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 |
| | | | | SUF | PPER | | | I |
| | 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, beet |
| | 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 |
| | OCTOBER 2023 S M T W T F S | NOVEMBER 2023 S M T S S M T W T S M S M T W T F S I 2 3 4 3 4 5 6 7 8 9 10 11 10 1 12 13 14 15 16 17 18 17 18 | 1 2 S M T 4 5 6 7 8 9 1 2 1 12 13 14 15 16 7 8 9 | 24 25 26 27 18 19 20 21 | T F S 1 2 3 8 9 10 15 16 17 22 23 24 | | | |
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REFER TO THE CALENDAR ABOVE TO IDENTIFY THE WEEK MENU

| WEEK 2 (BLUE) | | CHSLD PA | V. CAMILLE-LEFEBVRE | AND LACHINE HOSPITAL | 4 WEEK MENU CYCLE | | | | | |
|-------------------------------------|---|--|---|--|--|--|--|--|--|--|
| | Sunday 2 | Monday 2 | Tuesday 2 | Wednesday 2 | Thursday 2 | Friday 2 | Saturday 2 | | | |
| | | | LUI | NCH | | | | | | |
| 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 |
|-----------------------------------|---|--|--|---|--|---|---|
| | | | LUI | NCH | | | |
| 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, béchamel, 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 |
| | | | SUP | PER | | | 1 |
| 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, béchamel, 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 | | |
| leal 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 | | |
| | · | | SUP | PER | | | | | |
| 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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