VEGETABLE MEDLEY BUTTERSCOTCH PUDDING

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.

NATIONAL DAYS

WEEKLY SPECIALS