

COURTYARD GARDENS

	BREAKFAST	LUNCH	DINNER
SUNDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Carmelized Onion Soup Julienne Salad Plate ALT: Pepperoni Pizza Caesar Salad Nanaimo Bar	Shrimp and Avocado Salad Roast Turkey Dressing Cranberry Sauce / Gravy Mashed Potatoes / Baby Carrots French Green Beans ALT: Cabbage Rolls Marinara Sauce Cherry Cheesecake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
MONDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Hearty Scotch Broth Soup Hot Roast Beef Sandwich Scallop Tomato ALT: Mushroom Frittata Scalloped Tomatoes Warm Apple Crisp	Red & Green Cabbage Salad Garlic Rosemary Chicken Mashed Potatoes Yellow Waxed Beans Seasoned Broccoli ALT: Chef's Special Assorted Desserts
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
TUESDAY	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	Egg Drop Soup Beef Burger w/ Lettuce, Tomato, Onion Pickle Homefried Potatoes ALT: Poached Egg & Sausage Link Ice Cream & Chocolate Sauce	Sausage Roll Spaghetti & Meatballs w/ Garlic Bread House Salad ALT: Baked Haddock w/ Basil Tomatoes Steamed Rice Buttered Corn / Ratatouille Carrot Cake
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
WEDNESDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Chicken Gumbo Sweet Pepper Feta Pasta w/ Garlic Bread Cornbread Muffin ALT: Turkey Club Sandwich Cranberry Spinach Salad Pecan Streusel	Smoked Salmon Mousse Veal Saltimbocca Mini Roasted Potatoes Braised Red Cabbage / Green Beans Almondine ALT: BBQ Pork Shanks Orange Cake with Frosting
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
THURSDAY	Juices Stewed Prunes Hot & Cold Cereals Sausage Eggs Toast / Assorted Jams	Butternut Squash Soup Egg Salad on Multigrain Beet & Onion Salad ALT: Sausage & Cheddar Roll Mango Coconut Smoothie	Spinach Dip w/ Pita BBQ Chicken Whipped Potatoes Seasoned Peas Parslied Cauliflower ALT: Liver & Sautéed Onions Lemon Meringue Pie
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
FRIDAY	Juices Stewed Prunes Hot & Cold Cereals Bacon Eggs Toast / Assorted Jams	Tomato Bisque Canadian Club Sandwich Kale and Apple Salad ALT: Texas Style Beef Chili Strawberry Pudding	Sweet & Sour Bean Salad Fish n' Chips w/ Tartar Sauce Creamy Coleslaw ALT: Mushroom Ravioli Tomato Sauce w/ Garlic Bread & Caesar Salad Peach Melba
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request
SATURDAY	Juices Stewed Prunes Hot & Cold Cereals Eggs Toast / Assorted Jams	Minestrone Soup Chicken Mango Salad ALT: Belgian Waffles & Sausage Link Fresh Fruit Cup Butterscotch Bar	Marachiere Salad Pork Tenderloin w/ Robert Sauce O' Brien Potatoes Roasted Candied Carrots Green & Gold Beans ALT: Lamb Stew w/ Garlic Bread Assorted Desserts
	Milk available upon request	Milk available upon request	Milk and Whole Wheat Bread available upon request