

NEURO 2 WEEK MENU CYCLE

WEEK 1 (ORANGE)

REFER TO THE CALENDAR BELOW TO IDENTIFY THE MENU WEEK

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch							
Soup	Cream of leek	Cream of potato	Cream of carrot	Cream of cauliflower	Three Sisters soup	Cream of tomato	Cream of carrot
Meal option 1	Chicken drumsticks, teriyaki sauce, vegetables rice and broccoli	Veal shepherd's pie, green beans	Spaghetti with meat sauce, green salad and Caesar dressing	Vegan chili, dinner roll, corn	Meatballs, marinara sauce, rice, sunrise vegetables	Potato pork pie, green peas	Chicken rice, Californian vegetables
Meal option 2	White fish with tomato and oregano, vegetables rice and broccoli	Chickpea loaf, fine herbs béchamel sauce, rice, green beans	Roast pork with apple sauce, rice, peas and carrots	Turkey meatloaf, cranberry cream sauce, rice, corn	Salmon square, rice, sunrise vegetables	Cheese and asparagus frittata, mashed potatoes, green peas	Fish croquettes, rice, Californian vegetables
Dessert	Apple sauce	Vanilla cake	Diced pears	Blancmange	Vanilla pudding	Chocolate pudding	Apple sauce
Supper							
Soup	Chicken noodle soup	Cream of vegetables	Chicken noodle soup	Minestrone soup	Cream of vegetables	Chicken noodle soup	Minestrone soup
Meal option 1	Vegetarian lasagna with green salad and French dressing	Beef bourguignon, egg noodles, sliced carrots	Vegetables and cheese frittata, mashed potatoes, root vegetables	Chicken drumsticks, honey-garlic sauce, rice, wax beans	Mac and cheese with green salad and French dressing	Veal casserole, mashed potatoes, broccoli	Tomato and meat fusilli with green salad and Italian dressing
Meal option 2	White fish with tomato and oregano, mashed potatoes, green salad and French dressing	Chickpea loaf, fine herbs béchamel sauce, mashed potatoes, sliced carrots	Roast pork with apple sauce, mashed potatoes, root vegetables	Turkey meatloaf, cranberry cream sauce, rice, wax beans	Salmon square with mashed potatoes and green beans	Cheese and asparagus frittata, mashed potatoes, broccoli	Fish croquettes, fine herbs white sauce, rice, green beans
Dessert	Caramel blancmange	Tropical fruit salad	Assorted yogourt	Apple sauce	Diced pears	Diced peaches	Vanilla yogourt

SEPTEMBER 2023

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OCTOBER 2023

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NOVEMBER 2023

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DECEMBER 2023

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JANUARY 2024

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FEBRUARY 2024

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Centre universitaire
de santé McGill



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Health Centre



NEURO 2 WEEK MENU CYCLE

REFER TO THE CALENDAR BELOW TO IDENTIFY THE MENU WEEK

WEEK 2 (BLUE)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch							
Soup	Italian wedding style soup	Beef & barley soup	Cream of zucchini	Cream of spinach	Cream of squash	Italian wedding style soup	Three Sisters soup
Meal option 1	Chickpea casserole, couscous with green salad and French dressing	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, mustard gravy sauce, mashed potatoes, green peas
Meal option 2	Swedish beef meatballs, couscous, broccoli	Fusilli primavera, green salad and Caesar dressing	Chickpea loaf, fine herbs white sauce, mashed potatoes, sunrise vegetables	Farfalle white beans with rosé sauce, California vegetables	Salmon with white dill sauce, tomato rice, corn	Veal and eggplant pie, mashed potatoes and green beans	Chicken and chickpea rice with green peas
Dessert	Banana cake	Tropical fruit salad	Blancmange	Peach applesauce	Vanilla pudding	Rice pudding	Chocolate cake
Supper							
Soup	Cream of vegetables	Chicken noodle soup	Minestrone soup	Cream of vegetables	Chicken noodle soup	Minestrone soup	Cream of vegetables
Meal option 1	Roast turkey, gravy sauce, mashed potatoes, pick of the day vegetables	Vegetable and cheese omelet, salsa sauce, mashed potatoes, green peas	Chicken drumsticks, BBQ sauce, rice and coleslaw	Leek and tomato frittata, mashed potatoes, zucchini	Peach glazed beef meatballs, mashed potatoes, pick of the day vegetables	Turkey loaf, cranberry cream sauce, rice, mixed root vegetables	Chili con carne, dinner roll, green salad and Italian dressing
Meal option 2	Swedish beef meatballs, mashed potatoes, pick of the day vegetables	Fusilli primavera, green salad and Caesar dressing	Chickpea loaf, fine herbs white sauce, rice, coleslaw	Farfalle white beans with rosé sauce, green salad with Caesar dressing	Salmon with white dill sauce, mashed potatoes, pick of the day vegetables	Veal and eggplant pie, rice, mixed root vegetables	Chicken and chickpea rice with green salad and Italian dressing
Dessert	Diced peaches and pears	Rice pudding	Diced peaches and pears	Apricot cake	Diced pears	Tropical fruit salad	Mandarins

SEPTEMBRE 2023

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OCTOBRE 2023

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NOVEMBRE 2023

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JANVIER 2024

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FÉVRIER 2024

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