

Foyer Maillard Fall & Winter Menu Week 1

| | MEAL | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|------------------|---|--|--|---|---|---|---|
| BREAKFAST | REGULAR | Oatmeal Whole Wheat Toast Scrambled Egg Bacon Banana | Cream of Wheat- Scrambled Egg Raisin Toast Orange | Oatmeal Poached Egg Whole Wheat Toast Banana | Cream of Wheat Scrambled Egg Assorted Muffins Orange | Oatmeal Boiled Egg Whole Wheat Toast Banana | Cream of Wheat Scrambled Egg Pancake/ Syrup Orange | Oatmeal Cheese Omelet Whole Wheat Toast Banana |
| | ALTERNATE | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese |
| LUNCH | REGULAR | Cream of Tomato Soup Cheddar Cheese Bran Muffin Fruit Salad Jello | Minestrone Soup Mushroom & Swiss Cheese Quiche Tossed Salad Rice Pudding | Cream of Cauliflower Soup Turkey Cranberry Sandwich Citrus Beet Salad Coffee Cake | Potato Leak Soup Macaroni & Beef Casserole Caesar Salad Donut Holes | Cream of Vegetable Soup Egg Sandwich Green Salad Fruit Cake | Beef Rice Soup Turkey Pot Pie Tossed Salad Muesli | Goulash Soup Pulled Pork on Bun Coleslaw Zucchini Loaf |
| | ALTERNATE | Chicken | Baked Fish | Meatballs | Ham | Chicken | Meatballs | Baked Fish |
| DINNER | REGULAR | Roast Pork, Gravy Roasted Potatoes Traditional Mix Vegetables Apple Pie | Sole Fish Couscous Broccoli Florets Fruit Crisp | Honey Garlic Pork Rice Pilaf Bistro Vegetables Bread Pudding / Raisins | Chicken in Pesto Béchamel Sauce Parslied Potato Peas & Pearl Onions Yogurt | Meat Lasagna Caesar Salad Garlic Bread Ambrosia Fruit Salad | Baked Basa Mashed Potato Corn with Red Peppers Egg Tart | Beef Chow Mein Vegetable Stir Fry Birds Nest Cookies |
| | ALTERNATE | Lamb Stew | Chicken | Pork | Sausage | Chicken | Sausage | Chicken |

Diabetic Diet: Offer sweeteners instead of sugars, fruit instead of cookies at snacks, water instead of juices at meals

Modified Texture Diets: Soft Bite Sized (6), Minced Moist (5) and Pureed (4) are based on the above menu

Snacks: See Snacks Menu

Note: 125ml water, 125ml Milk, 180ml Coffee/Tea are offered at each meal

Unsalted crackers served with soup at lunch

Foyer Maillard Fall & Winter Menu Week 2

| MEAL | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|---|---|---|---|---|--|---|
| REGULAR | Cream of Wheat Whole Wheat Toast Bacon Scrambled Egg Orange | Oatmeal Scrambled Egg Raisin Toast Banana | Cream of Wheat Poached Egg Whole Wheat Toast Orange | Oatmeal Scrambled Egg Apple Cinnamon Muffin Banana | Cream of Wheat Boiled Egg Whole Wheat Toast Orange | Oatmeal Scrambled Egg Belgian Waffle / Syrup Banana | Cream of Wheat Cheese Omelet Whole Wheat Toast Orange |
| ALTERNATE | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese |
| REGULAR | Beef Barley Soup Cabbage Roll Pierogis / Sour Cream & Fried Onion Lemon Pound Cake | Carrot & Ginger Soup Ham & Cheese Sandwich Pasta Salad Blueberry Cake | Spinach & Red Lentil Soup Chicken Ala King Rice Pilaf Mix Vegetables Chocolate Pudding | Cream of Broccoli Soup Spaghetti Meatballs in Marinara Sauce Italian Mix Salad Rice Pudding | Vegetable Noodle Soup Crab Salad on a Croissant Potato Salad Cinnamon Apple Sauce | Corn Chowder Chili Con Carne Fresh Baked Scone Pineapple Tidbits | Vegetable Rice Soup Chicken Fingers / Plum Sauce O'Brien Potatoes Wax Beans & Bell Pepper Chocolate Cake |
| ALTERNATE | Sausage | Chicken | Meatballs | Herbed Chicken | Ham | Chicken | Fish |
| REGULAR | Festive Ham Scalloped Potato Corn Strawberry Rhubarb Pie | Baked Salmon Fillet/ Lemon Dill Sauce Fluffy Rice Carrots & Peas Peach Cobbler | Beef Bourguignon Egg Noodle Green Salad Apple Tart | Roast Pork Roasted Potato PEI Mix Vegetables Carrot Cake | Sweet & Sour Chicken Steamed Rice Carrots & Peas Jello | Baked Tilapia Mashed Potato California Mix Sauce Berry Cake | Meatloaf Herbed Rice Mexican Mix Vegetables Vanilla Yogurt with Fruit Sauce |
| ALTERNATE | Meatballs | Ham | Sausage | Meatballs | Sausage | Meatball | Chicken |

Foyer Maillard Fall & Winter Menu Week 3

| MEAL | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|--|---|--|---|---|--|---|
| REGULAR | Oatmeal Whole Wheat Toast Bacon Scrambled Egg Banana | Cream of Wheat Scrambled Egg Raisin Toast Orange | Oatmeal Poached Egg Whole Wheat Toast Banana | Cream of Wheat Scrambled Egg Triple Berry Muffin Orange | Oatmeal Boiled Egg Whole Wheat Toast Banana | Cream of Wheat Scrambled Egg Pancake/ Syrup Orange | Oatmeal Cheese Omelet Whole Wheat Toast Banana |
| ALTERNATE | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese |
| REGULAR | Cream of Celery Soup Cottage Cheese Fresh Fruit Salad Tea Biscuit Date Square | Split Pea Soup Roast Beef Sandwich Potato Salad Peach Cobbler | Chicken Rice Soup Battered Pollock Ketchup or Tartar Sauce Potato Wedges Coleslaw Lemon Tart | Red Lentil Spinach Soup Beef Pot Pie Hot Mix Vegetables Rice Pudding | Cream of Tomato Soup Chicken Strips Dipping Sauce Pom Pom Potatoes Strawberry Mousse | Borscht Cheese Burger Tossed Salad Carrot Cake | Chicken Vegetables Soup French Toast/ Berry Sauce Pork Sausage Tapioca Pudding |
| ALTERNATE | Sausage | Fish | Chicken | Bake Fish | Ham | Chicken | Ham |
| REGULAR | Roast Beef Yorkshire Pudding Mashed Potato Carrots Pumpkin Pie | Chicken Parmigiana Orzo Pasta Italian Mix Vegetables Boston Pie | Teriyaki Pork Chop Steam White Rice Sunrise Vegetables Banana Loaf | Chicken Pancit with Vegetables Coffee Cake | Vegetable Lasagna Caesar Salad Garlic Bread Zucchini Loaf | Baked Sole / Lemon Sauce Rice Pilaf Green Beans Bread Pudding / Caramel Sauce | Louisiana Chicken Pasta Mix Vegetables Strawberry Short- Cake |
| ALTERNATE | Baked Chicken | Ham | Meatball | Pot Pie | Chicken | Meatballs | Pot Pie |

Foyer Maillard Fall & Winter Menu Week 4

| MEAL | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|--|---|---|--|---|---|--|
| REGULAR | Cream of Wheat Whole Wheat Toast Bacon Scrambled Egg Orange | Oatmeal Scrambled Egg Raisin Toast Banana | Cream of Wheat Poached Egg Whole Wheat Toast Orange | Oatmeal Scrambled Egg Apple Cinnamon Muffin Banana | Cream of Wheat Boiled Egg Whole Wheat Toast Orange | Oatmeal Scrambled Egg Belgian Waffle / Syrup Banana | Cream of Wheat Cheese Omelet Whole Wheat Toast Orange |
| ALTERNATE | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese | Cold Cereal, PB, Cheese |
| REGULAR | Broccoli Soup Sweet & Sour Pork Steam Rice Apple Cake | Carrot & Ginger Soup Ham & Cheese Sandwich Pasta Salad Pineapple Upside Down Cake | Barley Soup Salisbury Steak /Caramelized Onion Mashed Potato Mix Vegetables Rice Pudding | Cream of Mushroom Soup Orange Ginger Chicken Steamed Rice Jello | Vegetable Noodle Soup Curried Chicken Salad Sandwich Dill Cucumber Salad Fruit Cocktail | Cream of Squash BBQ Pork Riblettes Potato Wedges Coleslaw Zucchini Loaf | Corn Chowder Chicken and Vegetable Chow Mein Cucumber Tomato Slices Mango Chunks |
| ALTERNATE | Chicken | Meatballs | Chicken | Meatball | Ham | Chicken | Fish |
| REGULAR | Roast Turkey/ Stuffing Bistro Vegetables Lemon Meringue Pie | Herbed Chicken Thigh Fluffy Rice Corn Bread Pudding | Salmon Roasted Potatoes Broccoli Banana Cup Cake | Beef Stroganoff Egg Noodles Carrots Marble Cake | Turkey Schnitzel Pasta Peas & Corn Date Square | Seafood Newburg White Rice California Mix Vegetables Fruit Crisp | Irish Lamb Stew Rice Pilaf Coin Carrots Fruit Tart |
| ALTERNATE | Ham | Fish | Sausage | Chicken | Sausage | Chicken | Ham |