



Western Menu Plan: Red Meat (Regular or Soft)

2017		Monday	Tuesday	Wednesday	Thursday	Friday
W E E K 1	Jan 9-13 Jul 24-28 Feb 6-10 Aug 21-25 Mar 6-10 Sep 18-22 Apr 3-7 Oct 16-20 May 1-5 Nov 13-17 May 29-Jun 2 Dec 11-15 Jun 26-30	<i>Cream of Vegetable</i> Chicken Teriyaki Mixed Rice & Peas Vegetables <i>Cookie</i>	<i>Carrot Soup</i> Barbeque Meatloaf Pasta Vegetables <i>Vanilla Custard</i>	<i>Seafood Chowder</i> Battered Fish Rice Vegetables <i>Fruit Cocktail</i>	<i>Cream of Tomato</i> Perogies & Turkey Sausages Sauerkraut <i>Fresh Orange</i>	<i>Corn Chowder</i> Boneless BBQ Ribs Spaghetti Vegetables <i>Chocolate Mousse</i>
W E E K 2	Jan 16-20 Jul 31-Aug 4 Feb 13-17 Aug 28-Sep 1 Mar 13-17 Sep 25-29 Apr 10-14 Oct 23-27 May 8-12 Nov 20-24 Jun 5-9 Dec 18-22 Jul 3-7	<i>Cream of Cauliflower</i> Mediterranean Chicken Rice Vegetables <i>Banana</i>	<i>Vegetable Barley Soup</i> Steak Parmesan Lemon Potatoes Vegetables <i>Oatmeal Raisin Cookie</i>	<i>Roasted Tomato Soup</i> Poached Fish Basmati Rice with Mushrooms Vegetables <i>Chocolate Pudding</i>	<i>Chicken Vegetable</i> <i>Soup</i> Butter Chicken Steamed Rice Vegetables <i>Lemon and Coconut</i> <i>Cake</i>	<i>Vegetable Soup</i> Spaghetti and Meat Balls Vegetables <i>Fruit Salad</i>
W E E K 3	Jan 23-27 Aug 7-11 Feb 20-24 Sep 4-8 Mar 20-24 Oct 2-6 Apr 17-21 Oct 30-Nov 3 May 15-19 Nov 27-Dec 1 Jun 12-16 Dec 25-29 Jul 10-14	<i>Minestrone</i> Roast Chicken Mashed Potatoes Vegetables <i>Chocolate Cake</i>	<i>Split Pea Soup</i> Cabbage Rolls Vegetables <i>Apple Crumble</i>	<i>Clam Chowder</i> Seafood Casserole Rice Vegetables <i>Cookie</i>	<i>Cream of Broccoli</i> Barbeque Chicken Mixed Rice & Peas Vegetables <i>Muffin</i>	<i>Cream of Potato</i> Boneless Pork Chop with Gravy Vegetables <i>Fruit Crisp</i>
W E E K 4	Jan 2-6 Jul 17-21 Jan 30-Feb 3 Aug 14-18 Feb 27-Mar 3 Sep 11-15 Mar 27-31 Oct 9-13 Apr 24-28 Nov 6-10 May 22-26 Dec 4-8 Jun 19-23	<i>Mulligatawny</i> Chicken Cacciatore Noodles Vegetables <i>Tapioca Pudding</i>	<i>Roasted Eggplant Soup</i> Beef Meatballs Mashed Potatoes Vegetables <i>Banana Loaf</i>	<i>Navy Bean Soup</i> Catch of the Day Fried Potatoes Vegetables <i>Peach and Pear Halves</i>	<i>Chicken Noodle Soup</i> Roasted Turkey Mashed Potatoes Vegetables <i>Fruit Tart</i>	<i>Mushroom Soup</i> Shepherd's Pie Grilled Tomato Vegetables <i>Cheesecake</i>
Sandwich		Turkey & Fruit	Vegetarian & Fruit	Tuna Salad & Fruit	Egg Salad & Fruit	Chicken Salad & Fruit