

## WEEK 2 (BLUE)

# MCH-RVH-MGH 2 WEEK MENU CYCLE

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

REFER TO THE CALENDAR BELOW TO IDENTIFY THE MENU WEEK

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lunch</b>							
<b>Soup*</b>	Cream of spinach	Cream of zucchini	Three Sisters soup	Cream of squash	Italian wedding style soup	Beef & barley soup	Cream of leek
<b>Meal option 1</b>	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
<b>Meal option 2</b>	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
<b>Dessert</b>	Tropical fruit salad	Blancmange	Apple and pear compote	Vanilla pudding	Rice pudding	Chocolate cake	Apple sauce
<b>Supper</b>							
<b>Soup*</b>	Chicken noodle soup	Minestrone soup	Cream of vegetable	Chicken noodle soup	Minestrone soup	Cream of vegetable	Chicken noodle soup
<b>Meal option 1</b>	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
<b>Meal option 2</b>	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
<b>Dessert</b>	Rice pudding	Diced peaches and pears	Apricot cake	Diced pears	Tropical fruit salad	Mandarins	Caramel blancmange

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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