

## Seaforth Fall Winter 2022-23 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice
Banana Half	Blueberries	Fruit Cocktail	Mandarin Oranges	Crushed Pineapple	Banana Half	Chilled Diced Peaches
Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Cream of Wheat
Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Cottage Cheese	Assorted Creamy Yogurt	Poached Egg
Whole Wheat Toast	-	Raisin Toast	Whole Wheat Toast	Raisin Toast	Pancake	Bacon Strips
Assorted Cold Cereal	Whole Wheat Toast	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
Peanut Butter	Assorted Cold Cereal	Peanut Butter	Assorted Creamy Yogurt	Scrambled Eggs	Hard Boiled Egg	Assorted Cold Cereal
Blueberry Muffin	Cheddar Cheese Slice	Whole Wheat Toast	Fruit Extreme Muffin	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter
						Toasted English Muffin
<b>LUNCH</b>						
Cream of Asparagus Soup	Creamy Vegetable Soup	New England Clam Chowder	Chicken Florentine Soup	Minestrone Soup	Tomato Soup	Cream of Mushroom Soup
Grilled Ham & Cheese Sndw on WW	Rib-o-Pork on Bun	Pizza of Choice	Vegetable Chili	Hot Roast Beef on Bun with Gravy	Hot Dog on Wheat Bun	Honey Balsamic Salmon
Carrot Raisin Salad	Creamy Cucumber & Onions	Vinaigrette Coleslaw	Broccoli Florets	California Vegetables	Caesar Salad	Lemon Wedge
Mandarin Oranges	Crushed Pineapple	Chilled Diced Peaches	Deluxe Fruit Salad	Mango	Fruit Cocktail	Rice Pilaf
Crispy Baked Shrimp	Cottage Cheese Fruit Salad Plate	Herbed Omelet	Ham & Tomato Sndw w/Mayo	Turkey Deli & Pasta Sld Plate	Vegetable Quiche	Sunrise Vegetables
Seafood Sauce	Apple Spice Muffin	Potato Hashbrowns	Red Beet Citrus Salad	Whole Wheat Roll	Harvard Beets	Whole Wheat Bread
Fluffy Rice	Butterscotch Pudding	Fancy Blend Vegetables	Chocolate Ice Cream	Lemon Pound Cake w/ Topping	Whole Wheat Bread	Chilled Diced Pears
Mixed Green Italian Salad		Whole Wheat Bread			Orange Jello w/Whipped Topping	Mini Submarine Sandwich
Whole Wheat Bread		Strawberry Mousse				Rainbow Coleslaw
Gingerbread Cake w/ Whipped Topping						Haystack Brownie
<b>DINNER</b>						
Macaroni & Beef Casserole	Chicken Supreme	Seasoned Cowboy Steak	Herb Baked Chicken	Baked Cod Fillet	Beef Shepherd's Pie	Roast Turkey Gravy & Cranberry Sauce
Poultry Gravy	Rosemary & Garlic Roasted Potato	Au Jus Sauce	Poultry Gravy	Lemon Wedge	Beef Gravy	Mashed Potatoes
Mashed Potatoes	Sunrise Vegetables	Mashed Potatoes	Chive Whipped Potatoes	Mashed Potatoes	Cocktail Vegetables	Fall Medley Vegetables
Buttered Corn	Whole Wheat Bread	Seasoned Diced Turnips	New England Vegetables	Mashed Squash	Whole Wheat Bread	Whole Wheat Bread
Whole Wheat Bread	Chilled Apricots	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Stewed Rhubarb	Chilled Tropical Fruit
Cherry Tart	Herb Baked Fish	Chilled Diced Pears	Blueberries	Honeydew Melon	Chicken Cacciatore	Spaghetti & Meatballs
Turkey Schnitzel	Lemon Wedge	Homemade Turkey Meatloaf	Meat Lasagna	Teriyaki Pork Loin	Fluffy Rice	Broccoli Florets
Winter Vegetables	Green Peas	Onion Gravy	Greek Salad	Roasted Potatoes	Green Peas	Garlic Bread
Mango	Apple Crisp	Green & Yellow Beans	Iced Banana Cake	Italian Mixed Vegetables	Caramel Cheesecake	Pumpkin Pie
		Toffee Pudding Cake		Rice Pudding		

## Seaforth Fall Winter 2022-23 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Orange Juice Sliced Strawberries Oatmeal Hard Boiled Egg Raisin Toast	Cranberry Juice Banana Half Cream of Wheat Sausage Links Waffles	Apple Juice Chilled Tropical Fruit Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast	Orange Juice Mandarin Oranges Oatbran Cereal Hard Boiled Egg Whole Wheat Toast	Cranberry Juice Honeydew Melon Oatmeal Cottage Cheese Raisin Toast	Apple Juice Banana Half Cream of Wheat Scrambled Eggs Whole Wheat Toast	Orange Juice Cantaloupe Chunks Cinnamon Oatmeal Poached Egg Bacon Strips Whole Wheat Toast
Assorted Cold Cereal Peanut Butter Whole Wheat Toast	Assorted Cold Cereal Poached Egg Whole Wheat Toast	Assorted Cold Cereal Peanut Butter Rye Toast	Assorted Cold Cereal Assorted Creamy Yogurt Lemon Cranberry Muffin	Assorted Cold Cereal Poached Egg Whole Wheat Toast	Assorted Cold Cereal Assorted Creamy Yogurt Bran Muffin	Assorted Cold Cereal Peanut Butter Whole Wheat English Muffin
<b>LUNCH</b>						
Beef Fall Vegetable Soup Chicken Strips Plum Sauce Tator Tots Zesty Balsamic Carrots Whole Wheat Bread Cantaloupe Chunks Grilled Reuben Sandwich Tossed Ranch Salad Butter Tart	Split Pea Soup Vegt Potato & Cheese Perogies Sour Cream Sweet & Sour Cabbage Whole Wheat Bread Mandarin Oranges Egg Salad Sndw on Wheat Mixed Salad with French Dressing Maple Pudding Cake	Chicken Vegetable Noodle Soup Cabbage Rolls New England Vegetables Whole Wheat Bread Crushed Pineapple Cottage Cheese & Fruit Plate Carrot Muffin Chocolate Pudding	Broccoli Cheese Soup Breaded Haddock Tartar Sauce Ketchup French Fries Buttered Corn Whole Wheat Bread Blueberries Chicken Salad on WW Bun Tomato & Cucumber Salad Frosted Banana Cake	Tomato & Macaroni Soup Pulled Pork on WW Bun Tossed Ranch Salad Deluxe Fruit Salad Broccoli Cheese Frittata Italian Mixed Vegetables Whole Wheat Roll Vanilla Ice Cream	Beef Vegetable Barley Soup Salmon Burger on Brioche Bun Sunrise Vegetables Fresh Grapes Shaved Ham Sndw on WW Pickle Spear Caesar Salad Tapioca Pudding	Cream of Cauliflower Soup Hot Turkey Sndw on WW w/Gravy Grilled Vegetables Chilled Diced Peaches Tuna Salad Sandwich on Brown Bread Salad with Raspberry Vinaigrette Red Velvet Cake
<b>DINNER</b>						
BBQ Pork Ribs Parisienne Potatoes Green Beans Whole Wheat Bread Hot Spiced Apples Harvest Chickpea & Veg Curry Fluffy Rice Cauliflower with Cheese Sauce Brownie	Honey Garlic Chicken Oven-Browned Potatoes Winter Vegetables Whole Wheat Bread Fruit Cocktail Baked Sole Fillet Lemon Dill Butter Sauce Green Peas Lemonicious Bar	Glazed Ham Scalloped Potatoes California Vegetables Whole Wheat Bread Chilled Apricots Hearty Turkey Chili Brussels Sprouts Cornbread Cherry Crisp	Hamburger Steak w/Caramelized Onions Beef Gravy Mashed Potatoes Sunrise Vegetables Whole Wheat Bread Stewed Rhubarb Cheese Stuffed Manicotti w/Tomato Basil Sc Diced Squash Coconut Cream Pie	Maple Glazed Salmon Loin Lemon Wedge Boiled Red Potato Fall Medley Vegetables Whole Wheat Bread Mango Turkey Meatballs Honey Garlic Sauce Rice Pilaf Minted Peas Choco Raspberry Pudding Cake	Montreal Spiced Chicken Poultry Gravy Roasted Potatoes Parsley Carrots Whole Wheat Bread Chilled Diced Pears Bolognese Sauce Buttered Spaghetti Green Beans Garlic Bread Date Square	Beef Pot Roast Beef Gravy Mashed Potatoes Apple Glazed Turnips Whole Wheat Bread Crushed Pineapple Sweet & Sour Pork Vegetable Fried Rice Asian Vegetables Lemon Meringue Pie

## Seaforth Fall Winter 2022-23 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Cranberry Juice
Fruit Cocktail	Banana Half	Blueberries	Mandarin Oranges	Chilled Tropical Fruit	Banana Half	Deluxe Fruit Salad
Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat
Poached Egg	Cottage Cheese	Assorted Creamy Yogurt	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg
Whole Wheat Toast	Raisin Toast	Pancake	Raisin Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon Strips
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Whole Wheat Toast
Peanut Butter	Hard Boiled Egg	Scrambled Eggs	Peanut Butter	Assorted Creamy Yogurt	Cottage Cheese	Assorted Cold Cereal
Banana Muffin	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bran Muffin	Apple Spice Muffin	Peanut Butter
<b>LUNCH</b>						
Cream of Tomato Soup	Garden Vegetable Soup	French Onion Soup	Cream of Chicken Soup	Cream of Potato & Leek Soup	Chicken Noodle Soup	Homemade Vegetable Barley Soup
Grilled Cheese on Wheat	BBQ Teriyaki Beef Ribette	Egg & Potato Salad Plate	Macaroni & Cheese	Chicken Pot Pie	Meatballs & Mushroom Sc	Fish 'n Chips
Tossed Salad & Italian Dressing	Buttered Egg Noodles	Whole Wheat Roll	Stewed Tomatoes	Cauliflower & Red Peppers	Fluffy Rice	Tartar Sauce
Chilled Diced Pears	Green Peas	Honeydew Melon	Whole Wheat Bread	Whole Wheat Bread	Sunrise Vegetables	Creamy Coleslaw
Chili Con Carne	Whole Wheat Bread	Ham & Pineapple Baked Beans	Fresh Grapes	Sliced Strawberries	Whole Wheat Bread	Whole Wheat Bread
Broccoli Florets	Stewed Rhubarb	Sunrise Vegetables	Salmon Salad on WW	Cheeseburger on Wheat Bun	Blueberries	Chilled Diced Peaches
Corn Muffin	Turkey Sandwich w/Cranberry Mayo	Cornbread	Greek Salad	Mustard	Waffles	Garden Veg Cheese Omelette
Ice Cream Sandwich	Chopped Salad with Balsamic	Baked Custard	Lemon Blueberry Tart	Ketchup	Sausage Links	Sliced Carrots
	Peach Cobbler			Sliced Tomato	Syrup	Wheat Roll
				Onion Slice	Hot Fruit Compote	Carrot Cake
				Mixed Salad with French Dressing	Black Forest Pudding	
				Ambrosia		
<b>DINNER</b>						
Lemon Herb Baked Chicken Thighs	Pork Bacon Wrapped Medallion	Country Style Fried Chicken	Italian Herb Beef Stew	Grilled Ham	Turkey Vegetable & Potato Hash	Pork Roast
Roasted Potatoes	Mushroom Gravy	Mashed Potatoes	New England Vegetables	Scalloped Potatoes	-	Pork Gravy
Dill Carrot Coins	Baked Potato	Fall Medley Vegetables	Tea Biscuit	Green Peas	Broccoli Florets	Herbed Potatoes
Whole Wheat Bread	California Vegetables	Whole Wheat Bread	Chilled Apricots	Whole Wheat Bread	Whole Wheat Bread	Diced Squash
Mandarin Oranges	Whole Wheat Bread	Mango	Breaded Turkey Cutlet	Chilled Diced Pears	Cantaloupe Chunks	Whole Wheat Bread
Sausage Bangers & Mash	Chilled Tropical Fruit	Liver & Onions	Poultry Gravy	Lemon Herb Panko Pollock		Apple Pie Slice
-	Sole w/Lemon Pepper	Beef Gravy	Boiled Red Potato	G-F Rice Pilaf	Roasted Vegetable Lasagna	Baked Chicken with Chalet Sauce
Tomato & Cucumber Salad	Rice Pilaf	Turnip & Carrot Mashed	Green Beans	Mexican Mixed Vegetables	Caesar Salad	Tossed Salad & Italian Dressing
Mixed Berries & Cream Dessert	Buttered Corn	Apple Brown Betty Cake	Whole Wheat Bread	Triple Chocolate Fudge Cake	Garlic Bread	Crushed Pineapple
	Bread Pudding		Van Caramel Swirl Cake		Tiramisu Cake	