

MARIANN HOME MASTER MENU (STANDARD)

MENU A – WEEK 3                      OCT 5 - 11 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>						
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
<b>CINNAMON ROLL DAY</b>					<b>ANGLE FOOD CAKE DAY</b>	
CHICKEN & RICE SOUP TUNA CASSEROLE MIXED VEGETABLES RYE BREAD  APPLESAUCE  GRILLED CHEDDAR CHEESE SANDWICH MIXED GREEN SALAD  <b>WARM APPLE BETTY WITH ICE CREAM</b>	SPLIT PEA SOUP <b>HONEY GARLIC SAUSAGES STRAWBERRY &amp; SPINACH SALAD</b>  FRESH FRUIT CUP  CHEESE CANNELONI HERBED FRENCH GREEN BEANS  <b>TRIFLE</b>	CHICKEN NOODLE SOUP FRUIT PLATE: COTTAGE/HAVARTI CHEESE WATERMELON WEDGE MANGO AND GRAPES RAISIN BREAD  <b>CHOCOLATE CAKE</b>  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  ICE CREAM SUNDAE	<b>WONTON SOUP</b> 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 SANDWHICH TOSSED SALAD  <b>ANGLE FOOD CAKE WITH STRAWBERRIES</b>	SMOKED TURKEY SOUP PULLED PORK VILLAGIO BREAD SQUASH  LEMON MERINGUE PIE  EGG SALAD SANDWICH SPINACH TOMATO BASIL SALAD  MANDARIN ORANGE SECTIONS
<b>APPLE BETTY DAY</b>	<b>NOODLE DAY</b>		<b>PEROGIES DAY</b>			
CHICKEN STEW CHEESE TEA BISCUIT GARLIC HERB ROAST POTATOES GREEN BEANS MOROCCAN  <b>CINNAMON ROLL</b>  SWEDISH MEATBALLS MASHED POTATOES WHIPPED PARSNIPS  CHOPPED APRICOTS	<b>POT ROAST DINNER W/ YORKSHIRE PUDDING MASHED POTATO</b> PARSLIED CAULIFLOWER  CRUSHED PINEAPPLE  TURKEY STIR FRY <b>PANCIT</b> STIR FRY GRILLED VEGETABLES  <b>BREAD PUDDING</b>	SHRIMP FRIED RICE PEAS  DICED FRESH CANTELOUPE  HONEY GARLIC CHICKEN WINGS POTATO SALAD ITALIAN VEG MIX  SHERBET	<b>PORK CHOP WITH STUFFING</b> MASHED POTATOES BROCCOLI  JELLO CUP  BEEF VEGETABLE GOULASH <b>PEROGIES</b> GARLIC BREAD CORN & RED PEPPER  CHOPPED MANGO W' BERRY SAUCE	VEAL WITH GRAVY MASHED POTATOES BRUSSEL SPROUTS WITH RED PEPPERS  <b>MANGO MOUSSE CAKE</b>  <b>BUTTER GLAZED HAM W/ RAISIN SAUCE</b> 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	<b>CHICKEN CURRY</b> 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