

PINEWOOD COURT S/S 2017 - WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices
	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl	Fresh Fruit Bowl
	Oatmeal	Oatmeal	Red River Cereal	Oatmeal	Cream of Wheat	Oatmeal	Oatmeal
	Cheddar Cheese	Hard Boiled Egg	Pancakes	Poached Egg	Fruit Yogurt	Sausage Patty	Bacon & Egg
	Buttered Raisin	Buttered Wheat	Syrup	Buttered Wheat	Buttered Wheat	Buttered Wheat	Buttered Wheat
	Toast	Toast	Buttered Wheat	Toast	Toast	Toast	Toast
	Jelly / Jam	Jelly / Jam	Toast	Jelly / Jam	Jelly / Jam	Jelly / Jam	Jelly / Jam
	Sugar	Sugar	Jelly / Jam	Sugar	Sugar	Sugar	Sugar
	Brown Sugar Garnish	Brown Sugar Garnish	Sugar	Brown Sugar Garnish	Brown Sugar Garnish	Brown Sugar Garnish	Brown Sugar
	2% Milk	2% Milk	Brown Sugar Garnish	2% Milk	2% Milk	2% Milk	Garnish
	-----	-----	2% Milk	-----	-----	-----	2% Milk
Assorted Cold Cereal	Assorted Cold Cereal	-----	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----	
Peanut Butter	Peanut Butter	Assorted Cold Cereal	Peanut Butter	Peanut Butter	Peanut Butter	Assorted Cold	
Buttered Wheat		Peanut Butter				Cereal	
Toast						Peanut Butter	
L U N C H	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Soda Crackers	Chicken Noodle
	Split Pea Soup	Vegetable Rice Soup	Cream of Cauliflower	Italian Wedding	Cream of Tomato	Hearty Beef Barley	Soup
	Sausage Patty	Vegetarian Lasagna	Soup	Soup	Soup	Soup	Soda Crackers
	Potato Pancakes	Garden Salad	Oven Baked Perogies	Cannelloni Cheese	Ginger Beef	Western Omelet	Turkey Pot Pie
	Cauliflower	Red Seedless Grapes	w/Sour Cream	Diced Squash	Potato Wedges	Buttered Wheat	Steamed Broccoli
	Orange Sections	-----	Baked Tomato	Soft Garlic Stick	Montego Vegetables	Toast	Multigrain Roll
	-----	Sliced Turkey on	Mixed Berries	Chilled Diced Pears	Honeydew Chunks	Bistro Vegetables	Fruit Cocktail
	Ham & Cheese	Wheat	-----	-----	-----	Peach Halves	-----
	Sandwich	Cucumber Slices	Roast Beef on Wheat	Deli Meat Salad	Egg Salad on Wheat	-----	Tuna Salad on
	Pickled Beets	Baked Custard	Greek Salad	Plate	Spinach Salad	Tomato & Cheese	Wheat
	Chocolate Pudding		Vanilla Ice Cream	Whole Wheat Roll	Orange Sorbet	Sandwich	Creamy Coleslaw
			Strawberry Creme		Chickpea Salad	Rice Pudding	
			Jelly Roll		Frosted Spiced Cake		
D I N N E R	Salisbury Steak	Sweet & Sour Pork	Chicken Kiev	Swedish Meatballs	Baked Pollock	Roast Chicken	Pork Roast
	w/Gravy	Seasoned Rice	Roasted Potatoes	Buttered Egg	Whipped Potatoes	Parslied Potatoes	Garlic Mashed
	Mashed Potatoes	Green Beans	Parslied Parsnips	Noodles	Diced Turnips	Diced Squash	Potatoes
	Italian Mix	Fresh Watermelon	Buttered White	Fancy Blend	Chilled Apricots	Blueberries	Braised Red
	Vegetables	-----	Bread	Vegetables	-----	-----	Cabbage
	Multigrain Roll	Veal Schnitzel on Bun	Cantaloupe Chunks	Mandarin Oranges	Caesar Salad	Cheeseburger on Bun	Citrus Cup
	Mango & Pineapple	Romaine & Onion	-----	-----	Sliced Chicken	Mixed Green Salad	-----
	-----	Salad	Breaded Lemon	Hot Dog on Bun	Breast	Multigrain Roll	Spinach Salad
	Quiche Florentine	Lemon Chiffon	Pepper Cod	Creamy Macaroni	Multigrain Roll	Cherry Cheesecake	w/Egg & Bacon
	Apple Zucchini Slaw		Mixed Green Salad	Salad	Pumpkin Pie		Soft Garlic Stick
	Buttered WW Bread		English Trifle	Buttered WW Bread	Whipped Topping		Tiramisu
Butter Tart w/Raisins			Apple Crumble				
			Square				