

**SAMPLE MENU**

**THIS MENU IS JUST A TEMPLATE OF HOW THE ITEMS SERVED DURING MEALS ARE DISPLAYED. THIS MENU DOES NOT REFLECT THE MENU THAT IS CURRENTLY IN PLACE AT MARKHAVEN. ANY INQUIRES REGARDING THE CURRENT MENU PLEASE CONTACT THE FOOD SERVICES MANAGER. THE MENUS RUN FOR FOUR WEEKS AND THEN CYCLE BACK AROUND.**

	Monday (Day 1)	Tuesday (Day 2)	Wednesday (Day 3)	Thursday (Day 4)	Friday (Day 5)	Saturday (Day 6)	Sunday (Day 7)
<b>B R E A K F A S T</b>	Oatmeal Peanut Butter Toast w/ Margarine Assorted Jams and Spread	Cream of Wheat Scrambled Egg Toast w/ Margarine Assorted Jams and Spread	Oatmeal Poached Egg Toast w/ Margarine Assorted Jams and Spread	Cream of Wheat Peanut Butter Toast w/ Margarine Assorted Jams and Spread	Oatmeal Boiled Egg Toast w/ Margarine Assorted Jams and Spread	Cream of Wheat Peanut Butter Toast w/ Margarine Assorted Jams and Spread	Oatmeal Poached Egg Bacon Toast w/ Margarine Assorted Jams and Spread
	Assorted Cold Cereal	Assorted Cold Cereal Banana	Assorted Cold Cereal	Assorted Cold Cereal Banana	Assorted Cold Cereal Banana	Assorted Cold Cereal Banana	Assorted Cold Cereal
	Cream of Mushroom Soup Chicken Vegetable Stir Fry Steamed Rice Diced Pears	Pea Soup Turkey Salad Sandwich Beets Diced Mango	Vegetable Beef Soup Deli Meat Plate Scone Carrot Pineapple Salad Vanilla Fruit Cup	Chicken Noodle Soup Egg Salad Plate w/Dinner Roll Spinach Blend Salad Cherry Pie	Cream of Broccoli Soup Sloppy Joes w/ Bun Homestyle Blend Veg Peaches	Vegetable Soup Chicken Finger w/ Plum Sauce Potato Salad Mixed Greens w/ Dressing Fruit Cocktail	Potato Leek Soup Macaroni & Cheese Herbed Tomato Medley Hawaiian Fruit Salad
	Egg Salad Sandwich Tossed Salad w/ Dressing  Baked Oatmeal Raisin Cookie	Cottage Cheese w/ Waffle Strawberries Berry Tart	Tuna Melt Sliced Fresh Tomato Chocolate Cake	Beef Pot Pie Herbed Turnip Butterscotch Pudding	Cheese & Onion Sandwich Green Salad w/ Dressing Rice Krispie Square	Omelet Bake Dinner Roll Winter Blend Vegetables Bread Pudding	Roast Beef Sandwich Broccoli Salad Mini Cupcake
<b>D I N N E R</b>	Beef Stew Broccoli Berry Mousse Bread w/ Margarine	Vegetarian Lasagna Dinner Roll Winter Blend Vegetables Ice Cream	Rotisserie Chicken Mashed Potatoes Niagara Blend Vegetables Banana Cream Pie	Baked Glazed Ham Scalloped Potatoes PEI Vegetable Blend Lemon Pudding Bundt Cake	Crispy Breaded Pollock Savoury Diced Potatoes Creamy Coleslaw Date Square	Herbed Fish Steamed Rice Brussels Sprouts Cherry Crisp	Roast Pork w/Gravy Red Bliss Potatoes Harvard Beets Apple Pie
	Herbed Haddock Potato Wedges Pearl Harvest Vegetables Creamy Fruit Salad	Spaghetti & Meat Sauce Garlic Bread Caesar Salad Mandarin Oranges	Veggie Burger w/ Sauce Dinner Roll Squash Cantaloupe Salad	Turkey Loaf Dilled Mashed Potatoes Broccoli Fruited Jello	Cabbage Rolls Dinner Roll Corn Pumpkin Loaf	Meatballs Mashed Potatoes w/ Wild Mushroom Sauce Peas & Carrots Pineapple	Turkey Schnitzel Mashed Potatoes Green Beans Mixed Berries