

Foyer Maillard Fall & Winter Menu Week 1

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	REGULAR/ DIABETIC	Oatmeal – 6oz Whole Wheat Toast Scrambled Egg Bacon- 2 Slices Banana	Cream of Wheat- 6oz Scrambled Egg- 2oz Raisin Toast Orange	Oatmeal- 6oz Poached Egg Whole Wheat Toast Banana	Cream of Wheat- 6oz Scrambled Egg- 2oz Assorted Muffins Orange	Oatmeal – 6oz Boiled Egg Whole Wheat Toast Banana	Cream of Wheat- 6oz Scrambled Egg Pancake/ Syrup Orange	Oatmeal -6oz Cheese Omelet- 3oz Whole Wheat Toast Banana
	ALTERNATE	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
LUNCH	REGULAR/ DIABETIC	Potato Leak Soup /Unsalted Crackers Macaroni & Beef Casserole Peas & Carrots Mini Donuts	Minestrone Soup /Unsalted Crackers Mushroom & Swiss Cheese Quiche Tossed Salad Rice Pudding	Cream of Cauliflower Soup/ Unsalted Crackers Turkey Cranberry Sandwich Citrus Beet Salad Coffee Cake	Goulash Soup / Unsalted Crackers Pulled Pork on Bun Coleslaw Zucchini Loaf	Cream of Vegetable Soup / Unsalted Crackers Egg Sandwich Pasta Salad Fruit Cake	Beef Rice Soup / Unsalted Crackers Turkey Pot Pie Tossed Salad Muesli	Cream of Tomato Soup / Unsalted Crackers Cheddar Cheese Bran Muffin Fruit Salad Bread Pudding
	ALTERNATE	Chicken	Baked Fish	Meatballs	Ham	Chicken	Meatballs	Baked Fish
DINNER	REGULAR/ DIABETIC	Roast Pork Wild Rice Traditional Mix Vegetables Apple Pie	Sole Fish Couscous Broccoli Florets Fruit Crisp	Honey Garlic Pork Rice Pilaf Bistro Vegetables Bread Pudding / Raisins	Chicken in Béchamel Sauce Herbed Rice Peas & Pearl Onions Ambrosia Fruit Salad	Meat Lasagna Caesar Salad Garlic Bread Yogurt	Baked Basa Mashed Potato Corn Egg Tart	Beef Chow Mein Vegetable Stir Fry Chinese Cookies
	ALTERNATE	Lamb Stew	Chicken	Pork	Sausage	Chicken	Sausage	Chicken

Diabetic Diet: Offer sweeteners vs. sugars; fruit vs. cookies at snacks
 Modified Texture Diet: Cut Up, Mince and Puree are the same as Regular
 Snacks: See Snacks Menu
 Note: 125ml water, 125ml Milk, 180ml Coffee/Tea is offered at each meal

Foyer Maillard Fall & Winter Menu Week 2

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	REGULAR/ DIABETIC	Cream of Wheat- 6oz Whole Wheat Toast Bacon- 2 Slices Scrambled Egg 2oz Orange	Oatmeal – 6oz Scrambled Egg- 2oz Raisin Toast Banana	Cream of Wheat- 6oz Poached Egg Whole Wheat Toast Orange	Oatmeal – 6oz Scrambled Egg- 2oz Apple Cinnamon Muffin Banana	Cream of Wheat- 6oz Boiled Egg Whole Wheat Toast Orange	Oatmeal – 6oz Scrambled Egg Belgian Waffle / Syrup Banana	Cream of Wheat- 6oz Cheese Omelet- 3oz Whole Wheat Toast Orange
	ALTERNATE	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
LUNCH	REGULAR/ DIABETIC	Beef Barley Soup / Unsalted Crackers Cabbage Roll Pierogis / Sour Cream & Fried Onion Lemon Pound Cake	Carrot & Ginger Soup/ Unsalted Crackers Ham & Cheese Sandwich Pasta Salad Chocolate Pudding	Spinach & Red Lentil Soup / Unsalted Crackers Chicken Ala King Rice Pilaf Mix Vegetables Blueberry Cake	Cream of Broccoli Soup / Unsalted Crackers Spaghetti Meatballs in Marinara Sauce Tossed Salad Rice Pudding	Vegetable Noodle Soup /Unsalted Crackers Crab Salad Sandwich on Croissant Bun Potato Salad Pineapple Upside-Down Cake	Corn Chowder / Unsalted Crackers Chili Con Carne Fresh Baked Scone Cinnamon Apple Sauce	Vegetable Rice Soup /Unsalted Crackers Chicken Fingers / Plum Sauce O'Brien Potatoes Wax Beans & Bell Pepper Chocolate Cake
	ALTERNATE	Sausage	Chicken	Meatballs	Herbed Chicken	Ham	Chicken	Fish
DINNER	REGULAR/ DIABETIC	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 Fruit Cake
	ALTERNATE	Meatballs	Ham	Sausage	Meatballs	Sausage	Meatball	Chicken

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Snacks: See Snacks Menu

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

Foyer Maillard Fall & Winter Menu Week 3

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	REGULAR/ DIABETIC	Oatmeal – 6oz Whole Wheat - Toast Bacon- 2 Slices Scrambled Egg Banana	Cream of Wheat- 6oz Scrambled Egg- 2oz Raisin Toast Orange	Oatmeal- 6oz Poached Egg Whole Wheat - Toast Banana	Cream of Wheat 6oz Scrambled Egg- 2oz Triple Berry Muffin Orange	Oatmeal – 6oz Boiled Egg Whole Wheat Toast Banana	Cream of Wheat- 6oz Scrambled Egg Pancake/ Syrup Orange	Oatmeal -6oz Cheese Omelet- 3oz Whole Wheat Toast Banana
	ALTERNATE	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
LUNCH	REGULAR/ DIABETIC	Cream of Celery Soup/ Unsalted Crackers Cottage Cheese Fresh Fruit Salad Tea Biscuit Boston Pie	Split Pea Soup/ Unsalted Crackers Roast Beef Sandwich Potato Salad Peach Cobbler	Chicken Rice Soup / Unsalted - Crackers Battered Pollock/ Ketchup or Tartar Sauce Potato Wedges Coleslaw Lemon Tart	Red Lentil Spinach Soup / Unsalted Crackers Beef Pot Pie Hot Mix Vegetables Rice Pudding	Cream of Tomato Soup / Unsalted Crackers Egg Sandwich Pasta Salad Strawberry Mousse	Borscht/ Unsalted Crackers Cheese Burger Tossed Salad Carrot Cake	Chicken Vegetables Soup/ Unsalted Crackers French Toast/ Berry Sauce Pork Sausage Tapioca Pudding
	ALTERNATE	Sausage	Fish	Chicken	Bake Fish	Ham	Chicken	Ham
DINNER	REGULAR/ DIABETIC	Roast Beef Yorkshire Pudding Mashed Potato Carrots Pumpkin Pie	Chicken Parmigiana Orzo Pasta Italian Mix Vegetables Date Square	Teriyaki Pork - Chop Steam White - Rice Sunrise - Vegetables Banana Loaf	Steamed Cod Tail Couscous Mix 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

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Snacks: See Snacks Menu

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

Foyer Maillard Fall & Winter Menu Week 4

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	REGULAR/ DIABETIC	Cream of Wheat-6oz Whole Wheat Toast Bacon- 2 Slices Scrambled Egg 2oz Orange	Oatmeal – 6oz Scrambled Egg 2oz Raisin Toast Banana	Cream of Wheat-6oz Poached Egg Whole Wheat Toast Orange	Oatmeal – 6oz Scrambled Egg-2oz Apple Cinnamon Muffin Banana	Cream of Wheat-6oz Boiled Egg Whole Wheat Toast Orange	Oatmeal – 6oz Scrambled Egg Belgian Waffle / Syrup Banana	Cream of Wheat-6oz Cheese Omelet- 3oz Whole Wheat Toast Orange
LUNCH	ALTERNATE	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
	REGULAR/ DIABETIC	Broccoli Soup / Unsalted Crackers Sweet & Sour Pork Steam Rice Apple Cake	Carrot & Ginger Soup / Unsalted Crackers Ham & Cheese Sandwich Pasta Salad Pineapple Upside Down Cake	Barley Soup / Unsalted Crackers Salisbury Steak /Caramelized Onion Mashed Potato Mix Vegetables Rice Pudding	Cream of Mushroom Soup / Unsalted Crackers Orange Ginger Chicken Steamed Rice Jello	Vegetable Noodle Soup / Unsalted Crackers Tuna Salad Sandwich Potato Salad Fruit Cocktail	Cream of Squash / Unsalted Crackers BBQ Pork Riblettes Potato Wedges Coleslaw Zucchini Loaf	Corn Chowder / Unsalted Crackers Vegetable Frittata / Cheese Sauce Cucumber Tomato Slices Danish
	ALTERNATE	Chicken	Meatballs	Chicken	Meatball	Ham	Chicken	Fish
DINNER	REGULAR/ DIABETIC	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

Diabetic Diet: Offer sweeteners vs. sugars; fruit vs. cookies at snacks
 Modified Texture Diet: Cut Up, Mince and Puree are the same as Regular
 Snacks: See Snacks Menu
 Note: 125ml water, 125ml Milk, 180ml Coffee/Tea is offered at each meal