WEEK 2 (BLUE)

MCH-RVH-MGH 2 WEEK MENU CYCLE

* Soup on reque	st a <mark>t Mon</mark> treal Children's Ho	spital. F	REFER TO THE CALENDAR	BELOW TO IDENTIFY THE M	ENU WEEK		
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Lunch			
Soup*	Cream of spinach	Cream of zucchini	Three Sisters soup	Cream of squash	Italian wedding style soup	Beef & barley 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	Roasted chicken drumsticks, vegetable rice and broccoli
Meal option 2	Fusilli primavera, green salad and Caesar dressing	Chickpea loaf, herb sauce, mashed potatoes, sunrise vegetables	White bean farfalle with rosé sauce, California vegetables	Salmon with dill sauce, tomato rice, corn	Rack of veal and eggplant, 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	Apple and pear compote	Vanilla pudding	Rice pudding	Chocolate cake	Apple sauce
				Supper			
Soup*	Chicken noodle soup	Minestrone soup	Cream of vegetable	Chicken noodle soup	Minestrone soup	Cream of vegetable	Chicken noodle soup
Meal option 1	Cheese and vegetable omelette, salsa sauce, mashed potatoes, green peas	Roasted chicken drumsticks, BBQ sauce, rice and coleslaw	Leek and tomato frittata, mashed potatoes, zucchini	Beef meatballs with peach sauce, mashed potatoes, garden vegetables	Meatloaf, cranberry cream sauce, rice, mixed root vegetables	Chili Con Carne, bread roll, green salad and Italian dressing	Vegetarian lasagna with green salad and French dressing
Meal option 2	Fusilli primavera, green salad and Caesar dressing	Chickpea loaf, herb sauce, rice, coleslaw	White bean farfalle with rosé sauce, green salad with Caesar dressing	Salmon with dill sauce, mashed potatoes, garden vegetables	Rack of veal and eggplant, 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
	-		1	1			



	OCT	OBE	R 2	023			
5_	S	М	T	W	Т	F	S
2	1	2	3	4	5	6	7
7	8	9	10	11	12	13	14
6	15	16	17	18	19	20	21
3	22	23	24	25	26	27	28
0	29	30	31				

NOV	EMI	BER	202	3		
S	М	Т	W	Т	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DEC	EME	BER	2023	3		
S	М	Т	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

	JAN	IUA	RY 2	2024			
5	S	М	Τ	W	Т	F	S
2		1	2	3	4	5	6
7	7	8	9	10	11	12	13
6	14	15	16	17	18	19	20
3	21	22	23	24	25	26	27
0	28	29	30	31			

FEBRUARY 2024									
S	М	T	W	Т	F	S			
			1	2	3				
4	5	6	7	8	9	10			
11	12	13	14	15	16	17			
18	19	20	21	22	23	24			
25	26	27	28	29					
	4 11 18	4 5 11 12 18 19	4 5 6 11 12 13 18 19 20	4 5 6 7 11 12 13 14 18 19 20 21	1 4 5 6 7 8 11 12 13 14 15	1 2 4 5 6 7 8 9 11 12 13 14 15 16 18 19 20 21 22 23			

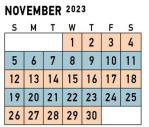


MCH-RVH-MGH 2 WEEK MENU CYCLE









DEC	EME	BER	2023	3		
S	М	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

JANUARY ²⁰²⁴									
S	М	Т	W	Т	F	S			
	1	2	3	4	5	6			
7	8	9	10	11	12	13			
14	15	16	17	18	19	20			
21	22	23	24	25	26	27			
28	29	30	31						

