

	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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REFER TO THE CALENDAR ABOVE TO IDENTIFY THE WEEK MENU

	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, 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
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, 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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REFER TO THE CALENDAR ABOVE TO IDENTIFY THE WEEK MENU

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

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