



## 3 Week Rotating Menu – Hot Meal Program July 2020

Week 1	Appetizer	Entrée	Sides	Dessert
<b>Monday</b>	Soup	Meat Lasagne	Seasonal Vegetables	Brownie
<b>Tuesday</b>	Salad	Ham & Cheese Omelette	Potatoes & Seasonal Vegetables	Seasonal Fruit
<b>Wednesday</b>	Soup	COLD Plate Tuna Salad	Chick Pea Salad & Seasonal Vegetables	Lemon Tart
<b>Thursday</b>	Lentil/ Bean Soup	Teriyaki Chicken	Mixed Vegetables & Rice	Seasonal Fruit
<b>Friday</b>	Coleslaw	Baked Macaroni & Cheese	Seasonal Vegetables	Chocolate Pudding

Week 2	Appetizer	Entrée	Sides	Dessert
<b>Monday</b>	Soup	Chicken Breast	Potatoes & Seasonal Vegetables	Lemon Tart
<b>Tuesday</b>	Salad	Pasta & Meat Sauce	Seasonal Vegetables	Cream Pie
<b>Wednesday</b>	Soup	Chef's Choice Vegetarian Omelette	Potatoes	Banana Loaf *nuts
<b>Thursday</b>	Lentil/ Bean Soup	Shepard's Pie	Seasonal Vegetables	Chocolate Pudding
<b>Friday</b>	Soup	Fish Cutlet	Seasonal Vegetables & Potatoes	Seasonal Fruit

Week 3	Appetizer	Entrée	Sides	Dessert
<b>Monday</b>	Soup	Spinach & Cheddar Frittata	Seasonal Vegetables	Brownie
<b>Tuesday</b>	Soup	Spanish Meatballs in a Tomato Sauce	Rice & Seasonal Vegetables	Lemon Tart
<b>Wednesday</b>	Soup	COLD Plate Chicken	Seasonal Vegetables	Seasonal Fruit
<b>Thursday</b>	Salad	Spaghetti & Tomato Sauce	Seasonal Vegetables	Banana Loaf *nuts
<b>Friday</b>	Coleslaw	Chicken Schnitzel	Mashed Potatoes & Vegetables	Seasonal Fruit