

Seaforth Fall/Winter 2018/19 - WEEK 1

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice
R	Banana	Banana Half	Banana	Banana	Banana	Banana Half	Banana
E	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal
A	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Hard Boiled Egg	Poached Egg
K	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Bacon
F	-----	-----	-----	-----	-----	-----	Whole Wheat Toast
A	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----
S	Peanut Butter	Vanilla Yogurt	Peanut Butter	Vanilla Yogurt	Peanut Butter	Peanut Butter	Assorted Cold Cereal
T	Whole Wheat Toast	Fruit Extreme Muffin	Lemon Cranberry Muffin	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter
L	Vegetable Florentine	Split Pea Soup	Fall Harvest Soup	Cream of Cauliflower Soup	Corn Chowder	Beef Vegetable	Chicken Vegetable
U	Soup	Unsalted Soda	Unsalted Soda	Soup	Unsalted Soda	Barley Soup	Noodle Soup
N	Unsalted Soda	Crackers	Crackers	Unsalted Soda	Crackers	Unsalted Soda	Unsalted Soda
C	Crackers	Meatballs & Mushroom Sc	Breaded Sole	Crackers	Pulled Pork Sliders	Crackers	Crackers
H	Grilled Reuben	Buttered Egg Noodles	French Fries	Grilled Chicken Sandwich	Rainbow Coleslaw	Mushroom Ravioli w/Alfredo Sauce	Turkey Sausage Link
	Sandwich	New England Vegetables	Creamed Corn	Sandwich	Chilled Apricots	Green Beans	Diced Hashbrown
	Marinated Cucumbers	Vegetables	Whole Wheat Bread	Greek Salad	-----	Whole Wheat Bread	Buttered Corn
	Cantaloupe Chunks	Whole Wheat Bread	Crushed Pineapple	Mixed Berries & Topping	Potato Egg Strata	Chilled Tropical Fruit	Whole Wheat Bread
	-----	Mandarin Oranges	-----	-----	Steamed Asparagus	-----	Sliced Strawberries
	Chicken Fingers with Plum Sauce	-----	Cheeddar Tomato & Onion on Rye	Perogies w/Bacon & Onions	Whole Wheat Roll	Shaved Ham Sndw on WW	Cottage Cheese & Fruit Plate
	Baked Potato	Egg Salad Sndw on White	Caesar Salad	Sour Cream	Vanilla Ice Cream	Sliced Dill Pickle	Carrot Muffin
	Wedges	Mixed Salad with French Dressing	Butterscotch Pudding	-	Whole Wheat Bread	Garden Salad	Tiramisu
	5-Way Mixed Vegetables	English Toffee Cake	-----	Sauerkraut	Whole Wheat Bread with Topping	Tapioca Pudding	-----
	Whole Wheat Bread	-----	-----	-----	-----	-----	-----
	Peach Tart	-----	-----	-----	-----	-----	-----
D	Glazed Ham	Honey Garlic Chicken	Apple Cider Pork Chops	Seasoned Cowboy Steak	Turkey Dijonnaise	Montreal Spiced Chicken	Beef Pot Roast
I	Scalloped Potatoes	Oven-Browned Potatoes	Parisienne Potatoes	Beef Gravy	Boiled Red Potato	Roasted Potatoes	Mashed Potatoes
N	Dilled Peas	Buttered Brussels Sprouts	Seasoned Green Beans	Mashed Potatoes	Broccoli Florets	Fall Medley Vegetables	Seasoned Diced Turnips
N	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Zesty Balsamic Carrots	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
E	Brownie	Lemonicious Bar	Cherry Crisp	Whole Wheat Bread	Choco Raspberry Pudding Cake	Buttertart Square	Apple Pie Slice
R	-----	-----	-----	-----	-----	-----	-----
	Crunchy Baked Cod	Farmers Sausage	Homestyle Turkey	Date Pudding Cake	Baked Salmon Fillet	Swiss Veal Cutlet	Sweet & Sour Pork
	Mashed Potatoes	Pork Gravy	Vegetable Stew	Garden Chili	Lemon Wedge	Mashed Potatoes	Vegetable Fried Rice
	Pick of the Day	Mashed Potatoes	California Vegetables	Winter Vegetables	Rice Pilaf	Peas & Pearl Onions	Oriental Vegetables
	Vegetable Blend	Diced Squash	Tea Biscuit	Corn Muffin	Sunrise Vegetables	Chilled Diced Peas	Crushed Pineapple
	Hot Spiced Apples	Fruit Cocktail	Chilled Diced Peaches	Stewed Rhubarb	Mango	-----	-----

Seaforth Fall/Winter 2018/19 - WEEK 2

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
R	Banana	Banana Half	Banana	Banana	Banana	Banana Half	Banana
E	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
A	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Poached Egg	Poached Egg
K	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
F	-----	-----	-----	-----	-----	-----	Whole Wheat Toast
A	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	-----
S	Peanut Butter	Peanut Butter	Vanilla Yogurt	Peanut Butter	Cottage Cheese	Peanut Butter	Assorted Cold Cereal
T	Banana Muffin	Whole Wheat Toast	Waffles	Whole Wheat Toast	Bran Muffin		Cereal
L	Garden Vegetable Soup	Chicken Vegetable Barley Soup	Cream of Tomato Soup	Country Bean & Vegetable Soup	Beef Vegetable & Noodle Soup	Broccoli Cheese Soup	Cream of Mushroom Soup
U	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda	Unsalted Soda
N	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers
C	Eggs Benedict w/Hollandaise Sc	Cabbage Rolls Steamed Baby Carrots	Egg & Potato Salad Plate	Macaroni & Cheese Whole Green Beans	Creamed Chicken & Vegetables	Bun with Gravy Sunrise Vegetables	Fish 'n Chips
H	Mixed Green Italian Salad	Whole Wheat Bread Stewed Rhubarb	Whole Wheat Roll Crushed Pineapple	Whole Wheat Bread Chilled Diced Peaches	Green Peas	Sliced Strawberries	Tartar Sauce
I	Chilled Diced Pears	-----	-----	-----	Whole Wheat Bread Blueberries	-----	Dill Carrot Coins
Sliced Beef Sndw on Wheat	Turkey Sandwich w/Cranberry Mayo	Grilled Ham & Cheese Sndw on WW	Salmon Salad on WW	Hamburger on White Bun	Hot Fruit Compote Syrup	Sausage Links Pancake	Whole Wheat Bread Cinnamon Applesauce
Potato Chips	Marinated Cucumbers	Red Beet Citrus Salad	Caesar Salad	Ketchup	Rice Pudding		Vegetable Quiche
Coleslaw	Passion Fruit	Strawberry Ice Cream Cup	Tuxedo Truffle Mousse Cake	Mustard	Hot Fruit Compote Syrup		Mixed Salad with French Dressing
Whole Wheat Bread	Tangerine Gel						Wheat Roll
Ice Cream Sandwich							Citrus Orange Cake
D	Lemon Herb Bkd Chicken Breast	BBQ Pork Chops Baked Potato	Country Style Fried Chicken	Beef Shepherd's Pie Broccoli Florets	Braised Fish w/Tomato Basil Sc	Meatloaf Mashed Potatoes	Pork Roast Pork Gravy
I	w/Onions	California Vegetables	Roasted Potatoes	Whole Wheat Bread	Mashed Potatoes	Orange Glazed Parsnips	Herbed Potatoes
N	Mashed Potatoes	Whole Wheat Bread	Fall Medley	Van Caramel Swirl Cake	Mexican Mixed Vegetables	Whole Wheat Bread	Green Beans
E	Niagara Mix Vegetables	Cherry Cobbler	Vegetables	-----	Whole Wheat Bread	Boston Cream Cake	Whole Wheat Bread
R	Whole Wheat Bread	Sole w/Lemon Pepper	Whole Wheat Bread	Turkey Cutlet with Apple Gravy	Triple Chocolate Fudge Cake	Roasted Vegetable Lasagna	Lemon Meringue Pie
I	Date Square	Rice Pilaf	Cinnamon Coffeecake	Boiled Red Potato	-----		-----
-----	-----	Calico Corn	-----	Green Peas	Baked Ham in Pineapple Juice	Greek Salad	Beef Stuffed Green Pepper
Liver & Onions	Chilled Tropical Fruit			Chilled Apricots	Scalloped Potatoes	Garlic Bread	Mashed Potatoes
Beef Gravy					Parslled Cauliflower	Cantaloupe Chunks	Montego Vegetables
Scalloped Potatoes					Chilled Diced Pears		Fresh Watermelon
Whipped Squash							
Mandarin Oranges							

Seaforth Fall/Winter 2018/19 - WEEK 3

Regular/Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
R	Banana	Banana Half	Banana	Banana	Banana	Banana Half	Chilled Diced Peaches
E	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatmeal	Banana
A	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Cream of Wheat
K	Whole Wheat Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Poached Egg
F	-----	-----	-----	-----	-----	-----	Bacon
A	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
S	Peanut Butter	Vanilla Yogurt	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	-----
T	-----	Pancake	Whole Wheat Toast	Fruit Extreme Muffin	-----	-----	Assorted Cold Cereal
L	Homemade Vegetable Barley Soup	Creamy Vegetable Soup	Lentil & Vegetable Soup	Cream of Tomato Soup	Italian Wedding Soup	Beef & Rice Soup	Minestrone Soup
U	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Crackers	Unsalted Soda Crackers
N	Turkey Butternut Bake	Chicken Burger w/ Lettuce & Tomato Mustard	Smoked Pulled Beef on Wheat Bun	Grilled Cheese on Wheat	Turkey & Potato Salad Plate	Spinach and Feta Quiche	Beef Cabbage Casserole
C	Rice Pilaf	Ketchup	Creamy Cucumber & Onions	Tossed Salad & Italian Dressing	Whole Wheat Roll Honeydew Melon	Green Peas	California Vegetables
H	Winter Vegetables	Vinaigrette Coleslaw	Chilled Diced Peaches	Chilled Tropical Fruit	-----	Whole Wheat Bread Fruit Cocktail	Potato Scallion Dinner Roll
S	Whole Wheat Bread	Crushed Pineapple	-----	-----	Sloppy Joe on WW Bun	B L T on wheat	Chilled Diced Pears
A	Mandarin Oranges	-----	Spanish Omelet	Honey Garlic Pork Bites	Glazed Baby Carrots	Cherry Poke Cake	Hot Dog on White Bun
L	Ham & Tomato Sndw on Kaiser	Sunrise Vegetables	Diced Hashbrown	Honey Garlic Sauce	Lemon Pound Cake w/ Topping	Beet & Onion Salad	Caesar Salad
S	Carrot Raisin Salad	Cheese Toast	Broccoli Florets	Vegetable Fried Rice	-----	-----	Banana Pudding
R	Frosted Mocha Cake	Lemon Pudding	Whole Wheat Bread Strawberry Mousse	Buttered Corn	-----	-----	-----
D	Beef & Vegetable Stew	Baked Tilapia	Sweet & Spiced Ham	Chicken Cacciatore	Baked Fish & Dill Sauce	Rst Pepper & Balsamic Pork Chop	Roast Turkey Gravy & Cranberry Sauce
I	Mashed Potatoes	Rosemary & Garlic Roasted Potato	Seasoned Potatoes	Chicken Whipped Potatoes	Oven-Browned Potatoes	Boiled Red Potato	Mashed Potatoes
N	Buttered Brussels Sprouts	Peas & Pearl Onions	Turnips	Cauliflower	Mashed Squash	Sunrise Vegetables	Fall Medley Vegetables
E	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
R	Butter Tart	Apple Crisp	Toffee Pudding Cake	Iced Banana Cake	Rice Pudding	Caramel Cheesecake	Pumpkin Pie
	-----	-----	-----	-----	-----	-----	-----
	Spinach Cannelloni in Marinara Sauce	Teriyaki Pork Chop	Turkey a la King	Salisbury Steak	BBQ Pork Ribs	BBQ Seasoned Chicken Quarter	Spaghetti & Meat Sauce
	Sliced Carrots	Fluffy Rice	Tea Biscuit	Beef Gravy	Mashed Potatoes	Mashed Potatoes	-----
	Mango	Oriental Vegetables	Green & Yellow Beans	Steamed Asparagus Spears	Italian Mixed Vegetables	Kale Vegetable Blend	Broccoli Florets
	-----	Chilled Apricots	Chilled Diced Pears	Hot Spiced Apples	Sliced Strawberries	Stewed Rhubarb	Garlic Bread
	-----	-----	-----	-----	-----	-----	Chilled Tropical Fruit