

## 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 Cheese Slices Whole Wheat Toast Banana	Oatmeal Western 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, Scrambled Egg	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese
LUNCH	<b>REGULAR</b>	Cream of Tomato Soup Grilled Cheddar Cheese Sandwich Pickles Coleslaw Marble Cake	Curried Cauliflower Soup Beer Battered Fish Golden Chips Peas Rice Pudding	Mediterranean Chick Pea Soup Macaroni & Beef Casserole Caesar Salad Jellied Fruit	Cream of Harvest Squash Soup Roast Turkey Cranberry Sauce Mashed Potatoes Broccoli Donuts	Beef Barley Soup Egg Sandwich Quinoa Salad Chocolate Cake	Lentil Soup Mexican Enchiladas Sour Cream Tossed Salad Muesli	Potato Leek Soup Pulled Pork on Bun Hawaiian Coleslaw Tangerine Mousse
	<b>ALTERNATE</b>	Chicken	Pork	Chicken	Meatballs	Pork	Fish	Breaded Fish
DINNER	<b>REGULAR</b>	Apple & Onion Pork Chops Gravy Roasted Potatoes Brussels Sprouts Apple Pie	Mushroom & Onion Quiche Roasted Beets Peach Crisp with Vanilla Yogurt	Chicken in Pesto Béchamel Sauce Parslied Potato Green Beans Bread Pudding with Custard	Honey Garlic Pork Jasmine Rice Bistro Vegetables Mango Tart with Cream	Three Cheese Lasagna Garlic Bread Roasted Carrots with Garlic & Herbs 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	Battered Fish	Meatballs	Turkey	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

10, 2023-2024

## 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>
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 Yogurt 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, Scrambled Egg	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese
LUNCH	<b>REGULAR</b>	Chicken & Barley Soup Cabbage Rolls Perogies Sour Cream & Fried Onions Ice Cream	Carrot & Ginger Soup Grilled Reuben Sandwich Mixed Bean Salad 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 Freshly Baked Biscuit Tropical Fruit	Vegetable Quinoa Soup Chicken Fingers Plum Sauce O'Brien Potatoes Green Beans Chocolate Cake
	<b>ALTERNATE</b>	Sausage	Chicken	Meatballs	Chicken	Pork	Chicken	Fish
DINNER	<b>REGULAR</b>	Festive Ham with Pineapple Slices Scalloped Potato Green Beans Trifle	Teriyaki Salmon Fillet Fluffy Rice Carrots & Peas Peaches	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 Assorted Desserts	Baked Tilapia With Tarragon Sauce Mashed Potato Beets 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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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

10, 2023-2024

### 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 Yogurt 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, Scrambled Egg	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese
LUNCH	<b>REGULAR</b>	Cream of Celery Soup Spinach & Ricotta Manicotti Tossed Salad Date Square	Chicken Rice Soup Battered Fish Ketchup or Tartar Sauce Potato Wedges Coleslaw Lemon Tart	Clam Chowder with Bacon Topping Hot Turkey Sandwich Sliced Beets Peach Cobbler with Custard	Split Pea Soup Roast Beef Yorkshire Pudding Mashed Potato Mixed Vegetables Ambrosia	Borscht Chicken Karaage Dipping Sauce Pom Pom Potatoes Carrot Raisin Salad Strawberry Mousse	Cream of Tomato Soup Baked Ham with Mustard Glaze Country Potatoes Braised Red Cabbage Carrot Cake	Cream of Spinach 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	Pork Medallions Roasted Potatoes Sunrise Vegetables Mandarin Oranges	Thai Shrimp Curry Seasoned Rice Sautéed Beans Coffee Cake	Residents & Chef's Choice  Zucchini Loaf	Baked Sole with Lemon Sauce Herbed Couscous Broccoli Bread Pudding with Caramel Sauce	Louisiana Chicken Pasta Mixed Vegetables Assorted Desserts
	<b>ALTERNATE</b>	Chicken	Turkey	Meatball	Beef	Chicken	Meatballs	Fish

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

10, 2023-2024

## 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 Yogurt 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 Noodle Soup French Toast Casserole Berry Sauce Pork Sausage Tapioca Pudding	Tomato Vegetable Soup Chicken Souvlaki Seasoned Rice Pita Bread Tzatziki Greek Salad Éclair Cake	Beef Barley Soup Chicken Strips Dipping Sauces Potato Wedges Green Beans Panna Cotta with Fruit Sauce	Cream of Mushroom Soup Baked Salmon Hollandaise Sauce Roast Potatoes Broccoli Jello	Vegetable Quinoa Soup Turkey a La King Buttered Biscuit Beets Ice Cream	Chicken Tortilla Soup Pasta with Roasted Vegetable Sauce 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	Captains Burger Golden Fries Coleslaw Tropical Fruit Cup	Tourtiere Gravy Mashed Potato Mixed Vegetables 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 Cherry 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

10, 2023-2024