

# MCH-RVH-MGH 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 potato	Cream of carrots	Cream of cauliflower	Three Sisters soup	Cream of tomato	Cream of carrots	Italian wedding style soup
Meal option 1	Veal shepherd's pie, green beans	Spaghetti with meat sauce, green salad and Caesar dressing	Vegan chili, dinner roll and corn	Beef meatballs, marinara sauce, rice, sunrise vegetables	Potato pork pie, green peas	Chicken rice, Californian mixed vegetables	Chickpea casserole, couscous with green salad and French dressing
Meal option 2	Chickpea loaf, fine herbs white sauce, mashed potatoes, green beans	Roast pork with apple gravy sauce, rice, peas and carrots	Turkey meatloaf, cranberry cream sauce, mashed potatoes, corn	Salmon square, rice, sunrise vegetables	Cheese and asparagus frittata, mashed potatoes, green peas	Fish croquettes, fine herbs white sauce, rice, Californian mixed vegetables	Swedish beef meatballs, couscous, broccoli
Dessert	Vanilla cake	Diced pears	Blancmange	Vanilla pudding	Chocolate pudding	Apple sauce	Banana 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	Beef bourguignon, egg noodles, sliced carrots	Vegetable and cheese frittata, mashed potatoes, root vegetables	Chicken drumsticks, 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	Roast turkey, gravy sauce, mashed potatoes, pick of the day vegetables
Meal option 2	Chickpea loaf, fine herbs white sauce, mashed potatoes, sliced carrots	Roast pork with apple gravy 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	Swedish beef meatballs, mashed potatoes, pick of the day vegetables
Dessert	Tropical fruit salad	Assorted yogourt	Apple sauce	Diced pears	Diced peaches	Vanilla yogourt	Diced peaches and pears

\* Soup on request only at Montreal Children's Hospital.

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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# MCH-RVH-MGH 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*	Beef & barley soup	Cream of zucchini	Cream of spinach	Cream of squash	Italian wedding style soup	Three Sisters 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	Chicken drumsticks, teriyaki sauce, vegetable rice and broccoli
Meal option 2	Fusilli primavera, green salad and Caesar dressing	Chickpea loaf, fine herbs white sauce, mashed potatoes, sunrise vegetables	White bean farfalle 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	White fish with tomato and oregano, rice with vegetables and broccoli
Dessert	Tropical fruit salad	Blancmange	Peach applesauce	Vanilla pudding	Rice pudding	Chocolate cake	Apple sauce
Supper							
Soup*	Chicken noodle soup	Minestrone soup	Cream of vegetables	Chicken noodle soup	Minestrone soup	Cream of vegetables	Chicken noodle soup
Meal option 1	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	Vegetarian lasagna with green salad and French dressing
Meal option 2	Fusilli primavera, green salad and French 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	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

\* Soup on request only at Montreal Children's Hospital.

SEPTEMBRE 2023

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OCTOBRE 2023

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NOVEMBRE 2023

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DÉCEMBRE 2023

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JANVIER 2024

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FÉVRIER 2024

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