



SAMPLE MENU

Summer Menu							
	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast*	Bacon & Eggs	Pancakes	Sausage & Eggs	Omelette	Oatmeal	French Toast	See Lunch
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						
Lunch	chicken souvlaki, pita, Greek salad, fruit	hot corned beef on rye, soup, fruit	Thai chicken salad, bun, fruit	Mexican pizza, salad, fruit	shrimp & avocado salad, foccaccia bread, fruit	deli mix salad, soup, fruit	chorizo eggs benedict, hashbrowns, fruit
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						
Dinner	ginger beef, rice, 2 veggies, salad	salmon fettucine, caesar salad, garlic toast	osso bucco w/ demi-glace, potato, 2 veggies, salad	prime rib, yorkshire pudding, potato, 2 veggie, gravy au jus	pecan chicken, rice, 2 veggies, salad	steak, potato, veggie, salad, bread	cajun chicken, pasta, salad, garlic toast
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						

Winter Menu							
	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast*	Bacon & Eggs	Pancakes	Sausage & Eggs	Omelette	Oatmeal	French Toast	See Lunch
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						
Lunch	BBQ chicken & swiss burger, fries, salad, fruit	Monte Cristo sandwich, soup, salad	shepherds pie, gravy, salad	cajun chicken & caesar wrap, soup	BLT croissant, salad, soup, fruit	cold cut & cheese or tuna sandwich, soup, salad	eggs benedict, hash-browns, fruit
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						
Dinner	roast beef, yorkshire pudding, mashed potatoes, 2 veggies	salmon oscar, rice, 2 veggies, salad	tortilla chicken, Mexican rice, beans, corn, salad	spaghetti & meatballs, salad, garlic toast	schnitzel cordon bleu, potato, 2 veggies, salad	steak, potato, veggie, salad, bread	chicken a la king puff pastry, 2 veggies, salad
Snack	Muffins, juice, cookies, milk, fruit, yogurt & raw veggies						

*Note: all breakfasts include toast, fruit, juice, milk, and cereal.

There are a total of 16 weekly menu plans, 8 for summer and 8 for winter.

Menu is a sample for helpful purposes only. Actual daily menus may be different for clients based on season and ingredient availability.