WEEK 1 (ORANGE)

CHSLD PAV. CAMILLE-LEFEBVRE AND LACHINE HOSPITAL 4 WEEK MENU CYCLE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUNCH							
Soup	Beef and orzo soup	Tomato and rice soup	Chicken, vegetable, and orzo soup	Peasant vegetable soup	Beef and barley soup	Vegetable soup	Won-ton soup
Meal option 1	**BBQ pulled turkey sandwich**, Californian vegetables	**Lemon-basil hake**, mashed potatoes, broccoli	**Tomato and leek frittata**, mashed potatoes, beets	**Healthy shepherd's pie**, sunrise vegetables	**Chicken breast with BBQ sauce**, mashed potatoes, green peas	**Healthy meatloaf,** gravy, mashed potatoes, cauliflower	**Chinese macaroni**, julienne carrots
Meal option 2	Meatballs in tomato sauce, mashed potatoes, Californian vegetables	Macaroni and cheese, broccoli	Veal fricassee, mashed potatoes	Vegetable Alfredo penne, sunrise vegetables	Roast pork, gravy, mashed potatoes, green peas	Shell pasta in cheese and tomato sauce, cauliflower	Spinach omelette, mashed potatoes, julienne carrots
Salad		Lettuce and radish salad with French dressing	Lettuce and spinach salad with French dressing	Marinated beets	Cole slaw	Lettuce, tomato, celery, and cucumber salad with French dressing	
Dessert	Custard pie	Choco-maple cake	Blueberry crisp	Carrot cake	Banana and chocolate bread	Pineapple cake	Apple turnover cookie
SUPPER							
Soup	French leek potato soup	French carrot soup	Cream of zucchini	Cream of cauliflower	Cream of mushroom	Cream of celery	Cream of broccoli
Meal option 1	**Ham with maple sauce**, mashed potatoes, julienne carrots	**Beef bourguignon**, mashed potatoes, green peas	**Roast turkey, gravy**, mashed potatoes, diced turnip, and carrots	**Spanish rice,** yellow wax beans	**Vegetarian lasagne,** diced carrots	**Breaded fish,** lemon wedge, mashed potatoes, green beans	**Meatballs in peach sauce**, mashed potatoes, beets
Meal option 2	Meatballs in tomato sauce, mashed potatoes, julienne carrots	Macaroni and cheese, green peas	Veal fricassee, mashed potatoes	Vegetable Alfredo penne, yellow wax beans	Roast pork, gravy, mashed potatoes, diced carrots	Shell pasta in cheese and tomato sauce, green beans	Spinach omelette, mashed potatoes, beets
Salad		Lettuce and radish salad with Italian dressing	Lettuce and spinach salad with Italian dressing	Marinated beets	Cole slaw	Lettuce, tomato, celery, and cucumber salad with Italian dressing	
Dessert	Diced pears	Diced peaches and pears	Mandarins	Diced pineapple	Diced pears	Diced peaches	Fruit cocktail

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WEEK 2 (BLUE)

CHSLD PAV. CAMILLE-LEFEBVRE AND LACHINE HOSPITAL 4 WEEK MENU CYCLE

	Sunday 2	Monday 2	Tuesday 2	Wednesday 2	Thursday 2	Friday 2	Saturday 2
LUNCH							
Soup	Pea soup	Tomato and rice soup	Vegetable soup	Beef and vegetable soup	Chicken, vegetable, and rice soup	Peasant vegetable soup	Tomato and rice soup
Meal option 1	**Pork pie,** vegetables of the day	**Beef and vegetable stew,** mashed potatoes	**Quiche Lorraine,** vegetables of the day	**Chicken à la Reine,** mashed potatoes, green peas	**Sweet and sour meatballs,** rice, green beans	**Chicken noodle casserole,** Californian vegetables	**Salmon pie,** dill sauce, green peas, and carrots
Meal option 2	Tomato pizza, vegetables of the day	Basil pesto salmon, mashed potatoes, broccoli	Veal fricassee, mashed potatoes	Macaroni and cheese, green peas	Garden vegetable omelette, mashed potatoes, green peas	Texan shepherd's pie, Californian vegetables	Veal patty, gravy, mashed potatoes, green peas and carrots
Salad	Lettuce and parsley salad with French dressing	Olives and cucumber	Lettuce and spinach salad with French dressing	Lettuce and tomato salad with French dressing	Lettuce, carrot, cucumber, and radish salad with French dressing	Sweet pickles	
Dessert	Lemon meringue pie	Strawberry trifle	Graham cracker mille-feuille	Blueberry cake	Chocolate and pear cake	Vanilla cake	Apple upside down cake
SUPPER							
Soup	Cream of leek	Cream of carrot and ginger	Cream of chicken	Squash and potato soup	Cream of tomato	French leek and potato soup	Cream of mushroom
Meal option 1	**Spaghetti and meat sauce,** yellow wax beans	**Chicken breast with hunter sauce,** mashed potatoes, julienne carrots	**Cannelloni with rosé sauce**, beets	**Chickpea patty,** chive sauce, mashed potatoes, sunrise vegetables	**Hake with citrus sauce**, mashed potatoes, broccoli	**Roast pork with apple sauce,** mashed potatoes beets	**Maple chicken stew,** mashed potatoes green and yellow wax beans
Meal option 2	Tomato pizza, yellow wax beans	Basil pesto salmon, mashed potatoes, julienne carrots	Veal fricassee, mashed potatoes	Macaroni and cheese, sunrise vegetables	Garden vegetable omelette, mashed potatoes, broccoli	Texan shepherd's pie, beets	Veal patty, gravy, mashed potatoes, yellow was beans
Salad	Lettuce and parsley salad with Italian dressing	Olives and cucumber	Lettuce and spinach salad with Italian dressing	Lettuce and tomato salad with Italian dressing	Lettuce, carrot, cucumber, and radish salad with Italian dressing	Sweet pickles	
Dessert	Tropical fruit salad	Diced peaches and pears	Diced pears	Diced pineapples	Diced peaches	Apricot halves	Mandarins

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WEEK 3 (PINK)

CHSLD PAV. CAMILLE-LEFEBVRE AND LACHINE HOSPITAL 4 WEEK MENU CYCLE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUNCH							
Soup	Lentil soup	Country vegetable soup	Beef and orzo soup	Onion soup	Chicken, vegetable, and orzo soup	Tomato and rice soup	Vegetable soup
Meal option 1	**Beef and vegetable stew,** mashed potatoes	**Honey mustard salmon,** mashed potatoes, broccoli	**Healthy shepherd's pie,** beets	**Cranberry turkey loaf**, mashed potatoes, vegetables of the day	**Western omelette,** mashed potatoes, julienne carrots	**Ham with pineapple sauce,** mashed potatoes, green peas	**Chicken pie,** sunrise vegetables
Meal option 2	Ham and cheese crêpe, bechamel, beets	Orange chicken breast, mashed potatoes, broccoli	Macaroni in cheese and tomato sauce, beets	Fish with vegetables, mashed potatoes, vegetables of the day	Chicken breast with BBQ sauce, mashed potatoes, julienne carrots	Veal patty, gravy, mashed potatoes, green peas	Meatloaf, gravy, mashed potatoes, sunrise vegetables
Salad	Lettuce and tomato salad with French dressing	Lettuce, tomato, celery, cucumber, and bell pepper salad with French dressing		Sweet sliced pickled vegetables		Lettuce and parsley salad with French dressing	Salad and cucumber salad with French dressing
Dessert	Strawberry rhubarb cake	Raspberry crisp	Spiced apple cake	Triple chocolate cake	Cream fudge cake	Strawberry turnover cookie	Lemon-blueberry bread
SUPPER							
Soup	Cream of chicken	Cream of cauliflower	Squash and potato soup	Cream of vegetable	Cream of tomato	French leek potato soup	Cream of zucchini
Meal option 1	**Lasagne**, green beans	**Spanish rice,** sunrise vegetables	**Polynesian pork,** mashed potatoes	**Vegetarian Asian stir-fry,** cauliflower	**Beef, broccoli and carrot stew**, rice, green beans	**Shell pasta with primavera sauce**, vegetables of the day	**Breaded fish**, lemon wedge, mashed potatoes, beets
Meal option 2	Ham and cheese crêpe, bechamel, green beans	Orange chicken breast, mashed potatoes, sunrise vegetables	Macaroni in cheese and tomato sauce, diced carrots	Fish with vegetables, mashed potatoes, cauliflower	Chicken breast with BBQ sauce, mashed potatoes, green beans	Veal patty, gravy, mashed potatoes, vegetables of the day	Meatloaf, gravy, mashed potatoes, beets
Salad	Lettuce and tomato salad with Italian dressing	Lettuce, tomato, celery, cucumber, and bell pepper salad with Italian dressing		Sweet sliced pickled vegetables		Lettuce and parsley salad with Italian dressing	Salad and cucumber salad with Italian dressing
Dessert	Apple sauce	Diced pineapples	Fruit cocktail	Diced pears	Diced peaches	Apricot halves	Diced pears

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WEEK 4 (PURPLE)

CHSLD PAV. CAMILLE-LEFEBVRE AND LACHINE HOSPITAL 4 WEEK MENU CYCLE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUNCH							
Soup	Beef and barley soup	Chicken, vegetable, and rice soup	Lentil soup	Protein-enriched vegetable soup	Tomato and orzo soup	Country vegetable soup	Minestrone soup
Meal option 1	**Spaghetti with lentil sauce,** yellow wax beans	**Sweet and sour meatballs**, mashed potatoes, vegetables of the day	**Quiche Lorraine,** Californian vegetables	**Basil pesto salmon,** mashed potatoes, yellow wax beans	**Chili con carne,** rice, julienne carrots	**Roast pork,** gravy, mashed potatoes, cauliflower	**Beef Stroganoff**, egg noodles, broccoli
Meal option 2	Veal fricassee, mashed potatoes	Tomato pizza, vegetables of the day	Macaroni and cheese, Californian vegetables	Texan shepherd's pie, yellow wax beans	Eggs in a white sauce, julienne carrots	Veal patty, gravy, mashed potatoes, cauliflower	Fish with vegetables, mashed potatoes, broccoli
Salad	Lettuce and spinach salad with French dressing	Sweet pickles	Lettuce, celery, and tomato salad with French dressing	Fruit ketchup	Lettuce, parsley, and bell pepper salad with French dressing	Lettuce, radish, and cucumber salad with French dressing	Olives and cucumbers
Dessert	Strawberry mousse cake	Cheesecake with blueberry coulis	Soft pumpkin cookie	Vanilla cake	Sugar pie	Zucchini bread	Maple cake
SUPPER							
Soup	Cream of carrot and ginger	Cream of corn	Cream of broccoli	Cream of mushroom	St-Germain potato soup	Squash and potato soup	Cream of leek
Meal option 1	**Beef patty with beef and onion gravy**, mashed potatoes, green peas	**Pork and potato pie**, beets	**Chicken and chickpea rice,** diced carrots	**Meat pie (tourtière),** vegetables of the day	**Chicken tetrazzini,** beets	**Tuna croquette,** chive sauce, mashed potatoes, green peas	**Tortellini with rosé sauce**, sunrise vegetables
Meal option 2	Veal fricassee, mashed potatoes	Tomato pizza, beets	Macaroni and cheese, diced carrots	Texan shepherd's pie, vegetables of the day	Eggs in a white sauce, beets	Veal patty, gravy, mashed potatoes, green peas	Fish with vegetables, mashed potatoes, sunrise vegetables
Salad	Lettuce and spinach salad with Italian dressing	Sweet pickles	Lettuce, celery, and tomato salad with Italian dressing	Fruit ketchup	Lettuce, parsley, and bell pepper salad with Italian dressing	Lettuce, radish, and cucumber salad with Italian dressing	Olives and cucumbers
Dessert	Diced peaches	Diced pineapple	Diced pear	Applesauce	Diced peaches and pears	Apricot halves	Tropical fruit salad

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