Weekly Menu For Summer 2017 - Week 1 - Diet : Regular/Regular

GFS CONNECT menu+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes	Stewed Prunes
Oatmeal	Cream of Wheat w/bran	Oatmeal	Cream of Wheat w/bran	Oatmeal	Cream of Wheat w/bran	Oatmeal
Scrambled Egg	Boiled Egg	Pancake Syrup	Scrambled Egg	Boiled Egg	Poached Egg	Scrambled Egg
Whole Wheat Toast	Whole Wheat Toast	French Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Crispy Bacon
Assorted Jams & Spreads	Assorted Jams & Spreads	2% Milk	Assorted Jams & Spreads	Assorted Jams & Spreads	Assorted Jams & Spreads	Whole Wheat Toast
2% Milk	2% Milk	Coffee Or Tea	2% Milk	2% Milk	2% Milk	Assorted Jams & Spreads
Coffee Or Tea	Coffee Or Tea		Coffee Or Tea	Coffee Or Tea	Coffee Or Tea	2% Milk
						Coffee Or Tea
Banana	Orange Sections	Banana	Banana	Apple Slices	Banana	Banana
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
		Scrambled Egg				
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Cream of Mushroom Soup	Tomato Juice	Homemade Chef's Choice Soup	Beef Barley Soup	Butternut Squash Soup	Potato Leek Soup	Cream of Tomato Soup
Soda Crackers	Chicken Burger On A Bun	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers
Corned Beef Sandwich on Rye	Kale Salad	Turkey Cranberry Sandwich	Chicken Salad Sandwich	Tourtiere	Beef Hotdog On A Bun	Grilled Cheese Sandwich WW
Sauerkraut	Crushed Pineapple	Creamy Coleslaw	Tossed Salad	Brown Gravy	Broccoli Salad	Mixed Greens
Mandarin Oranges	2% Milk	Diced Cantaloupe	Salad Dressing	Cut Green Beans	Diced Pears	Tropical Fruit Salad
2% Milk	Coffee Or Tea	2% Milk	Strawberries w/Whip Topping	Diced Watermelon	2% Milk	2% Milk
Coffee Or Tea		Coffee Or Tea	2% Milk	2% Milk	Coffee Or Tea	Coffee Or Tea
			Coffee Or Tea	Coffee Or Tea		
Devilled Eggs	Sliced Cheese Plate	Fish Burger On A Bun	Mustard	Egg Salad Sandwich WW	Turkey Club	Tuna Salad
Whole Wheat Dinner Roll	Whole Wheat Dinner Roll	Mayonnaise	Hot Sliced Ham	Spinach Salad	Coleslaw Vinaigrette	Whole Wheat Dinner Roll
Tossed Salad	Grapes	Lettuce & Tomato Slices	Whole Wheat Dinner Roll	Iced Brownie	Assorted Mini Danish	Sliced Fresh Tomato
Salad Dressing	Strawberry Ice Cream	Lemon Tart	Parslied Cauliflower			Vanilla Ice Cream
Mini Cinnamon Crunchie			Rice Krispie Square			
Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
Vanilla Yogurt	Bran Muffin	Fresh Fruit	Oatmeal Apple Muffin	Vanilla Yogurt	Muffin Banana Chocolate Chunk	Brownie
Choice of Drink	Choice of Drink	Choice of Drink	Choice of Drink	Choice of Drink	Choice of Drink	Choice of Drink
Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies
Quick Turkey ala King	Salisbury Steak	Farmer Sausage	Shepherd's Pie	Veal Picata	Sweet & Sour Chicken	Beef Pot Roast
Tea Biscuit	Beef Gravy	Mashed Potatoes	Beef Gravy	Mashed Potatoes	White Rice	Beef Gravy
PEI Mixed Vegetable	Baked Potato	Cali Mixed Vegetable	Brussels Sprouts	Braised Red Cabbage	Sauteed Asian Mixed Veg	Mini Yorkshire Pudding
Mixed Berries w/Topping	Asparagus	Diced Pears	Sliced Peaches	Fruit Salad	Stewed Rhubarb	Mashed Potatoes
2% Milk	Applesauce	2% Milk	2% Milk	2% Milk	2% Milk	Whole Green Beans
Coffee Or Tea	2% Milk	Coffee Or Tea	Coffee Or Tea	Coffee Or Tea	Coffee Or Tea	Fresh Fruit
	Coffee Or Tea					2% Milk
						Coffee Or Tea
BBQ Pork Ribette	Spinach & Cheese Strata	Ranch Perogies w/Cheese	Maple Glazed Salmon	Sour Cream	Herbed Pork	Meat Lasagna
Savoury Diced Sweet Potatoes	Diced Squash	Sauteed Onions & Peppers	Scalloped Potato	Butter Chicken	Brown Gravy	Caesar Salad
Corn Niblets	Peach Cake	Vanilla Pudding	Diced Carrots	White Rice	Parsley Boiled Potatoes	Apple Pie
Buttertart Bar			Caramilla Cake	Green Peas	Corn Niblets	
				Berry Crisp	Strawberry Shortcake	
2% Milk	Snack PB & Jam Sandwich	Snack Egg Salad Sandwich WW	2% Milk	Sanck Bologna Sandwich	Raisin Bread w/Cream Cheese	2% Milk
Cheese & Crackers	2% Milk	2% Milk	Snack Cheese Sandwich	2% Milk	2% Milk	PB & Crackers
Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies	Assorted Cookies