

SPRING/SUMMER 2017

DATE							
WEEK # 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Choice of Apple, Orange, Prune Juice or Stewed Prunes							
B K F S T	CEREAL	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
	BREAD SPREADS	Toast (White or W.W.) Ass't Jam Banana	Toast (White or W.W.) Ass't Jam Banana	Toast (White or W.W.) Ass't Jam Banana	Toast (White or W.W.) Ass't Jam Banana	Toast (White or W.W.) Ass't Jam Banana	Toast (White or W.W.) Ass't Jam Banana
	FEATURE	Bacon Slice	Poached egg	Cottage cheese	Cheddar Cheese	Boiled Egg	Yogurt
L U N C H	SOUP/JUICE	Dill Herb/Dumplings soup	French Spring Soup	Cream of Celery	Lithuanian Borscht	Tomato Noodle Soup	Split Peas Soup
	ENTRÉE	Vegetable/Ham Quiche Greek Salad	Perogies with sweet Cheese and Sour cream and melon	Deville Egg Salad Plate with Cheese Zucchini Salad	Potato Pancakes with sour cream/Bacon	French Toast, Syrup, Sausage & Watermelon	Gnocchi with Pork Bites and onions Tomato/Feta Slices
	Alt. Entrée	Chef's Meat Salad & Potato Salad/Roll	Roast Beef Sandwich on W/W With Tossed Salad	Lithuanian Herring Salad Plate With hot potatoes	Chicken Salad Croissant & Marinated Green Bean Salad	Liver Pate Plate/Dark Rye bread with Lithuanian Beet Salad	Salmon Salad Sandwich with Garden Salad and Italian Dressing
	DESSERT	Lime Sherbet	Kiwi	Apricots	Fresh Blueberries in Jell-O With whipped cream	Fresh Orange Sections	Fresh Fruit Salad
	Alt. Dessert	Chocolate Pudding	Mini strudel	Baked cookie	Butter Tart	Vanilla Ice Cream	Lemon chiffon
D I N N E R	ENTRÉE	Hungarian Goulash With Buckwheat kasha	Hammered Pork Schnitzel with sautéed Mushrooms	Lithuanian Chicken with and Plums	Lamb Chops/Gravy	Battered Cod Fish with Tartar Sauce	Sautéed Turkey Steak & Gravy
	Alt. Entrée	Turkey Schnitzel & Cranberry Sauce	Poached Basa Fillet with lemon sauce	Homemade meatballs/Gravy	Pasta – Chef's Choice with Garlic Bread	BBQ Ribs	Cabbage Rolls
	POTATO	Diced Potatoes	Roasted Potato	Rice Pilaf or Mashed potatoes	Mashed Potato	Boiled Potato	Mashed Potato
	VEGETABLE	Brussels Sprouts	Cauliflower	Parsnip	Carrot rings with Parsley	Sauerkraut Salad	Creamed Spinach
	Alt. Vegetable	Summer Mix vegetable	French Cut Beans	Yams	Caesar Salad	Broccoli	Garden mixed veg.
	DESSERT	Apple Slices	Peaches	Frozen Yoghurt	Pears	Fresh Plums	Apricots
	Alt. Dessert	Banana cake	Poppy Seed Cake	French Crumb Cake	Raspberry Jelly Roll	Rice Pudding	Cherry Oatmeal Square
							Pineapple Lemon Meringue Pie

Whole Wheat Bread, Crackers and Margarine served at Lunch & Dinner. Tea, Coffee, Water and Milk served at all meals.

SPRING/SUMMER 2017

DATE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK # 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Choice of Juice - Apple, Orange, Prune or Stewed Prunes								
B K F S T	CEREAL BREAD SPREADS	Cream of wheat Toast (White or W.W.) Ass't Jam Banana	Oatmeal Toast (White or W.W.) Ass't Jam Banana	Cream of wheat Toast (White or W.W.) Ass't Jam Banana	Oatmeal Toast (White or W.W.) Ass't Jam Banana	Cream of wheat Toast (White or W.W.) Ass't Jam Banana	Oatmeal Toast (White or W.W.) Ass't Jam Banana	Cream of wheat Toast (White or W.W.) Ass't Jam Banana
	FEATURE	Cottage cheese	Fried Egg	Yogurt	Boiled Egg	Sausage	Cheese Marble	Scrambled Egg
L U N C H	SOUP	Fresh Cabbage Soup	Cold Lithuanian Borsch with potatoes	Lentil Soup	Mushroom and Barley	Navy Bean Soup	Chicken Soup with Dumplings	Tomato Soup with Rice
	ENTRÉE	Western Omelet with Tossed Salad with Balsamic Dressing & Mini Croissant	Burger with Sliced Tomato, Onions & Lettuce	Pancakes/Sausage & Syrup/Watermelon	Kugelis with Bacon/Sour Cream and Bean Salad	Chicken Fingers with Plum Sauce, Potato Pom Poms & Baby Greens Salad	Perogies with meat/ onion and sour cream with peas and carrot	Pork Stir-Fry with vermicelli noodle
	Alt. Entrée	Club Turkey/bacon on Kaiser with Cucumber in Sour cream salad	Grilled Cheese & Tomato Sandwich with Romaine Lettuce/Mushroom Salad with homemade garlic dressing	Roast beef Sandwich with Mustard in Rye With Coleslaw	Crab Salad on Croissant with Lithuanian Vegetable salad	Egg Salad sandwich California Pasta Salad	Corned Beef On Rye with Pickle tray	Lithuanian Cheese Salad Plate with Mango Salad
	DESSERT	Pears	Cherry in Syrup	Fresh Peaches and Cream	Fresh Berries with whipped cream	Vanilla Pudding with whipped cream	Fresh Fruit Cocktail	Grapes
	Alt. Dessert	Butter Cookie	Rainbow Sherbet	Raspberry Mousse	Lemon squares	Pineapple Tidbits	Tapioca Pudding	Brownies
D I N N E R	ENTRÉE	Homemade Meatloaf with gravy	Apple Braised Pork/ Gravy	Chicken Thigh Baked with parsley sauce	Homemade Stuffed Peppers	Poached salmon with Lemon sauce	Lamb Roast/Gravy	Chicken Legs Dijon Mustard
	Alt. Entrée	Rice/Sausage Casserole	Stuffed Cheese Pasta Shells in Tomato Sauce	Baked Pollock fillet with Dill Sauce	Turkey a la King	Pork Schnitzel with orange Sauce	Meat Lasagna with Garlic Bread	Tilapia fish with Lemon sauce
	POTATO	Mashed Potato	Roasted Potato	Fried Rice/mashed Potatoes	Mashed potato	Diced Dilled Potato	O'Brien Potato	Boiled Potato
	VEGETABLE	Oriental mixed vegetables	Prince Edward Blend	Zucchini Carrot	California Mix Turnip	Green Beans Cauliflower	Beets Caesar Salad	Broccoli spears Corn
	Alt. Vegetable	Cream corn	Peas	Mandarins	Cantaloupe	Pears	Peaches	Orange Sherbet
	DESSERT	Apricots	Apple Sauce					
Alt. Dessert	Fruit Tart	Banana Cake	Pineapple Upside Down Cake	Turnover	French Crumb Cake	Lemon Poppy Seed Cake	Strawberry Shortcake	

Whole Wheat Bread, Crackers and Margarine served at Lunch & Dinner. Tea, Coffee, Water and Milk served at all meals.

SPRING/SUMMER 2017

DATE								
WEEK # 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Choice of Juice - Apple, Orange, Prune or Stewed Prunes								
B K F S T	CEREAL BREAD SPREADS	Oatmeal Toast (White or W.W.) Ass't Jam Banana	Cream of wheat Toast (White or W.W.) Ass't Jam Banana	Oatmeal Toast (White or W.W.) Ass't Jam Banana	Cream of wheat Toast (White or W.W.) Ass't Jam Banana	Oatmeal Toast (White or W.W.) Ass't Jam Banana	Cream of wheat Toast (White or W.W.) Ass't Jam Banana	Oatmeal Toast (White or W.W.) Ass't Jam Banana
	FEATURE	Yogurt	Ched. Chs.	Poached Egg	Cottage cheese	Boiled Egg	Cream cheese/Peanut B	Scrambled Egg/Onions
L U N C H	SOUP	Vegetable Soup	Leek & Potato Soup	Cream of Spinach	Dill Pickle Soup	Corn Chowder	Cream of Mushroom	Chicken Noodle Soup
	ENTRÉE	Mac & Cheese & Bacon Casserole with Grilled Carrot & Zucchini	Herring Roll with Boiled potatoes & Dill Pickles	Cottage Cheese & Fresh Fruit Plate w/muffin	Ruben Sandwich With Four Bean Salad	Lithuanian apple pancakes with sour cream/Cheese Wedge	Crepes with Ricotta Cheese/ Fruit Topping and Sour Cream	Steak on Bun with Roasted Peppers and Pickles
	Alt. Entrée	Assorted Sandwich Plate with Tomato Salad	Pea meal Bacon Sandwich with Tossed Salad	Open Face Sandwich with smoked salmon Mushroom Salad	Egg Salad Sandwich Plate with Spinach Salad	Oven Roasted Turkey Sandwich with Beets/apple Salad	Pastrami Sandwich on Rye with Pickle Tray	Tuna Salad Plate with Coleslaw
	DESSERT	Fruit Bowl	Watermelon	Pears with Chocolate sauce	Apricots	Grapes	Honeydew melon	Strawberries & Whipped Topping
	Alt. Dessert	Vanilla Ice cream	Baked Cookie	Rainbow Sherbet	Strawberry Mousse	Mint Ice cream	Mini Donuts	Coconut Macaroon
D I N N E R	ENTRÉE	Shepherds Pie	Chicken Stir-Fry with Steamed Rice	Roast Pork with gravy and apple sauce	Poultry Basil Meatloaf with gravy	Beef Braised with onion	Veal Roast with Gravy	Pork Tenderloin with mushroom Sauce
	Alt. Entrée	Crab Cakes with tartar sauce	Beef Stroganoff with egg noodle	Dumplings with Meat and mushroom sauce	Liver & Onions	Patagonian Hake fish with lemon sauce	Braised sausage and caramelized onions/Gravy	Lemon chicken Breast
	POTATO	Mashed Potatoes	Harvest blend vegetables	Mashed Potato	Boiled potatoes with parsley	O'Brian Potato	Garlic Mashed Potatoes	Roasted Potato
	VEGETABLE	Peas and Mushroom	Lima beans	Broccoli	Cauliflower	Boiled cabbage	Scandinavian Blend	California Vegetables
	Alt. Vegetable	Parsnips		Cream corn	PEI mixed vegetables	Carrot	Spinach	Green beans
	DESSERT	Peaches	Fruit Tart	Pineapple Chunks	Baked Apple Slices	Banana in Orange Juice	Pears	Mandarins sections
Alt. Dessert	Danish	Butterscotch Pudding	English Truffle	Cherry Strudel	Vanilla Caramel Cake	Chocolate cake	Strawberry Rhubarb Pie	

Whole Wheat Bread, Crackers and Margarine served at Lunch & Dinner. Tea, Coffee, Water and Milk served at all meals.