



3 Week Rotating Menu – Hot Meal Program Winter 2020

Week 1	Appetizer	Entrée	Sides	Dessert
Monday	Soup	Chicken Schnitzel	Seasonal Vegetables, Potatoes and Gravy	Brownie
Tuesday	Salad	Ham & Cheese Omelette	Potatoes and Seasonal Vegetables	Seasonal Fruit
Wednesday	Soup	Meat Lasagne	Seasonal Vegetables	Lemon Tart
Thursday	Lentil/ Bean Soup	Teriyaki Chicken	Mixed Vegetables & Rice	Seasonal Fruit
Friday	Coleslaw	Meatloaf	Potatoes and Seasonal Vegetables	Chocolate Pudding

Week 2	Appetizer	Entrée	Sides	Dessert
Monday	Soup	Chicken Breast	Potatoes and Seasonal Vegetables	Lemon Tart
Tuesday	Salad	Pasta & Meat Sauce	Seasonal Vegetables	Rice Pudding
Wednesday	Soup	Fish Cutlet	Seasonal Vegetables Potatoes	Banana Loaf *nuts
Thursday	Lentil/ Bean Soup	Beef Cabbage Rolls	Seasonal vegetables	Chocolate Pudding
Friday	Coleslaw	Panko Breaded Chicken Tenders	Seasonal Vegetables and wedge fries	Seasonal Fruit

Week 3	Appetizer	Entrée	Sides	Dessert
Monday	Soup	Pulled Pork	Potatoes, Seasonal Vegetables	Brownie
Tuesday	Salad	Cheese Cannelloni	Seasonal Vegetables	Lemon tart
Wednesday	Soup	Chicken Salad Wrap	Macaroni Salad	Rice Pudding
Thursday	Lentil/ Bean Soup	Spanish Meatballs in a tomato sauce	Rice, vegetables	Banana Loaf *nuts
Friday	Coleslaw	Chicken Souvlaki	Roasted potatoes and seasonal vegetables	Seasonal Fruit