

5 WEEK HOSPITALITY WEEK AT A GLANCE MENU

FALL/WINTER 2019-2020

WEEK OF:

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assortment of Juices Hot Oatmeal Yogurt Cheddar Cheese Buttered Whole Wheat Toast Scrambled Egg <p style="text-align: center;">ALTERNATE CHOICES</p> Pear Assorted Cold Cereal	Assortment of Juices Cream of Wheat Yogurt Cheddar Cheese Buttered Whole Wheat Toast Buttered Raisin Toast <p style="text-align: center;">ALTERNATE CHOICES</p> Banana Assorted Cold Cereal	Assortment of Juices Hot Oat bran Boiled Egg Yogurt Cheddar Cheese Buttered Whole Wheat Toast <p style="text-align: center;">ALTERNATE CHOICES</p> Peach Assorted Cold Cereal	Assortment of Juices Sunny Boy Buttered Whole Wheat Toast Yogurt Cheddar Cheese <p style="text-align: center;">ALTERNATE CHOICES</p> Fresh Fruit Cup Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Yogurt Cheddar Cheese Buttered Whole Wheat Toast Buttered Raisin Toast <p style="text-align: center;">ALTERNATE CHOICES</p> Banana Assorted Cold Cereal	Assortment of Juices Cream of Wheat Cheddar Cheese Buttered Whole Wheat Toast Poached Eggs Yogurt <p style="text-align: center;">ALTERNATE CHOICES</p> Orange Wedge Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Cheddar Cheese Buttered Whole Wheat Toast Yogurt Buttered Bagel <p style="text-align: center;">ALTERNATE CHOICES</p> Apricot Assorted Cold Cereal
MAIN MEAL	Broccoli and Feta Crunchy Beef Liver with Onions Mashed Potatoes/gravy Carrot Pear <p style="text-align: center;">ALTERNATE CHOICES</p> Pork Cutlets Steamed Rice Green Bean Tapioca Pudding	Caesar Salad Beef Stroganoff Noodles Mixed Vegetables Fruit Cocktail <p style="text-align: center;">ALTERNATE CHOICES</p> Baked Salmon Mashed Potatoes Yams Butter Tart	Red Beet Citrus Salad Chicken Dumpling Carrot/Celery Steam Potatoes Peach <p style="text-align: center;">ALTERNATE CHOICES</p> Beef Teriyaki Rice Broccoli Gingerbread Cake	Coleslaw Meatballs/Gravy Mashed Potatoes PEI vegetable Peach <p style="text-align: center;">ALTERNATE CHOICES</p> Glazed BBQ Pork Steam Rice Corn Butterscotch Pudding	Cranberry Waldorf Salad Swiss Steak Baked Potato with Sour Cream Chives/Bacon Mixed Vegetable Tropical Fruit <p style="text-align: center;">ALTERNATE CHOICES</p> Crispy Cod Rice Pea Magic Peach and Cream	Penny Salad Spaghetti Sauce Pasta Noodles Garlic Toast Green Bean Peaches <p style="text-align: center;">ALTERNATE CHOICES</p> Bake Chicken Thigh Potatoes/Gravy Yams Iced Banana Cake	Layer Salad Glazed Ham Scalloped Potatoes Carrot Apricot <p style="text-align: center;">ALTERNATE CHOICES</p> Beef Sausage Steamed Rice Broccoli/Cauliflower Chocolate Cream Pie
LIGHT MEAL	Cream of Mushroom Soup Chicken Finger Fries Slice Tomato Fruit Salad <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assortment of Bread Deli Meat - Chicken Breast Assorted Cookies	Chicken Noodle Soup Pierogies/Bacon Sour Cream/Green Onion Slice Tomato Cantaloupe <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assortment of Bread Deli Meat - Salami Jell-O	Cream of Tomato Soup Macaroni & Cheese Baked Beans Slice Tomato Grape <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assortment of Bread Deli Meat - Ham Assorted Dessert	Borscht Soup Omelet WW & White Toast Slice Tomato Fruit Salad <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assortment of Bread Deli Meat - Roast Beef Rice Crispy	Clam Chowder Smoked Turkey Club Potato Salad Slice Tomato Watermelon <p style="text-align: center;">ALTERNATE CHOICES</p> Salad bar Assortment of Bread Deli Meat - Salmon Salad Cookies	Beef Vegetable Soup Hot Roast Beef Sandwich Potato Wedges Slice Tomato Fruit Salad <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assortment of Bread Deli Meat - Turkey Assorted Dessert	Corn Chowder Soup Beef Chili Tossed Salad Buns Slice Tomato Honeydew <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assortment of Bread Deli Meat - Tuna Salad Oatmeal Date Square

NOTE: Prune Juice and Stewed Prunes are available every Breakfast. Whole Wheat Bread at Lunch and Dinner.

Crackers served at Lunch with Soup. Assorted Juices & Milk are offered at Lunch and Dinner.

30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast.

Manara, RD
Sept 25 / 2019

WEEK 1 FALL/WINTER 2019-2020

Lacombe Foundation / The Bethany Group

Proprietary and Confidential

5 WEEK HOSPITALITY WEEK AT A GLANCE MENU

FALL/WINTER 2019-2020

WEEK OF:

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assortment of Juices Cream of Wheat Scrambled Eggs Cheddar Cheese Buttered Whole Wheat Toast Yogurt ALTERNATE CHOICES Pears Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Cheddar Cheese Buttered Whole Wheat Toast Yogurt Buttered Raisin Toast ALTERNATE CHOICES Banana Assorted Cold Cereal	Assortment of Juices Hot Oat bran Yogurt Boiled Egg Buttered Whole Wheat Toast Cheddar Cheese ALTERNATE CHOICES Peach Assorted Cold Cereal	Assortment of Juices Sunny Boy C Buttered Whole Wheat Toast Yogurt Cheddar Cheese ALTERNATE CHOICES Fruit Salad Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Cheddar Cheese Yogurt Buttered Whole Wheat Toast Buttered Raisin Toast ALTERNATE CHOICES Banana Assorted Cold Cereal	Assortment of Juices Cream of Wheat Cheddar Cheese Buttered Whole Wheat Toast Poached Eggs Yogurt ALTERNATE CHOICES Orange Wedges Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Cheddar Cheese Buttered Whole Wheat Toast Buttered Bagels Yogurt ALTERNATE CHOICES Fresh Fruit Cup Assorted Cold Cereal
MAIN MEAL	Carrot Raisin Salad Beef vegetable Stew Mashed Potato Biscuits Seasoned Turnip/Carrot Pears ALTERNATE CHOICES Crispy Haddock Fish Fries Peas Rice Pudding	Chick Pea Salad Herbed Chicken Breast Gravy Broccoli Fruit Cocktail ALTERNATE CHOICES Roast Pork Loin Mashed Potatoes Cream Corn Fruit Cobbler	Waldorf Salad Beef Riblet Steam Potatoes Mixed Vegetable Peach ALTERNATE CHOICES Iced Chocolate Cake Navy Bean Soup	Caesar Salad Swiss Steak Baked Potato Sour Cream/Chives/Bacon Bits Mixed Vegetable Apricot ALTERNATE CHOICES Sweet and Sour Pork Steam Rice Butterscotch Pudding	Oriental Salad Veal Cutlet/Gravy Mashed Potatoes Yams Tropical Fruit ALTERNATE CHOICES Salmon Rice Pilaf Green Beans Vanilla Bean Dream Cake	Sunshine Salad Meatballs/Mushroom Sauce Steam Rice Carrot Mandarin Orange ALTERNATE CHOICES Lemon Chicken Mashed Potatoes Buttered Cabbage Apple Crisp	Coleslaw Roast Beef/Gravy Garlicy Mashed Potatoes Yorkshire Pudding - or Buns Mixed Vegetable Cherry ALTERNATE CHOICES Teriyaki Chicken Steam Rice Blueberry Pie
LIGHT MEAL	Chicken Noodle Soup Hot Dogs/Bun Baked Beans Coleslaw Slice Tomato Honeydew ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Slice Turkey Assorted Cookies	Cream of Broccoli Soup Omelets WW Toast Slice Tomato Fruit Salad ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Salmon Salad Butterscotch Pudding Whipped Topping	Chicken Salad Salmon Salad Bun Slice Tomato Grape ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Roast Beef Rice Crispy	Cream of Tomato Soup Grilled Ham & Cheese Toss Salad Slice Tomato Cantaloupe Wedge ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Ham Assorted Dessert	Clam Chowder Soup Chicken Wing Macaroni Salad Slice Tomato Watermelon ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Roasted Beef Mousse	Potato Leek Soup Pancakes Sausages/Bacon Strawberries/Whipping Cream Fruit Salad ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Tuna Jell-O	Beef & Barley Soup BLT Sandwich Tomato Sandwich Country Cut Fries Apricot ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Chicken Breast Ice cream Sandwich

NOTE: Prune Juice and Stewed Prunes are available every Breakfast. Whole Wheat Bread at Lunch and Dinner.

Crackers served at Lunch with Soup. Assorted Juices & Milk are offered at Lunch and Dinner.

30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast.

*MA Ryan, AD
Sept 25/2019*

WEEK 2 FALL/WINTER 2019-2020

Lacombe Foundation/The Bethany Group

Proprietary and Confidential

5 WEEK HOSPITALITY WEEK AT A GLANCE MENU

FALL/WINTER 2019-2020

WEEK OF:

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assortment of Juices Hot Oatmeal Yogurt Cheddar Cheese Buttered Whole Wheat Toast Scrambled Egg <p style="text-align: center;">ALTERNATE CHOICES</p> Pear Assorted Cold Cereal	Assortment of Juices Cream of Wheat Scrambled Eggs Buttered Whole Wheat Toast Buttered Raisin Toast <p style="text-align: center;">ALTERNATE CHOICES</p> Banana Assorted Cold Cereal	Assortment of Juices Hot Oat bran Boiled Egg Cheddar Cheese Buttered Whole Wheat Toast Yogurt <p style="text-align: center;">ALTERNATE CHOICES</p> Peach Assorted Cold Cereal	Assortment of Juices Sunny Boy Yogurt Cheddar Cheese Buttered Whole Wheat Toast <p style="text-align: center;">ALTERNATE CHOICES</p> Fresh Fruit Salad Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Buttered Raisin Toast Buttered Whole Wheat Toast Yogurt Cheddar Cheese <p style="text-align: center;">ALTERNATE CHOICES</p> Banana Assorted Cold Cereal	Assortment of Juices Cream of Wheat Yogurt Cheddar Cheese Buttered Whole Wheat Toast Poached Eggs <p style="text-align: center;">ALTERNATE CHOICES</p> Orange Wedges Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Yogurt Cheddar Cheese Buttered Whole Wheat Toast Buttered Bagels <p style="text-align: center;">ALTERNATE CHOICES</p> Fresh Fruit Cup Assorted Cold Cereal
MAIN MEAL	Creamy Pea Salad Salisbury Steak Gravy Mashed Potatoes Mixed Vegetables Pear <p style="text-align: center;">ALTERNATE CHOICES</p> Ginger Chicken Herbed Rice	Spinach Salad Beef Liver and Onions Steam Potatoes/ Gravy Green Bean Fruit Cocktail <p style="text-align: center;">ALTERNATE CHOICES</p> Pork Cutlet Roasted Fall Vegetables Rice	Carrot Pineapple Salad Oven Bake Chicken/Gravy Mashed Potatoes Glazed Yams Peach <p style="text-align: center;">ALTERNATE CHOICES</p> <i>Resident's Choice</i>	Creamy Coleslaw Meatballs with Mushrooms Buttered Noodles Steam Cabbage Apricot <p style="text-align: center;">ALTERNATE CHOICES</p> Honey Mustard Pork Ribs Potato Wedges Buttered Beet	Fiesta Salad Baked Ham Scalloped Potatoes Green Beans Tropical Fruit <p style="text-align: center;">ALTERNATE CHOICES</p> Spaghetti/ Meat Sauce Garlic Toast Carrot	Ambrosia Salad Chicken Vegetable Dumpling Steam Potatoes <p style="text-align: center;">ALTERNATE CHOICES</p> Grilled Herbed Salmon Rice Creamy Peas	Cranberry Salad Roast Turkey/Gravy Buttermilk Mashed Potatoes Honey Glazed Carrots Peaches <p style="text-align: center;">ALTERNATE CHOICES</p> Bake Ham PEI Vegetable
LIGHT MEAL	Pudding/Whipped Cream Tomato Basil Soup Grilled Cheese Sandwich Garden Salad Slice Tomato Honeydew <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assorted Breads Deli Meat - Roast Beef Pudding	Cherry Cha Cha Minestrone Soup English Style Fish French Fries Slice Tomato Fruit Salad <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assorted Breads Deli Meat - Ham Cookies	Sticky Toffee Pudding Cake French Onion Soup Chicken Finger Potatoes Salad Slice Tomato Grape <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assorted Breads Deli Meat - Turkey Assorted Dessert	Tapioca Pudding Hearty Chicken Noodle Soup Tuna melt Creamy Coleslaw Slice Tomato Slice Cheese Cantaloupe <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assorted Breads Deli Meat - Ham Ice cream Sandwich	Lemon Shortcake Cake Clam Chowder Soup Cold Cut Deli Meat/ Buns Baked Beans Slice Tomato Watermelon <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assorted Breads Boiled Egg Jell-O	Surprise Dump Cake Beef Vegetable Soup Pancakes Bacon/Sausage Strawberries /Whipping Cream Fruit Salad <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assorted Breads Deli Meat - Slice Turkey Assort Dessert	Pumpkin Pie/Whipped Topping Cream of Vegetable Soup Smokies/Buns Macaroni Salad Slice Tomato Cherry <p style="text-align: center;">ALTERNATE CHOICES</p> Salad Bar Assorted Breads Deli Meat - Roast Beef Rice Crispy

NOTE: Prune Juice and Stewed Prunes are available every Breakfast. Offer Whole Wheat Bread at Lunch and Dinner.
 Crackers served at Lunch with Soup. Assorted Juices & Milk are offered at Lunch and Dinner.
 30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast.

*Maureen, RD
 Sept 25/2019*

WEEK 3 FALL/WINTER 2019-2020
 LeCombe Foundation/The Bethany Group
 Proprietary and Confidential

5 WEEK HOSPITALITY WEEK AT A GLANCE MENU

FALL/WINTER 2019-2020

WEEK OF:

W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assortment of Juices Cream of Wheat Scrambled Egg Cheddar Cheese Yogurt Buttered Whole Wheat Toast ALTERNATE CHOICES Pear Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Cheddar Cheese Buttered Whole Wheat Toast Buttered Raisin Toast Yogurt ALTERNATE CHOICES Banana Assorted Cold Cereal	Assortment of Juices Oat bran Boiled Egg Buttered Whole Wheat Toast Cheddar Cheese Yogurt ALTERNATE CHOICES Peaches Assorted Cold Cereal	Assortment of Juices Sunny Boy Yogurt Cheddar Cheese Buttered Whole Wheat Toast ALTERNATE CHOICES Fresh Fruit Salad Assorted Cold Cereal	Assortment of Juices Cream of Wheat Buttered Raisin Toast Buttered Whole Wheat Toast Yogurt Cheddar Cheese ALTERNATE CHOICES Banana Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Cheddar Cheese Poached Eggs Buttered Whole Wheat Toast Yogurt ALTERNATE CHOICES Orange Wedges Assorted Cold Cereal	Assortment of Juices Cream of Wheat Buttered Whole Wheat Toast Yogurt Cheddar Cheese Buttered Bagels ALTERNATE CHOICES Apricot Assorted Cold Cereal
MAIN MEAL	Penny Carrot Salad Chicken Bruschetta Alfredo Oven Roasted Potatoes Green Beans Pear ALTERNATE CHOICES Mediterranean Glazed Haddock Herbed Rice Bake Yams	Caesar Salad Beef Vegetable Stew Biscuits Mashed Potatoes Fruit Cocktail ALTERNATE CHOICES Honey Mustard Pork Riblet Rice Mixed Vegetable	Carrot Pineapple Salad Beef Ginger Parsellied Noodles Peas Peaches ALTERNATE CHOICES <i>Resident's Choice</i>	Vegetable Marinade Meatloaf Mashed Potatoes Gravy PEI vegetable Strawberries ALTERNATE CHOICES Chicken Mornay Dijon	Oriental Salad Beef Teriyaki Mashed Potatoes Mixed Vegetable Gravy Tropical Fruit ALTERNATE CHOICES Salmon Steamed Rice Creamy Corn	Cauliflower Salad BBQ Pork Rib Carrot/Turnip Mandarin Orange ALTERNATE CHOICES Beef Sausage Roasted Garlic Potatoes Parsnips Gravy	Carrot Celery Cucumber Salad Roast Beef Mashed Potato - Gravy Mixed Vegetable Yorkshire Pudding Apricot ALTERNATE CHOICES Sweet and Sour Pork Mexican Rice Yams
LIGHT MEAL	French Cheesecake Vegetable Beef Soup Chicken Wing Fries Coleslaw Slice Tomato Peaches ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Black forest Ham Cookies	Strawberry Short Cake Cream of Celery Soup Macaroni & Beef Macaroni & cheese Slice Tomato Tossed Salad Fruit salad ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Roast Beef Iced Rice Krispy Square	Iced Carrot Cake Corn Chowder Hot Beef Sandwich Coleslaw Slice Tomato Slice Cheese Grape ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Chicken Breast Chocolate Pudding/Whipped Topping	Butterscotch Pudding Beef Vegetable Soup Pancakes Sausages/Bacon Strawberries/Whipping Cream Cantaloupe Wedge ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Salmon Salad Jell-O	Angel Food Cake Cream of Mushroom Soup Egg Salad Sandwich Salmon Salad Sandwich Slice Tomato Slice Cheese Watermelon ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Black forest Ham Assorted Dessert	Chocolate Cake Minestrone Soup Fish & Chips Macaroni Salad Slice Tomato Fruit Salad ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Turkey Cookies	Cherry Pie Tomato Macaroni Soup Hot Dogs/Buns Baked Beans Slice Tomato Slice Cheese Diced Melon ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Roast Beef Mousse

NOTE: Prune Juice and Stewed Prunes are available every Breakfast. Offer Whole Wheat Bread at Lunch and Dinner.
 Crackers served at Lunch with Soup. Assorted Juices & Milk are offered at Lunch and Dinner.
 30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast.

MA Noren, RD
Sept 25/2019

WEEK 4 FALL/WINTER 2019-2020
 Lacombe Foundation/The Bethany Group
 Proprietary and Confidential

5 WEEK HOSPITALITY WEEK AT A GLANCE MENU

FALL/WINTER 2019-2020

WEEK OF:

WS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assortment of Juices Hot Oatmeal Scrambled Eggs Cheddar Cheese Buttered Whole Wheat Toast Yogurt ALTERNATE CHOICES Pear Assorted Cold Cereal	Assortment of Juices Cream of Wheat Buttered Whole Wheat Toast Buttered Raisin Toast Yogurt Cheddar Cheese ALTERNATE CHOICES Banana Assorted Cold Cereal	Assortment of Juices Hot Oat bran Boiled Egg Buttered Whole Wheat Toast Yogurt Cheddar Cheese ALTERNATE CHOICES Peach Assorted Cold Cereal	Assortment of Juices Sunny Boy Yogurt Cheddar Cheese Buttered Whole Wheat Toast ALTERNATE CHOICES Fresh Fruit Salad Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Buttered Whole Wheat Toast Buttered Raisin Toast Cheddar Cheese Yogurt ALTERNATE CHOICES Banana Assorted Cold Cereal	Assortment of Juices Cream of Wheat Yogurt Cheddar Cheese Buttered Whole Wheat Toast Poached Eggs ALTERNATE CHOICES Orange Wedge Assorted Cold Cereal	Assortment of Juices Hot Oatmeal Yogurt Cheddar Cheese Buttered Whole Wheat Toast Buttered Bagel ALTERNATE CHOICES Apricot Assorted Cold Cereal
MAIN MEAL	Ambrosia Salad Grilled Chicken Breast Mashed Potatoes Seasoned Carrots Gravy Pear ALTERNATE CHOICES Vegetarian Lasagna Garlic Bread Green Beans	Sunshine Salad Cabbage Roll Steam Potatoes Mixed Vegetable Fruit Cocktail ALTERNATE CHOICES Pork Loin Steam Rice	Carrot & Raisin Salad Beef Pot Roast Mashed Potatoes Mixed Vegetable Peach ALTERNATE CHOICES Teriyaki Chicken Drumstick Roasted Yams Gravy	Coleslaw Spaghetti & Meat Sauce Garlic Toast Carrots Apricot ALTERNATE CHOICES Baked Haddock Scalloped Sweet Potatoes Creamy Peas	Pistachio Salad BBQ Pork Ribs Steam Potatoes Corn Tropical Fruit ALTERNATE CHOICES Herbed Chicken Steamed Rice Brussel sprout	Caesar Salad Meat Loaf/Gravy Parsiled Boiled Potatoes Carrots/Turnip Mandarin orange ALTERNATE CHOICES Honey Garlic Pork Herbed Rice Green Bean	Cranberry Waldrof Salad Roast Turkey Traditional Stuffing Mashed Garlic Herb Roasted Potatoes Brussel Sprouts Apricot ALTERNATE CHOICES Beef Stroganoff Buttered Noodles Yams
LIGHT MEAL	Rice Pudding Cream of Cauliflower Soup Grilled Cheese Sandwich Toss Salad Baked Beans Slice Tomato Fruit Salad ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Black forest Ham Jell-O	Bread Pudding Cream Mushroom Soup Ham & Swiss Cheese Sandwich Egg Sandwich Toss Salad Slice Tomato Grape ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Turkey Cookies	Iced Orange Cake French Onion Soup Waffles Bacon Strawberries Whipping Cream Slice Tomato Cantaloupe ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Roast Beef Assorted Cookies	Butterscotch Pudding Beef Noodle Soup Smokies & Grilled Onions Potato Salad Slice Tomato Peach Slices ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Turkey Rice Krispy Square	Magic Peaches and cream Chicken Noodle soup Macaroni & Cheese Slice Cheese Slice Tomato Watermelon ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Ham Danish	Trifle Tomato Vegetable Soup Beef Chili Buns Coleslaw Fruit Salad ALTERNATE CHOICES Salad Bar Assorted Breads Deli Meat - Chicken Breast Cookies	Lemon Meringue Pie Hearty Bean Soup Captain Fish Burger Herbed Mayonnaise Macaroni Salad Slice Tomato Honeydew ALTERNATE CHOICES Salad Bar Assorted Breads Boiled Egg Vanilla Pudding

NOTE: Prune Juice and Stewed Prunes are available every Breakfast. Offer Whole Wheat Bread at Lunch and Dinner. Crackers served at Lunch with Soup. Assorted Juices & Milk are offered at Lunch and Dinner.

30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast.

CMAN
RD
1/25/2019

WEEK 5 FALL/WINTER 2019-2020
Lacombe Foundation/The Bethany Group
Proprietary and Confidential