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
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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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