

## Foyer Maillard Fall & Winter Menu Week 1

	<b>MEAL</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
BREAKFAST	<b>REGULAR</b>	Oatmeal Whole Wheat Toast Scrambled Egg Bacon Banana	Oatmeal Scrambled Egg Raisin Toast Orange	Cream of Wheat Poached Egg Whole Wheat Toast Banana	Oatmeal Scrambled Egg Assorted Muffins Orange	PB & B Oatmeal Boiled Egg Whole Wheat Toast Banana	Oatmeal Cheese Omelet Whole Wheat Toast Orange	Cream of Wheat Scrambled Egg Pancakes/Syrup Banana
	<b>ALTERNATE</b>	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	<b>REGULAR</b>	Cream of Tomato Soup Grilled Cheddar Cheese Sandwich Pickles Coleslaw Peach Coffee Cake	Beef Barley Soup Mushroom & Onion Quiche Tossed Salad Rice Pudding	Harvest Squash Soup Roast Turkey Stuffing, Cranberry Sauce Mashed Potatoes Green Beans Jellied Fruit	Mediterranean Chick Pea Soup Macaroni & Beef Casserole Caesar Salad Donut Holes	Curried Cauliflower Soup Egg Sandwich Quinoa Salad Chocolate Cake	Beef Rice Soup Mexican Enchiladas Sour Cream Tossed Salad Muesli	Potato Leek Soup Pulled Pork on Bun Hawaiian Coleslaw Tangerine Mousse
	<b>ALTERNATE</b>	Chicken	Breaded Fish	Meatballs	Pork	Chicken	Chicken	Breaded Fish
DINNER	<b>REGULAR</b>	Apple & Onion Pork Chops, Gravy Roasted Potatoes Traditional Mix Vegetables Apple Pie	Bruschetta Baked Fish Mediterranean Couscous Broccoli Florets Fruit Crisp with Vanilla Yogurt	Honey Garlic Pork Jasmine Rice Bistro Vegetables Bread Pudding with Custard	Chicken in Pesto Béchamel Sauce Parslied Potato Peas & Pearl Onions Yogurt	Three Cheese Lasagna Garlic Bread Broccoli Fruit Cocktail	Baked Basa Lemon Butter Sauce Mashed Potato Corn and Red Peppers Stewed Rhubarb & Strawberries	Chicken Pancit Vegetable Stir Fry Soft Dinner Roll Birds Nest Cookies
	<b>ALTERNATE</b>	Meatballs	Chicken	Turkey	Breaded Fish	Meatballs	Meatballs	Pork

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

09/2022

## Foyer Maillard Fall & Winter Menu Week 2

	<b>MEAL</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>BREAKFAST</b>	<b>REGULAR</b>	Oatmeal Whole Wheat Toast Bacon Scrambled Egg Oranges	Oatmeal Scrambled Egg Raisin Toast Banana	Cream of Wheat Poached Egg Whole Wheat Toast Oranges	Oatmeal Scrambled Egg Apple Cinnamon Muffin Banana	PB&B Oatmeal Boiled Egg Whole Wheat Toast Oranges	Oatmeal Banana Western Omelet Whole Wheat Toast Banana	Cream of Wheat Scrambled Egg Belgian Waffle With Syrup Oranges
	<b>ALTERNATE</b>	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
<b>LUNCH</b>	<b>REGULAR</b>	Chicken & Barley Soup Cabbage Rolls Perogies Sour Cream & Fried Onions Ice Cream	Carrot & Ginger Soup Grilled Reuben Sandwich Broccoli Slaw Blueberry Cake	Spinach & Red Lentil Soup Kentucky Chicken Yam Fries Mixed Vegetables Chocolate Mousse	Vegetable Soup Spaghetti with Meatballs in Marinara Sauce Italian Mix Salad Rice Pudding	Cream of Broccoli Soup Crab Salad on a Croissant Potato Salad Cinnamon Apple Slices	Corn Chowder Chili Con Carne Sour Cream Cheddar Cheese Fresh Baked Biscuit Peaches	Vegetable Quinoa Soup Chicken Fingers Plum Sauce O'Brien Potatoes Green Beans Chocolate Cake
	<b>ALTERNATE</b>	Sausage	Chicken	Meatballs	Chicken	Pork	Chicken	Fish
<b>DINNER</b>	<b>REGULAR</b>	Festive Ham Scalloped Potato Green Beans Trifle	Teriyaki Salmon Fillet Fluffy Rice Carrots & Peas Peach Cobbler	Beef Bourguignon Egg Noodles Roasted Cauliflower Strawberry Rhubarb Pie	Roast Pork Roasted Potato PEI Mixed Vegetables Carrot Cake	Sweet & Sour Chicken Steamed Rice Stir Fried Vegetables Mandarin Oranges	Baked Tilapia Mashed Potato California Mix Vegetables Egg Tart	Meatloaf Grandpas Tomato Gravy Mashed Potatoes Mexican Mix Vegetables Dinner Roll Vanilla Yogurt with Fruit Sauce
	<b>ALTERNATE</b>	Meatballs	Ham	Chicken	Beef	Breaded Fish	Meatball	Chicken

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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 3

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<b>REGULAR</b>	Oatmeal Whole Wheat Toast Bacon Scrambled Egg Banana	Oatmeal Scrambled Egg Raisin Toast Orange	Cream of Wheat Poached Egg Whole Wheat Toast Banana	Oatmeal Scrambled Egg Triple Berry Muffin Orange	PB&B Oatmeal Boiled Egg Whole Wheat Toast Banana	Oatmeal Cheese Omelet Whole Wheat Toast Orange	Cream of Wheat Scrambled Egg Pancakes/ Syrup Banana
	<b>ALTERNATE</b>	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	<b>REGULAR</b>	Cream of Celery Soup Manicotti Tossed Salad Date Square	Red Lentil Spinach Soup Hot Turkey Sandwich Beets Peach Cobbler	Chicken Rice Soup Battered Pollock Ketchup or Tartar Sauce Potato Wedges Coleslaw Lemon Tart	Split Pea Soup Roast Beef Yorkshire Pudding Mashed Potato Mixed Vegetables Ambrosia	Cream of Tomato Soup Chicken Strips Dipping Sauce Pom Pom Potatoes Carrot Raisin Salad Strawberry Mousse	Borscht Cheese Burger Crispy Fries Lettuce and Tomato Carrot Cake	Cream of Broccoli Soup Sweet & Sour Pork Steamed Jasmine Rice Oriental Vegetables Baked Cinnamon Apple Slices
	<b>ALTERNATE</b>	Meatloaf	Breaded Fish	Chicken	Pork	Beef	Veggie Patty	Beef
DINNER	<b>REGULAR</b>	Beef Pot Pie Gravy Mashed Potato Roasted Honey Dijon Carrots Ice Cream	Chicken Parmigiana Orzo Pasta Italian Mix Vegetables Boston Cream Pie	Teriyaki Pork Chop Fluffy White Rice Sunrise Vegetables Mandarin Oranges	Chicken Chow Mein Sautéed Vegetables Coffee Cake	Residents & Chef's Choice  Zucchini Loaf	Baked Sole with Lemon Sauce Herbed Couscous Green Beans Bread Pudding with Caramel Sauce	Louisiana Chicken Pasta Mixed Vegetables Assorted Desserts
	<b>ALTERNATE</b>	Chicken	Turkey	Meatball	Beef	Chicken	Meatballs	Fish

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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 4

	<b>MEAL</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
BREAKFAST	<b>REGULAR</b>	Oatmeal Whole Wheat Toast Bacon Scrambled Egg Oranges	Oatmeal Scrambled Egg Raisin Toast Banana	Cream of Wheat Poached Egg Whole Wheat Toast Oranges	Oatmeal Scrambled Egg Blueberry Bran Muffin Banana	PB&B Oatmeal Boiled Egg Whole Wheat Toast Oranges	Oatmeal Western Omelet Whole Wheat Toast Banana	Cream of Wheat Scrambled Egg Belgian Waffle with Syrup Oranges
	<b>ALTERNATE</b>	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	<b>REGULAR</b>	Chicken Vegetable Soup French Toast Casserole Berry Sauce Pork Sausage Tapioca Pudding	Tomato Vegetable Soup Captains Burger Golden Fries Coleslaw Peaches	Barley Soup Tourtiere Gravy Mashed Potato Mixed Vegetables Rice Pudding	Cream of Mushroom Soup Chicken Karage Dipping Sauce Potato Wedges Green Beans Jello	Vegetable Quinoa Soup Turkey a La King Buttered Noodles Potatoes Beets Ice Cream	Chicken Tortilla Soup Macaroni & Cheese Buttered Peas Lemon Pound Cake	Split Pea Soup BBQ Chicken Baked Potato Sour Cream Carrot Salad Creamy Mango Dessert
	<b>ALTERNATE</b>	Chicken	Meatballs	Chicken	Meatball	Beef	Sausage	Breaded Fish
DINNER	<b>REGULAR</b>	Salisbury Steak with Caramelized Onion Gravy Mashed Potatoes Bistro Vegetables Pineapple Upside Down Cake	Chicken Souvlaki Seasoned Rice Pita Bread Tzatziki Greek Salad Chocolate Eclair	Baked Salmon Hollandaise Sauce Mini Potatoes Broccoli Banana Cup Cake	Curried Beef Turmeric Rice Cauliflower Marble Cake	Grilled Sausages Baked Beans Mashed Potatoes Sunrise Vegetables Date Square	Seafood Newburg White Rice California Mix Vegetables Fruit Crisp	Shepherd's Pie Gravy Roasted Brussels Sprouts Soft Dinner Roll Fruit Tart
	<b>ALTERNATE</b>	Pork	Breaded Fish	Beef	Breaded Fish	Chicken	Chicken	Chicken

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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

