



3 Week Rotating Menu – Hot Meal Program Effective November 2021

Week 1	Appetizer	Entrée	Sides	Dessert
Monday	Soup or Salad	Meat Lasagne	Seasonal Vegetables	Brownie
Tuesday	Soup or Salad	Teriyaki Chicken	Rice	Seasonal Fruit
Wednesday	Soup or Salad	Swiss Steak with Fried Onions	Potatoes & Seasonal Vegetables	Lemon Tart
Thursday	Soup or Salad	Vegetarian Cannelloni	Chef's Choice Salad	Seasonal Fruit
Friday	Soup or Salad	Vegetarian Stew	Rice & Bread Roll	Chocolate Pudding

Week 2	Appetizer	Entrée	Sides	Dessert
Monday	Soup or Salad	Pasta Primavera	Garlic Bread	Lemon Tart
Tuesday	Soup or Salad	Pulled Pork Sliders	Bean Salad	Seasonal Fruit
Wednesday	Soup or Salad	Mild Vegetarian Chili	Rice & Bread Roll	Brownie
Thursday	Soup or Salad	Chicken Breast	Mashed Potatoes & Seasonal Vegetables	Seasonal Fruit
Friday	Soup or Salad	Fish & Chips	Coleslaw	Chocolate Pudding

Week 3	Appetizer	Entrée	Sides	Dessert
Monday	Soup or Salad	Sweet & Sour Meatballs	Rice & Seasonal Vegetables	Brownie
Tuesday	Soup or Salad	Breaded Chicken Schnitzel	Potatoes & Seasonal Vegetables	Lemon Tart
Wednesday	Soup or Salad	Chef's Choice Vegetarian Omelette	Potatoes	Vanilla Pudding
Thursday	Salad or Salad	Pasta & Meat Sauce	Seasonal Vegetables	Banana Loaf *nuts
Friday	Soup or Salad	Vegetarian Shepherd's Pie	Bread Roll	Seasonal Fruit