

WEEKLY NORMANDY MENU

WEEK OF APRIL 29TH-MAY 5TH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>	Orange Juice Banana Half High Fibre Oatmeal Raisin Toast Margarine Raspberry Jam Special K Cereal Peanut Butter Whole Wheat Toast	Cranberry Juice Chilled Apricots Cream of Wheat with Bran Scrambled Eggs Pancakes Syrup Margarine Cheerios Cereal Peanut Butter Whole Wheat Toast	Apple juice Chilled Peach Slices Oatmeal Hard Boiled Egg Whole Wheat Toast Strawberry Jam Margarine Corn Flakes Peanut Butter White Toast	Cranberry Juice Fruit Cocktail Cream of Wheat Cheddar Cheese Slice Whole Wheat Toast Apple Jelly Margarine Special K Peanut Butter Whole Wheat Toast	Orange Juice Chilled Diced Pears High Fiber Oatmeal Poached Egg Whole Wheat Toast Margarine Raspberry Jam Raisin Bran Cereal Peanut Butter White Toast	Apple Juice Mandarin Oranges Cream of Wheat with Bran Vanilla Yogurt Rye Toast Grape Jelly Margarine Corn Flakes Cereal Peanut Butter Whole Wheat Toast	Cranberry Juice Fresh Apple Slices Oatmeal Fried Egg Bacon Whole Wheat Toast Strawberry Jam Margarine Bran Flakes Cereal Peanut Butter White Toast
<i>Lunch</i>	Vegetable Soup Chicken Noodle Soup Couscous Salad Sticky Honey Garlic Meatballs Peaches and Cream Iced Tea Chicken Bacon Burger Creamy Potato Salad Chocolate Pudding Swirl	Southwest Chicken Corn Chowder Chicken Noodle Soup Tossed Veggie Salad Pineapple Chicken Salad Sandwich Fresh Grapes Iced Tea Hot Roast Beef Sandwich Baked Beans with Pork Fruit Smoothie	Potato Leek Soup Chicken Noodle Soup Fresh Watermelon with Balsamic and Feta Cheese Smoked Salmon Panini Sandwich Iced Tea Belgium Waffle Whipped Topping Strawberries Vanilla Ice Cream	Minestrone Soup Chicken Noodle Soup Ham and Cheese Chefs Salad Fruit Salad Delight Chocolate Chip Cookie Hawaiian Pizza Vegetable Pizza Tangy Pasta Salad	Tomato Basil Soup Chicken Noodle Soup Greek Salad Mini Beef Cheese Bacon Sliders Poutine Carrot Muffin Iced Tea Club Wrap Tomato and Cucumber Slices Carrot Muffin	Cream on Cauliflower Soup Chicken Noodle Soup Salad with Salmon Filet Served with Parmesan Bread Stick Chilled Peaches Iced Tea Spinach Tomato Salad Ham and Swiss Sandwich on Croissant Vanilla Ice Cream	Cream of Mushroom Soup Chicken Noodle Soup Creamy Potato Salad Ham Macaroni Salad Corn Dog with Mustard and Ketchup Blondie Brownie Iced Tea Green Salad Basil Tomato Grilled Cheese Chilled Diced Pears
<i>Dinner</i>	Kielbasa Skillet Dinner Vanilla Swirl Cake Bangers and Mash Roasted Cauliflower Cheese Sauce	Lemon Asparagus Chicken Chive and Garlic Mashed Potatoes Parsley Carrots Cherry Pie Shrimp Scampi Sauteed Zucchini Lemon Wedge Rice and Vegetables	Italian Veal Cutlet Mashed Potatoes Seasoned Beets Sliced Carrots Lemon Angel Cake Caesar Salad Gnocchi with Parmesan and Sundried Tomatoes Garlic Bread	Pork Tenderloin Mushroom Gravy Cheddar Mashed Potatoes Honey Glazed Carrots and Parsnips Diced Parsnips Iced Brownie Creamy Shrimp Zucchini Bake Lemon Rice	Roast Beef Beef Gravy Turnip Carrot Mash Oregano Green Beans Pumpkin Spice Cheesecake PIZZA MOVIE NIGHT (WILLOW ROOM) Caesar Salad Parmesan Breadstick Vegetable Pizza Meatlovers Pizza	Pork Souvlaki Tomato Cucumber Salad Greek Lemon Potatoes Sliced Carrots Naan Bread Tzatziki Sauce Haystack Brownie Garden Salad Southwest Turkey Burger Savory Potato Wedges	Beef Tacos Rice and Black Beans Tortilla Chips Churro Rosemary Lemon Chicken Thigh Dijon Mashed Potatoes Carrots Asparagus Lemon Parmesan Rhubarb Upside Down Cake

WEEKLY NORMANDY MENU

WEEK OF MAY 6TH-12TH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>	<p>Apple Juice Banana Half Cream of Wheat Vanilla Yogurt Raisin Toast Raspberry Jam Margarine Special K Cereal Peanut Butter White Toast</p>	<p>Orange Juice Fresh Apple Slices High Fiber Oatmeal Scrambled Eggs Whole Wheat Toast Margarine Grape Jelly Raisin Bran Cereal Peanut Butter White Toast</p>	<p>Cranberry Juice Mandarin Oranges Cream of Wheat Cottage Cheese Rye Toast Raspberry Jam Corn Flakes Cereal Peanut Butter Whole Wheat Toast</p>	<p>Apple Juice Chilled Peach Slices High Fibre Oatmeal Poached Eggs Whole Wheat Toast Strawberry Jam Margarine Bran Flakes Cereal Peanut Butter White Toast</p>	<p>Cranberry Juice Chilled Tropical Fruit Cream of Wheat Vanilla Yogurt Whole wheat Toast Margarine Grape Jelly Special K Cereal Peanut Butter White Toast</p>	<p>Orange Juice Fruit Cocktail High Fiber Oatmeal Fried Egg Whole Wheat Toast Raspberry Jam Margarine Raisin Bran Cereal Peanut Butter White Toast</p>	<p>Cranberry Juice Chilled Diced Pears Cream of Wheat French Toast Margarine Syrup Corn Flakes Cereal Peanut Butter Bacon Whole Wheat Toast Apple jelly</p>
<i>Lunch</i>	<p>Beef Barley Soup Split Pea Soup Italian Pasta Vegetable Salad Grilled Swiss Tomato Sandwich Lemonade Drink Tossed Garden Salad Turkey Club on a Croissant Potato Chips Oatmeal Raisin Cookie</p>	<p>Chicken Noodle Soup Split Pea Soup Caesar Salad Chicken Wings Fresh Celery Sticks Carrot Sticks Lemonade Drink Chilled Sliced Peaches blackberry Goat Cheese Salad Prosciutto Arugula Flatbread Chocolate Chip Cookie</p>	<p>French Onion Soup Split Pea and Ham Garden Salad Croque Monsieur Macaroon de Paris Vanilla Ice Cream McHappy Day McDonalds</p>	<p>Mexican Tortilla Soup Fresh Guacamole with Salsa and Chips Shrimp Ceviche Street Chicken Taco Fresas con Crema Churros Lemonade Drink Split Pea Ham Soup Heritage Blend Salad with French Dressing Grilled Reuben Sandwich</p>	<p>Butternut Squash Soup Split Pea and Ham Soup Lettuce Tomato Salad Western Scrambled Egg Sandwich Strawberries Lemonade Drink Edamame Quinoa Salad Apple Cheddar Turkey Burger Potato Chip</p>	<p>Tomato Basil Soup Split Pea Ham Soup Quinoa Pecan Fruit Salad Chicken Strips Plum Sauce Cucumber Tomato Slices Green Salad Ultimate Ham Salad Sandwich Chai Tea Pudding</p>	<p>Mushroom Onion Bisque Soup Split Pea Ham Soup Garden Salad Garden Salad with Salmon Filet Served with Parmesan Bread Stick Lemonade Drink Strawberry Salad Beef and Cheese Wrap Mixed Berries with Whipped Topping</p>
<i>Dinner</i>	<p>Turkey Pot Pie Poultry Gravy Parmesan Potatoes Brussel Sprouts and Carrots Blueberry Cheesecake Mild Italian Sausage Penne Caesar Salad Garlic Bread</p>	<p>Baked Haddock with Spinach and Onions Tartar Sauce Parslied Rice Green Peas Lemon Wedge Banana Cream Pie Herb Chicken Mini Roasted Potatoes Steamed Broccoli and Cauliflower with Cheese Sauce</p>	<p>Pork Roast Pork Gravy Baked Potato Sour Cream Creamed Corn Green Peas Strawberry Shortcake Veal Schnitzel with Balsamic and Tomato</p>	<p>Liver & Onion w/Bacon Mashed Potatoes Steamed Asparagus Green Peas Chocolate Lava Cake Potato and Onion Perogies Fried Cabbage Sour Cream</p>	<p>Shrimp Scampi Lemon Wedge Dilled Potatoes Parslied Cauliflower Cream Puffs Chili Lime Steak Fajitas Rice and Black Beans Tortilla Chips</p>	<p>Over Easy Eggs Bacon Hashbrown Patty Cherry Tomatoes Toast Chocolate Caramel Cake Meat Lasagna Caesar Salad Garlic Bread</p>	<p>Garlic Herb Roast Chicken Poultry Gravy Chalet Sauce Broccoli Salad Southwest Macaroni Salad Green and Yellow Beans Mashed Potatoes Carrot Cake Honey Roasted Ham Scalloped Potatoes Turnip and Carrot Mashed Apple Pie Slice</p>

WEEKLY NORMANDY MENU

WEEK OF MAY 13TH -19TH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>	<p>Orange Juice Chilled Tropical Fruit Oatmeal Hard Boiled Egg Whole Wheat Toast Raspberry Jam Margarine Bran Flakes Cereal Peanut Butter White Toast</p>	<p>Apple Juice Chilled Apricots Cream of Wheat Whole Wheat Toast Grape Jelly Margarine Corn Flakes Cereal Peanut Butter White Toast</p>	<p>Cranberry Juice Chilled Peach Slices High Fibre Oatmeal Scrambled Eggs Rye toast Margarine Strawberry Jam Whole Wheat Toast Raisin Bran Cereal Peanut Butter</p>	<p>Orange Juice Fresh Apple Slices Cream of Wheat with Bran Cheddar Cheese Slice Banana Loaf Apple Jelly Margarine Special K Cereal Peanut Butter Whole Wheat Toast</p>	<p>Cranberry Juice Orange Sections High Fiber Oatmeal Poached Egg Raisin Toast Margarine Strawberry Jam Bran Flakes Cereal Peanut Butter Whole Wheat Toast</p>	<p>Apple Juice Fruit Cocktail Cream of Wheat Vanilla Yogurt Whole Wheat Toast Grape Jelly Margarine Corn Flakes Cereal Peanut Butter White Toast</p>	<p>Cranberry Juice Chilled Diced Pears High Fiber Oatmeal Fried Egg Bacon Whole Wheat Toast Margarine Strawberry Jam Raisin Bran Cereal Peanut Butter White Toast</p>
<i>Lunch</i>	<p>Cream of Broccoli Soup Turmeric Chicken Soup Bocconcini Caprese Salad Grilled Salmon Sandwich Fig Newton Cookie Strawberries Peach Juice Cilantro Lime Chicken Slaw Carrot and Fresh Celery Sticks with Ranch Dressing</p>	<p>Split Pea & Ham Soup Turmeric Chicken Soup Bruschetta Pasta Salad Beef Ribette Sandwich Fruit Cocktail Peach Juice Mini croissant Tossed Garden Salad Fresh Fruit Bowl and Cottage Cheese</p>	<p>Butternut Squash Soup Turmeric Chicken Soup Potato Salad BLT Sandwich Vanilla Ice Cream Peach Juice Beef Taco Salad Apple Danish Fresh Fruit Bowl</p>	<p>Minestrone Soup Turmeric Chicken Soup Parmesan Chicken Sandwich Chilled Diced Pears Cucumber Cream Cheese Sandwich Peach Juice Cheddar Cheese Kielbasa Plate Extreme Fruit Muffin</p>	<p>Chicken Noodle Soup Chicken Turmeric Soup Shrimp Cobb Salad Peach Juice Mixed Green Salad Grilled Turkey & Provolone on Rye Bread Apple and Caramel Sauce</p>	<p>Loaded Potato Soup Chicken Turmeric Soup Tossed Salad Shrimp Salad Croissant Mini Blueberry Muffin Peach Juice Italian Pasta Salad Ham and Swiss Sliders Vanilla Ice Cream</p>	<p>Seafood Chowder Chicken Turmeric Soup Tuscan Tortellini Salad Balsamic Chicken Kebabs Iced Brownie Peach Juice California Salad Steak Sub Orange Mallow Treat</p>
<i>Dinner</i>	<p>BBQ Pork Ribs Ham and Macaroni Salad Potato Salad Corn Muffin Green Beans Lemon Meringue Pie Baked Chicken with Chalet Sauce Baked Potato Green Peas</p>	<p>Meatloaf Beef Gravy Garlic Mashed Potatoes Sauteed Garlic Mushrooms Green Peas Chocolate Swirl Cheesecake Lamb Curry Rice Naan Bread</p>	<p>BBQ Sauce Glazed Chicken Breast Macaroni and Cheese Mashed Sweet Potatoes Grilled Vegetable Kebab Cappuccino Pudding Flank Steak Sandwich Herb Roasted Potatoes Green Beans</p>	<p>Teriyaki Beef and Broccoli Vegetable Fried Rice Sliced Carrots Black Forest Cake Spaghetti & Bolognese Caesar Salad Green Beans</p>	<p>Prime Rib with Horseradish Beef Gravy Yorkshire Pudding Mashed Potatoes Gravy Carrot Cake Vegetable Pizza Haddock Lemon Butter Sauce Rice with Carrot</p>	<p>Parmesan Crusted Chicken Buttered Spaghetti Marinara Sauce Blueberry Crisp Pork Chop with Cranberry Coulis Mashed Potatoes Brussel Sprouts Green Bean</p>	<p>Dry Rub Brown Sugar & Mustard Ham Scalloped Potatoes Creamed Corn Apple Pie Slice Turkey Stuffed Peppers Roasted Potatoes Green Bean</p>

WEEKLY NORMANDY MENU

WEEK OF MAY 20TH-26TH

Breakfast

Lunch

Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Orange Juice Banana Half Cream of Wheat Hard Boiled Egg Raisin Toast Margarine Grape Jelly Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Cranberry Juice Mandarin Oranges High Fiber Oatmeal Bran Muffin Margarine Raspberry Jam Whole Wheat Toast Corn Flakes Cereal Peanut Butter White Toast	Apple Juice Chilled Peach Slices High Fiber Oatmeal Scrambled Eggs Whole Wheat Toast Margarine Strawberry Jam Special K Cereal Peanut Butter White Toast	Orange Juice Banana Half Cream of Wheat Cheddar Cheese Slice Whole Wheat Toast Apple Jelly Margarine Raisin Bran cereal Peanut Butter White Toast	Apple Juice Strawberries High Fiber Oatmeal Vanilla Yogurt Whole Wheat Toast Margarine Raspberry Jam Special k Cereal Peanut Butter White Toast	Orange Juice Chilled Apricots Cream of Wheat with Bran Poached Egg Rye Toast Grape Jelly Margarine Bran Flakes Cereal Peanut Butter Whole Wheat Toast	Cranberry Juice Pineapple Tidbits High Fibre Oatmeal Fried Egg Whole Wheat Toast Margarine Srawberry Jam Corn Flakes Cereal Peanut Butter Bacon White Toast
Lunch	Chicken and Rice Soup Borscht Soup Egg and Ham on English Muffin Homefries Oatmeal Cookies Fruit Punch Drink Mixed Green Salad Beef Salad Croissant Fresh Pineapple	Split Pea & Ham Soup Borscht Soup Chicken Wings Spinach Orange Salad Chicken Wings Fresh Celery Sticks Fruit Punch Drink Apple Corn Salad Tuna Melt Cornbread Butterscotch Pudding	Butternut Squash Soup Borscht Soup Lemon Herb Couscous Pesto Goat Cheese Grilled Sandwich Vanilla Pudding Fruit Punch Drink Tossed Salad Egg Salad on Croissant Vanilla Ice Cream	Minestrone Soup Borscht Soup Mini Pancakes Sausage Links Bananas and Cream Chilled Tropical Fruit Fruit Punch Drink Chickpea and Veggie Salad Chicken Hummus Naan Wrap Strawberry Mousse	Chicken Noodle Soup Borscht Soup Mixed Green Salad Pastrami Sandwich on Rye Pickled Beets Pickle Spear Fruit Punch Drink Raisin Toast Assorted Fruit Bowl Cottage Cheese Chocolate Mousse	Cream of Cauliflower Soup Borscht Soup Greek Salad Beef Frech Dip Sandwich Fruit Punch Southwest Macaroni Salad Pulled Chicken Sandwich Vanilla Ice Cream	Mushroom Onion Bisque Soup Summer Corn Salad Hamburger with Lettuce Tomato Pickle Poutine Fruit Punch Drink Mandarin Oranges Smoked Salmon Dill Cream Summer Chicken Berry Sandwich Parmesan Breadstick Peach Jello
Dinner	Tuna Noodle Casserole Mini Roasted Potatoes Steamed Asparagus Cherry Poke Cake Maple Balsamic Chicken DrumStick Twice Baked Potato Casserole Buttered Corn	Steamed Cod Caper & Lemon Butter Rice Pilaf Creamy Cucumber Salad Saucy Lemon Pudding Feta & Spinach Stuffed Pork Mashed Potatoes Green Peas Buttered Corn	Veal Piccata Brown Gravy Savory Diced Potatoes Buttered Corn Green Beans Apple Crisp Garlic Herb Roasted Chicken Greek Lemon Potatoes Artichoke Green Pea and Lemon Olive Salad	Lamb Roast Mashed Potatoes Broccoli Floret Buttered Corn Chocolate Cake Caesar Salad Garlic Bread Seared Shrimp Pasta Alfredo	Garlic Shrimp Spanish Rice Turtles Cheesecake Ribeye Steak Mashed Potatoes Roasted Asparagus Buttered Corn	Liver and Onions with Bacon Mashed Potatoes Sliced Carrots Tiramisu Cake Mediterranean Glazed Haddock Lemon Herb Couscous Buttered Corn	Roast Turkey Poultry Gravy Mashed Potatoes Sage Stuffing Green and Yellow Beans Lemon Angel Cake Honey Roasted Ham Mini Roasted Potatoes Turnip and Carrot Mashed Apple Pie Slice