WEEK 1 (ORANGE)

MCH-RVH-MGH 2 WEEK MENU CYCLE

REFER TO THE CALENDAR BELOW TO IDENTIFY THE MENU WEEK * Soup on request at Montreal Children's Hospital. Thursday Friday Saturday Sunday Monday Tuesday Wednesday Lunch Cream of potato Cream of carrot Cream of cauliflower Three Sisters soup Cream of tomato Cream of carrot Italian wedding style Soup* soup Chickpea casserole. Meal option Shepherd's pie, green beans Spaghetti with meat Vegan chili, corn and Meatballs, marinara Potato pork pie, green Chicken rice. Californian vegetables sauce, green salad and bread sauce, rice, sunrise couscous with green pea salad and French Caesar dressing vegetables dressing Meal option Chickpea loaf, fine herbs Roast pork with apple Turkey meatloaf. Salmon square, rice, Cheese and asparagus Fish croquettes, rice, Beef Swedish béchamel sauce, mashed sauce, mashed cranberry cream sunrise vegetables frittata, mashed Californian vegetables meatballs, couscous, potatoes, green beans potatoes, peas and sauce, rice, corn potatoes, green peas broccoli carrots Dessert Vanilla cake Diced pears Vanilla pudding Chocolate pudding Blancmange Apple sauce Banana cake Supper Cream of vegetable Cream of vegetable Chicken noodle soup Chicken noodle soup Cream of vegetable Soup* Minestrone soup Minestrone soup **Meal option** Beef bourguignon, egg Cheese and vegetable Roasted chicken Mac and cheese with Veal casserole. Tomato and meat Roast turkey, mashed noodles, sliced carrots frittata, mashed drumsticks, rice, yellow mashed potatoes. fusilli with green salad green salad and potatoes, garden French dressing and Italian dressing potatoes, root broccoli vegetables beans vegetables **Meal option** Chickpea loaf, fine herbs Roast pork with apple Turkey meatloaf, Salmon square with Cheese and vegetable Fish croquette, herb Swedish beef meatballs. béchamel sauce, mashed sauce, mashed cranberry cream rice and green beans frittata, mashed sauce, rice, green mashed potatoes. potatoes, sliced carrots potatoes, root sauce, rice, yellow potatoes, broccoli garden vegetables beans vegetables beans Tropical fruit salad Diced pears Diced peaches Vanilla yogourt Diced peaches and Dessert Assorted yogourt Apple sauce pears **SEPTEMBER 2023**

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WEEK 2 (BLUE)

MCH-RVH-MGH 2 WEEK MENU CYCLE

| * Soup on reques | st a <mark>t Mon</mark> treal Children's Ho | spital. | REFER TO THE CALENDAR | BELOW TO IDENTIFY THE M | ENU WEEK | | |
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| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | Lunch | | | |
| Soup* | Cream of spinach | Cream of zucchini | Three Sisters soup | Cream of squash | Italian wedding style soup | Beef & barley soup | Cream of leek |
| Meal option 1 | 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 |
| Meal option 2 | Fusilli primavera, green salad and Caesar dressing | Chickpea loaf, 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 |
| Dessert | Tropical fruit salad | Blancmange | Apple and pear compote | Vanilla pudding | Rice pudding | Chocolate cake | Apple sauce |
| | | | | Supper | | | |
| Soup* | Chicken noodle soup | Minestrone soup | Cream of vegetable | Chicken noodle soup | Minestrone soup | Cream of vegetable | Chicken noodle soup |
| Meal option 1 | 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 |
| Meal option 2 | Fusilli primavera, green salad and Caesar dressing | Chickpea loaf, 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 |
| Dessert | Rice pudding | Diced peaches and pears | Apricot cake | Diced pears | Tropical fruit salad | Mandarins | Caramel blancmange |
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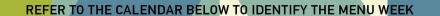
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MCH-RVH-MGH 2 WEEK MENU CYCLE









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