

Warkworth S/S 2020* - WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
	Banana Half	Banana Half	Chilled Diced Pears	Fruit Cocktail	Banana Half	Banana Half	Chilled Diced
	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Peaches
	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Fried Egg	Cream of Wheat
	Whole Wheat Toast	Raisin Toast	Bacon Strips	Rye Toast	English Muffin	Rye Toast	Scrambled Eggs
	Brown Sugar	Brown Sugar	Whole Wheat Toast	Brown Sugar	Brown Sugar	Brown Sugar	Bacon Strips
	Jelly/Jam	Jelly/Jam	Brown Sugar	Jelly/Jam	Jelly/Jam	Jelly/Jam	Whole Wheat Toast
	Margarine	Margarine	Jelly/Jam	Margarine	Margarine	Margarine	Brown Sugar
	2% Milk	2% Milk	Margarine	2% Milk	2% Milk	2% Milk	Jelly/Jam
	Coffee or Tea	Coffee or Tea	2% Milk	Coffee or Tea	Coffee or Tea	Coffee or Tea	Margarine
	-----	-----	Coffee or Tea	-----	-----	-----	2% Milk
Assorted Cold Cereal	Assorted Cold Cereal	-----	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Coffee or Tea	
Peanut Butter	Vanilla Yogurt	Assorted Cold Cereal	Peanut Butter	Peanut Butter	Peanut Butter	-----	
	Whole Wheat Toast		Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Assorted Cold Cereal	
						Peanut Butter	
LUNCH	Honey Garlic Glazed Chicken	Cranberry Pork Loaf	Crunchy Ranch Flavoured Chicken	Prime Rib w/Horseradish & Gravy	Hot Dog on White Bun	Beef Shepherd's Pie	Baked Chicken with Chalet Sauce
	Scalloped Potatoes	Whipped Potatoes	Au Gratin Potatoes		Vinaigrette Coleslaw	Cocktail Vegetables	Garlic Mashed
	Buttered Brussels Sprouts	Prince Edward Vegetables	Broccoli Florets	Boiled Red Potato	Raspberry Sherbet	Whole Wheat Bread	Potatoes
	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Green Peas	2% Milk	Caramel Crunch Bar	Italian Mixed
	Frosted Vanilla Cake	Cherry Cheesecake	Apple Cake	Whole Wheat Bread	Coffee or Tea	2% Milk	Vegetables
	2% Milk	2% Milk	2% Milk	Carrot Cake	-----	Coffee or Tea	Whole Wheat Bread
	Coffee or Tea	Coffee or Tea	Coffee or Tea	2% Milk	Hamburger on White Bun	-----	Chocolate Cream
	-----	-----	-----	Coffee or Tea	Tuna Macaroni Salad	Turkey Stir Fry	Mint Pie
	Sweet & Spiced Ham	Biscuit Topped Turkey Pie	Baked Lemon Salmon	-----	Fresh Grapes	Fluffy Rice	2% Milk
	Buttered Corn	Oriental Vegetables	Sunrise Vegetables	Roasted Vegetable		Broccoli Florets	Coffee or Tea
	Mandarin Oranges	Apricot Apple Blend	Crushed Pineapple	Lasagna		Strawberries & Rhubarb Compote	-----
			Wax Beans			Spaghetti & Meatballs	
			Orange Sections			Mixed Salad with French Dressing	
						Garlic Bread	
						Deluxe Fruit Salad	

Vegetable Soup	Broccoli Cheddar Soup	Potato & Leek Soup	Beef Barley Soup	Cream of Tomato Soup	Chicken Rice Soup	Cream of Vegetable Soup
Pasta Tortellini in Red Pepper Pesto	Fish 'n Chips	Cottage Cheese & Fruit Plate	Turkey Cranberry Sandwich on Bun	Unsalted Soda Crackers	Sweet-n-Sour Meatballs	Cod Nuggets
Pick of the Day	Tartar Sauce	Carrot Muffin	Tomato & Cucumber Salad	Grilled Cheese on Wheat	Buttered Egg Noodles	Tartar Sauce
Vegetable Blend	Dill & Lemon Pepper	Unsalted Soda Crackers	Unsalted Soda Crackers	Chopped Salad with Balsamic	Sliced Carrots	Sweet Potato Fries
Garlic Bread	Glazed Carrots	Tiramisu Mousse	Fresh Watermelon	Mango	Unsalted Soda Crackers	Caesar Salad
Unsalted Soda Crackers	Whole Wheat Bread	2% Milk	2% Milk	2% Milk	Crushed Pineapple	Whole Wheat Bread
Cantaloupe Chunks	Crackers	Coffee or Tea	Coffee or Tea	Coffee or Tea	2% Milk	Unsalted Soda Crackers
2% Milk	Sliced Strawberries	-----	-----	-----	Coffee or Tea	Mandarin Oranges
Coffee or Tea	2% Milk	Sausage Patty	Garden Chili	-----	-----	2% Milk
-----	Coffee or Tea	Diced Hashbrown	Parslied Cauliflower	Hawaiian Chicken	Quiche Florentine	Coffee or Tea
Beef Roast Sandwich on Wheat	-----	Greek Salad	Cornbread	Salad	Spring Mix Lettuce	-----
Mixed Green Salad	Corned Beef & Swiss on Rye	Whole Wheat Bread	Cherry Poke Cake	Dill Potato Salad	Salad	Cheese Lettuce
Balsamic Vinaigrette Dressing	Rainbow Coleslaw	Strawberry Ice Cream		Wheat Roll	Whole Wheat Bread	Tomato Sndw w/Mayo
Baked Custard	Chocolate Pudding			Tapioca Pudding	Rice Krispy Square	Three Bean Salad
						Pear Cranberry Crisp