

MARIANN HOME MASTER MENU (STANDARD)

MENU A – WEEK 1

MARCH 8 – 14 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
ORANGE/APPLE JUICE HOT CREAM OF WHEAT ASSORTED COLD CEREAL BUTTERED WW TOAST VEG & CHEESE OMELETTE	ORANGE/APPLE JUICE OATMEAL ASSORTED COLD CEREAL BUTTERED WW TOAST BREAKFAST SAUSAGES	ORANGE/APPLE JUICE HOT CREAM OF WHEAT ASSORTED COLD CEREAL BUTTERED WW TOAST POACHED EGGS	ORANGE/APPLE JUICE OATMEAL ASSORTED COLD CEREAL BUTTERED WW TOAST WAFFLES & BACON	ORANGE/APPLE JUICE HOT CREAM OF WHEAT ASSORTED COLD CEREAL BUTTERED WW TOAST POACHED EGGS	ORANGE/APPLE JUICE OATMEAL ASSORTED COLD CEREAL BUTTERED WW TOAST SCRAMBLED EGGS	ORANGE/APPLE JUICE HOT CREAM OF WHEAT ASSORTED COLD CEREAL BUTTERED WW TOAST BUTTERED RAISIN TOAST CHEDDAR/HAVARTI CHEESE
LUNCH						
VEGETABLE NOODLE SOUP PINEAPPLE CURRY MEATBALLS COUSCOUS CORN WITH RED PEPPERS MOUSSE CRAB SALAD SANDWICH ON A CROISSANT 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, Pickles</i> TROPICAL FRUIT HAVARTI CHEESE SANDWICH ON WW GREEN SALAD CHIFFON	CHICKEN NOODLE SOUP RED PEPPER & FETA FRITTATA FALL MEDLEY MARBLE BREAD WATERMELON WEDGE FISH PATTIE ON A BUN WITH TARTAR SAUCE 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 STEAK & MUSHROOM PIE TOSSED SALAD BUTTERTARTS	MINESTRONE SOUP HOT DOG – Ketchup, Mustard, Relish, Pickles CHUNKY COUNTRY FRIES GREEN PEAS WITH PEARL ONIONS FRUIT FLAVOUR APPLESAUCE TURKEY CRANBERRY WRAP CAESAR SALAD ICE CREAM
DINNER					COCONUT CAKE DAY	
PORK CUTLET WITH A CREAMY MUSTARD SAUCE FRENCH FRIES HERBED BROCCOLI APPLE SAUCE ROAST TURKEY CRANBERRY SAUCE MASHED POTATOES WHIPPED PARSNIPS CHOCOLATE CREAM PIE	BREADED PERCH FRIED RICE VEGETABLE BAKE DICED PEARS VEAL WITH FETA & TATZIKI 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 WITH YORKSHIRE PUDDING & GRAVY MASHED POTATOES CARROTS PINEAPPLE	PARM CRUSTED SALMON MASHED POTATOES ASIAN STYLE VEGETABLES <i>Tartar Sauce</i> COCONUT CAKE DAY CHICKEN CACCIATORE BUTTERED NOODLES FALL MEDLEY FRUIT COCKTAIL	BBQ RIB 'O PORK BAKED POTATO WITH TOPPINGS 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.