

**Foyer Maillard Spring/Summer 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>   |
|------------------|------------------------------|-------------|--|---|---|---|--|---|---|
| <b>BREAKFAST</b> | <b>REGULAR/<br/>DIABETIC</b> |             | Oatmeal – 6oz<br>Whole Wheat Toast<br>Bacon- 2 Slices<br>Scrambled Egg   | Cream of Wheat-<br>6oz<br>Poached Egg- 2oz<br>Raisin Toast  | Oatmeal- 6oz<br>Boiled Egg<br>Whole Wheat Toast   | Cream of Wheat-<br>6oz<br>Scrambled Egg- 2oz<br>Bran Muffin                               | Oatmeal – 6oz<br>Boiled Egg<br>Whole Wheat<br>Toast                                  | Cream of Wheat- 6oz<br>Scrambled Egg<br>Pancake/ Syrup  | Oatmeal -6oz<br>Cheese Omelet-<br>3oz<br>Whole Wheat<br>Toast                             |
|                  | <b>ALTERNATE</b>             |             | Assorted Cold<br>Cereal/ Fruit   | Assorted Cold<br>Cereal/ Fruit  | Assorted Cold<br>Cereal/ Fruit  | Assorted Cold<br>Cereal/ Fruit  | Assorted Cold<br>Cereal/ Fruit   | Assorted Cold Cereal/<br>Fruit  | Assorted Cold<br>Cereal/ Fruit  |
| <b>LUNCH</b>     | <b>REGULAR/<br/>DIABETIC</b> |             | Crackers<br>Vegetable Noodle<br>Soup<br>Chicken Nuggets<br>Plum Sauce<br>Pompom Potatoes<br>Slice Tomato<br>Cherry Strudel | Crackers<br>Tomato Soup<br>Grilled Cheese<br>Sandwich<br>Sweet Pickle<br>Pasta Salad<br>Butterscotch<br>Pudding | Crackers<br>Minestrone Soup<br>Italian Sausage<br>O'Brien Potato<br>Spinach/Strawberry<br>Salad<br>Tart | Crackers<br>Cream of Celery<br>Soup<br>Chicken Salad<br>Sandwich<br>Potato Salad<br>Jello | Crackers<br>Carrot Ginger<br>Soup<br>Shepherd's Pie<br>Green Salad<br>Lemon Macaroon | Crackers<br>Cream of Potato<br>Soup<br>Cold Plate -<br>Ham/Turkey<br>Bun<br>Lettuce/Tomato<br>Wedges<br>Brownie | Crackers<br>Spinach Soup<br>Maple Sausage<br>French Toast<br>Berry Sauce<br>Zucchini Loaf |
|                  | <b>ALTERNATE</b>             |             | Pork   | Chicken   | Breaded Fish  | Roast Pork  | Beef Stew  | Meatballs   | Fish  |
| <b>DINNER</b>    | <b>REGULAR/<br/>DIABETIC</b> |             | Roast Chicken<br>Baked Potato<br>Corn on Cob<br>Boston Pie   | Breaded Sole<br>Rice<br>Carrots & Peas<br>Banana Cake   | Roast Pork<br>Baked Potato<br>Wax Beans<br>Carrot Cake  | Beef Stew<br>Scone<br>Seasoned Carrots<br>Pound Cake                                      | Chicken /<br>Mushroom Sauce<br>Egg Noodle<br>PEI Mix<br>Vegetables<br>Mini Donut     | Baked Salmon<br>Rice<br>Fresh Cauliflower<br>Cup Cakes  | Beef & Vegetable<br>Stir Fry<br>Chow Mein<br>Jello  |
|                  | <b>ALTERNATE</b>             |             | Fish   | Chicken   | Meatballs   | Chicken   | Ham  | Sausage   | Chicken   |

Diabetic diet: Offer sweeteners vs. sugars; fruit vs. cookies at snacks

Modified Texture Diet: Cut Up, Mince & Pureed are same as regular

Snacks: See Snacks Menu

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