

Southbridge London Fall Winter 2022-23 - Week 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST													
Cranberry Juice	250 mL	Apple Juice	250 mL	Orange Juice	250 mL	Cranberry Juice	250 mL	Apple Juice	250 mL	Orange Juice	250 mL	Cranberry Juice	250 mL
Oatbran Cereal	180 mL	Oatmeal	180 mL	Cream of Wheat	180 mL	Cinnamon Oatmeal	180 mL	Oatbran Cereal	180 mL	Oatmeal	180 mL	Cream of Wheat	180 mL
Poached Egg	1 each	Cottage Cheese	60 mL	Assorted Creamy Yogurt	125 mL	Poached Egg	1 each	Hard Boiled Egg	1 each	Garden Veg Cheese Omelette	85 g	Scrambled Eggs	1 #12 sc.
Whole Wheat Toast	2 slice	Raisin Toast	2 slice	Pancake	2 each	Assorted Danish	1 each	Whole Wheat Toast	2 slice	Whole Wheat Toast	2 slice	Bacon Strips	2 slice
Assorted Fruit	1/2 Cup	Assorted Fruit	1/2 Cup	Assorted Fruit	1/2 Cup	Assorted Fruit	1/2 Cup	Assorted Fruit	1/2 Cup	Assorted Fruit	1/2 Cup	Whole Wheat Toast	2 slice
Jelly/Jam	10 mL	Brown Sugar	1 each	Syrup	30 mL	Brown Sugar	1 each	Jelly/Jam	10 mL	Margarine	5 mL	Hot Cross Bun	1 each
Brown Sugar	1 each	2% Milk	250 mL	Brown Sugar	1 each	2% Milk	250 mL	Brown Sugar	1 each	Brown Sugar	1 each	Assorted Fruit	1/2 Cup
Margarine	5 mL	Coffee or Tea	180 mL	2% Milk	250 mL	Coffee or Tea	180 mL	Margarine	5 mL	Jelly/Jam	10 mL	Margarine	5 mL
2% Milk	250 mL	Assorted Cold Cereal	180 mL	Coffee or Tea	180 mL	Assorted Cold Cereal	180 mL	2% Milk	250 mL	2% Milk	250 mL	Jelly/Jam	10 mL
Coffee or Tea	180 mL	Hard Boiled Egg	1 each	Assorted Cold Cereal	180 mL	Peanut Butter	30 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	Brown Sugar	1 each
Assorted Cold Cereal	180 mL	Whole Wheat Toast	2 slice	Assorted Cold Cereal	180 mL	Whole Wheat Toast	2 slice	Assorted Cold Cereal	180 mL	Assorted Cold Cereal	180 mL	2% Milk	250 mL
Peanut Butter	30 mL	Margarine	5 mL	Scrambled Eggs	1 #12 sc.	Margarine	5 mL	Assorted Creamy Yogurt	125 mL	Assorted Cold Cereal	180 mL	Coffee or Tea	180 mL
Banana Muffin	1 each	Jelly/Jam	10 mL	Whole Wheat Toast	2 slice	Jelly/Jam	10 mL	Bran Muffin	1 each	Cottage Cheese	60 mL	Assorted Cold Cereal	180 mL
				Jelly/Jam	10 mL					White Bagel	1 each	Peanut Butter	30 mL
				Margarine	5 mL								
SNACK AM													
2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL
Orange Juice	125 mL	Cranberry Juice	125 mL	Apple Juice	125 mL	Orange Juice	125 mL	Cranberry Juice	125 mL	Apple Juice	125 mL	Orange Juice	125 mL
LoCal Iced Tea Drink	125 mL	Pear Drink LoCal	125 mL	Lemonade Drink LoCal	125 mL	Pear Drink LoCal	125 mL	Cherry Drink LoCal	125 mL	Pear Drink LoCal	125 mL	Lemonade Drink LoCal	125 mL
LUNCH													
Cream of Tomato Soup	180 mL	Garden Vegetable Soup	180 mL	French Onion Soup	180 mL	Cream of Chicken Soup	180 mL	Cream of Potato & Leek Soup	180 mL	Chicken Noodle Soup	180 mL	Homemade Vegetable Barley Soup	180 mL
Unsalted Soda Crackers	4 each	Unsalted Soda Crackers	4 each	Unsalted Soda Crackers	4 each	Unsalted Soda Crackers	4 each	Unsalted Soda Crackers	4 each	Unsalted Soda Crackers	4 each	Unsalted Soda Crackers	4 each
Grilled Cheese on Wheat	1 each	BBQ Teriyaki Beef Ribette	1 each	Egg & Potato Salad Plate	1 each	Macaroni & Cheese	180 mL	Chicken Pot Pie	1 each	Roast Beef Sandwich on Brown Bread	1 each	Fish 'n Chips	1 each
Tossed Salad & Italian Dressing	125 mL	Buttered Egg Noodles	125 mL	Whole Wheat Roll	1 each	Stewed Tomatoes	125 mL	Poultry Gravy	30 mL	Spring Mix Lettuce Salad	125 mL	Tartar Sauce	15 mL
Chilled Diced Pears	125 mL	Green Peas	125 mL	Margarine	5 mL	Whole Wheat Bread	1 slice	Cauliflower & Red Peppers	125 mL	Whole Wheat Bread	1 slice	Dixie Coleslaw	125 mL
2% Milk	125 mL	Whole Wheat Bread	1 slice	Honeydew Chunks	125 mL	Margarine	5 mL	Whole Wheat Bread	1 slice	Margarine	5 mL	Wheat Roll	1 each
Coffee or Tea	180 mL	Margarine	5 mL	2% Milk	125 mL	Fresh Grapes	125 mL	Margarine	5 mL	Blueberries	125 mL	Margarine	5 mL
Chili Con Carne	180 mL	Stewed Rhubarb	125 mL	Coffee or Tea	180 mL	2% Milk	125 mL	2% Milk	125 mL	Sliced Strawberries	125 mL	Carrot Cake	1 (2x3)
Broccoli Florets	125 mL	Ham & Pineapple Baked Beans	250 mL	Ham & Pineapple Baked Beans	250 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL	2% Milk	125 mL	2% Milk	125 mL
Tea Biscuit	1 each	2% Milk	125 mL	Baked Beans	250 mL	Salmon Salad on WW	1 each	2% Milk	125 mL	Coffee or Tea	180 mL	Coffee or Tea	180 mL
Margarine	5 mL	Coffee or Tea	180 mL	Broccoli Florets	125 mL	Greek Salad	125 mL	Coffee or Tea	180 mL	Pancake	2 each	Egg Salad Sndw on Wheat	1 each
Ice Cream Sandwich	1 each	Turkey Sandwich w/Cranberry Mayo	1 each	Cheese Tea Biscuit	1 each	Lemon Tart	1 each	Cheeseburger on Wheat Bun	1 each	Bacon	2 slice	Pickled Beets	125 mL
		Chopped Salad with Balsamic	125 mL	Vanilla Ice Cream Cup	1 each			Mustard	15 mL	Syrup	30 mL	Chilled Diced Peaches	125 mL
		Frosted Eclair	1 each					Ketchup	15 mL	Hot Fruit Compote	125 mL		
								Pickle Relish	1 each	Chocolate Mousse	125 mL		
								Onion Slice	1 each				
								Sliced Tomato	2 each				
								Rainbow Coleslaw	125 mL				
								Rice Pudding	125 mL				
SNACK PM													
2% Milk	125 mL	Cherry Drink	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL	2% Milk	125 mL
Shortbread Swirl Cookie	1 each	2% Milk	125 mL	Fig Newton Cookie	1 each	Fresh Fruit	125 mL	Nutri-Grain Apple Cinnamon Bar	1 each	Chocolate Pudding	125 mL	Social Tea Cookie	6 each
Fruit Punch	125 mL	Banana Choc Chip Super Grains Cookie	2 each	Pear Drink	125 mL	Peach Drink	125 mL	Apple Cider Drink	125 mL	Iced Tea Drink	125 mL	Grape Drink LoCal	125 mL
Grape Drink LoCal	125 mL	Orange Drink LoCal	125 mL	Tropical Fruit Punch Drink LoCal	125 mL	LoCal Iced Tea Drink	125 mL	Peach Drink LoCal	125 mL	Tropical Fruit Punch Drink LoCal	125 mL	LoCal Iced Tea Drink	125 mL
Maple Cream Cookie	2 each	Oatmeal Apple Muffin	1 each	Shortbread Swirl Cookie	1 each	Apple Turnover Cookie	1 each	Chocolate Chip Cookies	2 each	Digestive Cookie	2 each	Arrowroot Cookie	3 each

DINNER

Lemon Herb Baked Chicken Thighs 90 g	Apple Braised Pork Chop 90 g	Country Style Fried Chicken 1 each	Italian Herb Beef Stew 250 mL	Lemon Herb Panko Pollock 90 g	Turkey Pot Roast 90 g	Pork Roast 90 g
Roasted Potatoes 125 mL	Brown Gravy 30 mL	Mashed Potatoes 125 mL	New England Vegetables 125 mL	Mashed Potatoes 125 mL	G-F Turkey Gravy 30 mL	Bourbon Mustard Sauce 60 mL
Dill Carrot Coins 125 mL	Baked Potato 1 each	Fall Medley Vegetables 125 mL	Potato Scallion Dinner Roll 1 each	Mexican Mixed Vegetables 125 mL	Mashed Potatoes 125 mL	Roasted Parisienne Potatoes 100 g
Whole Wheat Bread 1 slice	California Vegetables 125 mL	Whole Wheat Bread 1 slice	Margarine 5 mL	Whole Wheat Bread 1 slice	Broccoli Florets 125 mL	Turnips Mashed w/Brown Sugar 125 mL
Margarine 5 mL	Whole Wheat Bread 1 slice	Margarine 5 mL	Chilled Apricots 125 mL	Margarine 5 mL	Whole Wheat Bread 1 slice	Sweet Potato Casserole w/ Marshm 3 Oz
Mandarin Oranges 125 mL	Margarine 5 mL	Mango 125 mL	2% Milk 125 mL	Lemon Wedge 1 each	Cantaloupe Chunks 125 mL	Whole Wheat Bread 1 slice
2% Milk 125 mL	Sour Cream 30 mL	2% Milk 125 mL	Coffee or Tea 180 mL	Tartar Sauce 30 mL	2% Milk 125 mL	Potato Scallion Dinner Roll 1 each
Coffee or Tea 180 mL	Chilled Tropical Fruit 125 mL	Coffee or Tea 180 mL	Breaded Turkey Cutlet 1 each	Chilled Diced Pears 125 mL	Coffee or Tea 180 mL	Margarine 5 mL
Sausage Bangers & Mash 1 each	2% Milk 125 mL	Liver & Onions 90 g	Poultry Gravy 30 mL	2% Milk 125 mL	Roasted Vegetable Lasagna 1 (3x4 in)	Crushed Pineapple 125 mL
- 1 -	Coffee or Tea 180 mL	Beef Gravy 30 mL	Mashed Potatoes 125 mL	Coffee or Tea 180 mL	Caesar Salad 125 mL	2% Milk 125 mL
Pick of the Day Vegetable Blend 125 mL	Sole w/Lemon Pepper 90 g	Boiled Red Potato 125 mL	Whole Green Beans 125 mL	Baked Ham in Pineapple Juice 90 g	Garlic Bread 1 slice	Coffee or Tea 180 mL
Tripleberry Crumble Bar 1 (2x2)	Jasmine Rice 125 mL	Sauteed Spinach 125 mL	Whole Wheat Bread 1 slice	Scalloped Potatoes 125 mL	Lemon Buttermilk Cake 1 (2x3")	Tomato Juice 125 mL
	Creamed Corn 125 mL	Apple Crumble Square 1 (2x2")	Van Caramel Swirl Cake 1 (2x3)	Dilled Peas 125 mL		Baked Chicken with Chalet Sauce 90 g
	Lemon Wedge 1 each			Triple Chocolate Fudge Cake 1 (2x2)		Pork Gravy 30 mL
	Bread Pudding 125 mL					Mashed Potatoes 125 mL
						Whole Green Beans 125 mL
						Whole Wheat Bread 1 slice
						Apple Pie 1 slice

SNACK HS

2% Milk 125 mL	2% Milk 125 mL	2% Milk 125 mL	2% Milk 125 mL	2% Milk 125 mL	2% Milk 125 mL	2% Milk 125 mL
Peanut Butter Sndw Snack WW 1 half	Vanilla Smooth Cottage Cheese 1 each	Loaf Apple Cranberry Assorted Applesauce Cup 1 each	Peanut Butter Sndw Snack WW 1 half	Egg Salad on WW 1 half	Orange Drink LoCal 125 mL	Creamy Yogurt 100 g
Cranberry Drink LoCal 125 mL	Egg Salad Sndw on Wheat 0.5 each	Cranberry Drink LoCal 125 mL	Tropical Fruit Punch Drink LoCal 125 mL	Lemon Meringue Pudding 1 each	Cranberry Drink LoCal 125 mL	Cranberry Drink LoCal 125 mL
Fruit Yogurt 1 each	Peach Drink LoCal 125 mL		Marble Cheese Slice 30 g		Blueberry Bran Loaf 1 slice	Blueberry Bran Loaf 1 slice
						Lemon Smooth Cottage Cheese 1 each
						Carrot Muffin 1 each
						Orange Drink LoCal 125 mL