

# WEEK 1 (ORANGE)

# MCH-RVH-MGH 2 WEEK MENU CYCLE

\* Soup on request only at Montreal Children's Hospital.

REFER TO THE CALENDAR BELOW TO IDENTIFY THE MENU WEEK

|                      | Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|----------------------|---|---|--|---|--|---|---|
| <b>L u n c h</b>     |   |   |  |   |  |   |   |
| <b>Soup*</b>         | Cream of potato   | Cream of carrot   | Cream of cauliflower                                       | Three Sisters soup                                  | Cream of tomato  | Cream of carrot   | Italian wedding style soup  |
| <b>Meal option 1</b> | Shepherd's pie, green beans   | Spaghetti with meat sauce, green salad and Caesar dressing      | Vegan chili, corn and bread                                | Meatballs, marinara sauce, rice, sunrise vegetables | Potato pork pie, green pea                                 | Chicken rice, Californian vegetables                          | Chickpea casserole, couscous with green salad and French dressing |
| <b>Meal option 2</b> | Chickpea loaf, fine herbs béchamel sauce, mashed potatoes, green beans    | Roast pork with apple sauce, mashed potatoes, peas and carrots  | Turkey meatloaf, cranberry cream sauce, rice, corn         | Salmon square, rice, sunrise vegetables             | Cheese and asparagus frittata, mashed potatoes, green peas | Fish croquettes, rice, Californian vegetables                 | Beef Swedish meatballs, couscous, Broccoli                        |
| <b>Dessert</b>       | Vanilla cake  | Diced pears   | Blancmange   | Vanilla pudding                                     | chocolate pudding  | Apple sauce   | Banana cake   |
| <b>S u p p e r</b>   |   |   |  |   |  |   |   |
| <b>Soup*</b>         | Cream of vegetable  | Chicken noodle soup   | Minestrone soup  | Cream of vegetable                                  | Chicken noodle soup  | Minestrone soup   | Cream of vegetable  |
| <b>Meal option 1</b> | Beef bourguignon, egg noodles, sliced carrots                             | Cheese and vegetable frittata, mashed potatoes, root vegetables | Roasted chicken drumsticks, rice, yellow beans             | Mac and cheese with green salad and French dressing | Veal casserole, mashed potatoes, broccoli                  | Tomato and meat fusilli with green salad and Italian dressing | Roast turkey, mashed potatoes, garden vegetables                  |
| <b>Meal option 2</b> | Chickpea loaf, fine herbs béchamel sauce, mashed potatoes, sliced carrots | Roast pork with apple sauce, mashed potatoes, root vegetables   | Turkey meatloaf, cranberry cream sauce, rice, yellow beans | Salmon square with rice and green beans             | Cheese and vegetable frittata, mashed potatoes, broccoli   | Fish croquette, herb sauce, rice, green beans                 | Swedish beef meatballs, mashed potatoes, garden vegetables        |
| <b>Dessert</b>       | Tropical fruit salad  | Assorted yogourt  | Apple sauce  | Diced pears   | Diced peaches  | Vanilla yogourt   | Diced peaches and pears   |

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| MARCH 2024 |    |    |    |    |    |    |            |    |    |    |    |    |    | JUNE 2024 |    |    |    |    |    |    | JULY 2024 |    |    |    |    |    |    |    |    |    |    |    |    |    |             |    |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|-------------|----|----|----|----|----|----|----|
| S          | M  | T  | W  | T  | F  | S  | APRIL 2024 |    |    |    |    |    |    | MAY 2024  |    |    |    |    |    |    | S         | M  | T  | W  | T  | F  | S  | S  | M  | T  | W  | T  | F  | S  | AUGUST 2024 |    |    |    |    |    |    |    |
|            |    |    |    |    |    | 1  | 2          | S  | M  | T  | W  | T  | F  | S         | S  | M  | T  | W  | T  | F  | S         | 1  |    |    |    |    |    |    |    |    |    |    |    | S  | M           | T  | W  | T  | F  | S  |    |    |
| 3          | 4  | 5  | 6  | 7  | 8  | 9  |            | 1  | 2  | 3  | 4  | 5  | 6  |           |    |    | 1  | 2  | 3  | 4  | 2         | 3  | 4  | 5  | 6  | 7  | 8  |    | 1  | 2  | 3  | 4  | 5  | 6  |             |    |    | 1  | 2  | 3  |    |    |
| 10         | 11 | 12 | 13 | 14 | 15 | 16 | 7          | 8  | 9  | 10 | 11 | 12 | 13 | 5         | 6  | 7  | 8  | 9  | 10 | 11 | 9         | 10 | 11 | 12 | 13 | 14 | 15 | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 4           | 5  | 6  | 7  | 8  | 9  | 10 |    |
| 17         | 18 | 19 | 20 | 21 | 22 | 23 | 14         | 15 | 16 | 17 | 18 | 19 | 20 | 12        | 13 | 14 | 15 | 16 | 17 | 18 | 16        | 17 | 18 | 19 | 20 | 21 | 22 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11          | 12 | 13 | 14 | 15 | 16 | 17 |    |
| 24         | 25 | 26 | 27 | 28 | 29 | 30 | 21         | 22 | 23 | 24 | 25 | 26 | 27 | 19        | 20 | 21 | 22 | 23 | 24 | 25 | 23        | 24 | 25 | 26 | 27 | 28 | 29 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18          | 19 | 20 | 21 | 22 | 23 | 24 |    |
| 31         |    |    |    |    |    |    | 28         | 29 | 30 |    |    |    |    | 26        | 27 | 28 | 29 | 30 | 31 |    | 30        |    |    |    |    |    |    | 28 | 29 | 30 | 31 |    |    |    |             | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

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## WEEK 2 (BLUE)

## MCH-RVH-MGH 2 WEEK MENU CYCLE

\* Soup on request only at Montreal Children's Hospital.

REFER TO THE CALENDAR BELOW TO IDENTIFY THE MENU WEEK

|                      | Dimanche  | Lundi   | Mardi   | Mercredi  | Jeudi  | Vendredi  | Samedi  |
|----------------------|---|---|---|---|--|---|---|
| <b>Lunch</b>         |   |   |   |   |  |   |   |
| <b>Soup*</b>         | Cream of spinach  | Cream of zucchini   | Three Sisters soup  | Cream of squash   | Italian wedding style soup                                   | Beef & barley soup  | Cream of leek   |
| <b>Meal option 1</b> | Veal and lentil shepherd's pie, green salad and Caesar dressing         | Pork with vegetables, mashed potatoes, sunrise vegetables       | Beef Stroganoff, egg noodles, California vegetables                   | Mexican plate, tomato rice, corn                                    | Spaghetti with lentils, green salad and French dressing      | Roast pork, mashed potatoes, green peas                         | Roasted chicken drumsticks, vegetable rice and broccoli               |
| <b>Meal option 2</b> | Fusilli primavera, green salad and Caesar dressing                      | Chickpea bread, herb sauce, mashed potatoes, sunrise vegetables | White bean farfalle with rosé sauce, California vegetables            | Salmon with dill sauce, tomato rice, corn                           | Rack of veal and eggplant, mashed potatoes and green beans   | Chicken and chickpea rice with green peas                       | White fish with tomato and oregano, rice with vegetables and broccoli |
| <b>Dessert</b>       | Tropical fruit salad  | Blancmange  | Apple and pear compote  | Vanilla pudding   | Rice pudding   | Chocolate cake  | Apple sauce   |
| <b>Supper</b>        |   |   |   |   |  |   |   |
| <b>Soup*</b>         | Chicken noodle soup   | Minestrone soup   | Cream of vegetable  | Chicken noodle soup   | Minestrone soup  | Cream of vegetable  | Chicken noodle soup   |
| <b>Meal option 1</b> | Cheese and vegetable omelette, salsa sauce, mashed potatoes, green peas | Roasted chicken drumsticks, BBQ sauce, rice and coleslaw        | Leek and tomato frittata, mashed potatoes, zucchini                   | Beef meatballs with peach sauce, mashed potatoes, garden vegetables | Meatloaf, cranberry cream sauce, rice, mixed root vegetables | Chili Con Carne, bread roll, green salad and Italian dressing   | Vegetarian lasagna with green salad and French dressing               |
| <b>Meal option 2</b> | Fusilli primavera, green salad and Caesar dressing                      | Chickpea bread, herb sauce, rice, coleslaw                      | White bean farfalle with rosé sauce, green salad with Caesar dressing | Salmon with dill sauce, mashed potatoes, garden vegetables          | Rack of veal and eggplant, rice, mixed root vegetables       | Chicken and chickpea rice with green salad and Italian dressing | White fish with tomato and oregano, green salad and French dressing   |
| <b>Dessert</b>       | Rice pudding  | Diced peaches and pears   | Apricot cake  | Diced pears   | Tropical fruit salad   | Mandarins   | Caramel blanc-manger  |

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|------------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|-----------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|
| S          | M  | T  | W  | T  | F  | S  | S         | M  | T  | W  | T  | F  | S  | S         | M  | T  | W  | T  | F  | S  | S           | M  | T  | W  | T  | F  | S  |
|            |    |    |    |    | 1  | 2  | S         | M  | T  | W  | T  | F  | S  |           |    |    |    |    |    |    | S           | M  | T  | W  | T  | F  | S  |
| 3          | 4  | 5  | 6  | 7  | 8  | 9  |           | 1  | 2  | 3  | 4  | 5  | 6  |           | 1  | 2  | 3  | 4  | 5  | 6  |             |    |    |    | 1  | 2  | 3  |
| 10         | 11 | 12 | 13 | 14 | 15 | 16 | 7         | 8  | 9  | 10 | 11 | 12 | 13 | 5         | 6  | 7  | 8  | 9  | 10 | 11 | 9           | 10 | 11 | 12 | 13 | 14 | 15 |
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|            |    |    |    |    |    |    |           |    |    |    |    |    |    |           |    |    |    |    |    |    | 28          | 29 | 30 | 31 |    |    |    |