

PS20210158 - ANNEX 3 - SAMPLE MENUS

Meal Guidelines:

Each meal should include at minimum:

- Vegetables +/- fruit, including some that are seasonal
- A protein
- Starch/carb
- Dessert option (lunch and dinner)
- An alternate meal option must also be available

Beverages:

- Water, coffee and tea must always be available

A la carte items:

All meals must also include options for a la carte items that customers can choose to purchase in addition to their meal or as a stand-alone item. These items may include, but are not limited to:

- Fresh fruit and vegetables (e.g. apple slices, cherry tomatoes, diced melon, roasted yam)
- Protein (e.g. eggs, bean dip, mixed nuts, salmon, cheese slices)
- Starches (e.g. toast, bannock, muffins, rolls)
- Soup
- Beverages (e.g. 100% juice, milk and milk alternates).

<u>Week 4</u>	8 Day 22 <u>Monday</u>	9 Day 23 <u>Tuesday</u>	10 Day 24 <u>Wednesday</u>	11 Day 25 <u>Thursday</u>	12 Day 26 <u>Friday</u>	13 Day 27 <u>Saturday</u>
B R E A K F A S T	Poached Egg 1 Piece of Ham or 3 Sausages Or 3 Bacon Strips 2 Pieces of Toast W.W. or White Assorted Cold Cereals or Hot Oatmeal Fresh Assorted Fruit, Assorted Juices Coffee, Tea or Milk	Pancakes 1 Piece of Ham or 3 Sausages Or 3 Bacon Strips 2 Pieces of Toast W.W. or White Assorted Cold Cereals or Crème Of Wheat Fresh Assorted Fruit, Assorted Juices Coffee, Tea or Milk	Fried Egg 1 Piece of Ham or 3 Sausages Or 3 Bacon Strips 2 Pieces of Toast W.W. or White Assorted Cold Cereals or Red River Fresh Assorted Fruit, Assorted Juices Coffee, Tea or Milk	French Toast 1 Piece of Ham or 3 Sausages Or 3 Bacon Strips 2 Pieces of Toast W.W. or White Assorted Cold Cereals or Hot Oatmeal Fresh Assorted Fruit, Assorted Juices Coffee, Tea or Milk	Poached Egg 1 Piece of Ham or 3 Sausages Or 3 Bacon Strips 2 Pieces of Toast W.W. or White Assorted Cold Cereals or Crème Of Wheat Fresh Assorted Fruit, Assorted Juices Coffee, Tea or Milk	Scrambled Egg 1 Piece of Ham or 3 Sausages Or 3 Bacon Strips 2 Pieces of Toast W.W. or White Assorted Cold Cereals or Crème Of Wheat Fresh Assorted Fruit, Assorted Juices Coffee, Tea or Milk

L U N C H	Beef Barley Soup with Crackers Spaghetti Slice of Rye Bread Green Salad Assorted Fruit, Juices Coffee, Tea or Milk	Chicken Noodle Soup with Crackers Shepherds Pie Slice of w.w Bread Peas & Carrots Assorted Fruit, Juices Coffee, Tea or Milk	White Navy Bean Soup with Crackers Bangers Mashed Peas Carrots Assorted Fruit, Juices Coffee, Tea or Milk	Cream of Mushroom Soup with Crackers Chicken Burger Fries Lettuce & Tomato Assorted Fruit, Juices Coffee, Tea or Milk	Navy Bean with Crackers Sweet and Sour Pork Rice Carrots Assorted Fruit, Juices Coffee, Tea or Milk	Tomato Noodle Soup with Crackers Chicken Strips Fries Coleslaw Assorted Fruit, Juices Coffee, Tea or Milk
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D I N N E R	Beef Barley Soup with Crackers and W.W. Bread Salisbury Steak Roasted Potatos Peas and Carrots Banana Cream Pie or Canteloupe Jello or Pudding Juice, Milk, Coffee or Tea	Chicken Noodle Soup with Crackers and W.W. Bread Fish-N-Chips Carrots White Cake with Icing or Sliced Apples Jello or Pudding Juice, Milk, Coffee or Tea	White Navy Bean Soup with Crackers and W.W. Bread Baked Ham Mashed Mixed Veg Rice Pudding Jello or Pudding Juice, Milk, Coffee or Tea	Cream of Mushroom Soup with Crackers and W.W. Bread Beef Stew Mashed Potatos Carrots Baked Blueberry Pie with Whipped Cream or Honeydew Jello or Pudding Juice, Milk, Coffee or Tea	Navy Bean with Crackers and W.W. Bread Chicken Chow Mein Brown Rice Oriental Vegetables Apple & Peach Cobbler or Canteloupe Jello or Pudding Juice, Milk, Coffee or Tea	Tomato Noodle Soup with Crackers and W.W. Bread Pork Chops Wild Rice Green Beans Chocolate Cake or Slices Jello or Pudding Juice, Milk, Coffee or Tea
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KITCHEN MENU

Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
<u>Breakfast</u> Baked eggs & home fries with sausage or bacon or Fruit salad topped with yogurt and granola & toast	<u>Breakfast</u> French Toast with sausage or bacon or Fruit salad topped with yogurt and granola & toast	<u>Breakfast</u> Baked eggs & home fries with sausage or bacon or Fruit salad topped with yogurt and granola & toast	<u>Breakfast</u> Baked eggs & home fries with sausage or bacon or Fruit salad topped with yogurt and granola & toast	<u>Breakfast</u> Baked eggs & home fries with sausage or bacon or Fruit salad topped with yogurt and granola & toast	<u>Breakfast</u> Blueberry Pancakes with sausage or bacon or Fruit salad topped with yogurt and granola & toast	<u>Breakfast</u> Baked eggs & home fries with sausage or bacon or Fruit salad topped with yogurt and granola & toast
<u>Lunch</u> Braised Beef or Spicy Black Beans w/pickled Beets	<u>Lunch</u> Tandoori Chicken or Spinach Curry w/ Coconut Chutney	<u>Lunch</u> Mac and Cheese	<u>Lunch</u> Italian Sausage with Spring Vegetables or Eggplant Parmesan	<u>Lunch</u> Rosemary Chicken Drumsticks or Squash Risotto	<u>Lunch</u> Chicken or Homemade Vegetarian Burgers	<u>Lunch</u> Chicken Pot Pie or Veg Pie
<u>Dinner</u> Baked Hake filet	<u>Dinner</u> Spanakopita	<u>Dinner</u> Meatloaf w/ braised red cabbage	<u>Dinner</u> Chicken Leg	<u>Dinner</u> Shrimp Pasta or Asparagus Pasta	<u>Dinner</u> Vegan Dinner	<u>Dinner</u> Chicken Stew
Menu offerings also include a variety of beverages, many with no-added sugar, hot tea & coffee, homemade baked goods, homemade cereal, boiled eggs, and seasonal fresh fruit.						

Sample Menu

Date	Breakfast	Lunch	Dinner
Monday, February 8, 2021	Scrambled eggs with cheese, sliced ham, tomato and baguette	Chicken (or Vegetable) Quesadilla with spiced black beans	Lasagna with garlic toast and Kale salad
Tuesday, February 9, 2021	Quiche with melon slice	Cuban Piccadillo (ground beef, tomatoes & peppers) with rice and cornbread	Moroccan roast Chicken with Couscous and Veggies
Wednesday, February 10, 2021	Scrambled eggs sausage and home fries	Pot stickers with Vegetable Chow Mein	Meatloaf, fresh veggies and potatoes
Thursday, February 11, 2021	Eggs, bacon and home fries	Moussaka with fresh veggies	Black bean ginger Chicken with rice and veggies
Friday, February 12, 2021	Pancakes, sausage & banana	Chicken Drumsticks with rice and veggies	Chinese New Year dinner Hot and Sour Fish with rice and Gai Lan
Saturday, February 13, 2021	Eggs, bacon and home fries	Burger with salad	BBQ Duck & Soy Chicken with rich, Gai Lan and fortune cookie
Sunday, February 14, 2021	French Toast with fresh fruit	Dim Sum of assorted dumplings, Egg roll, rice and bok choy	Roast Pork (or Mushroom nut loaf) with mashed potatoes, veggies and mushroom sauce.