

EPINSS WEEKLY MENU – 1

	BREAKFAST: 7:30 AM - 9:00AM	LUNCH: 11:30 AM – 1:00PM	DINNER: 4:30 PM – 6:00 PM
M o n d a y	BREAKFAST *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES	LUNCH * MAC & CHEESE *SALAD * SOUP DU JOUR * FRESH FRUIT	DINNER * ROAST PORK DINNER * MASHED POTATO *SEASONAL VEGGIES *MULTIGRAIN DINNER ROLLS
T u e s d a y	BREAKFAST *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES	LUNCH * FISH & CHIPS * FRIES W/ GRAVY * COLESLAW WITH RAISINS * FRESH FRUIT	DINNER * SWEET & SOUR CHICKEN * RICE * STEAMED BROCCOI WITH ALMONDS
W e d n e s d a y	BREAKFAST *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES	LUNCH * EGG SALAD ON MULTIGRAIN CROISSANTS * SOUP DU JOUR * SALAD * FRESH FRUIT	DINNER * SPAGHETTI (WHOLE WHEAT) & MEAT SAUCE * GARLIC TOAST * CAESAR SALAD WITH MULTIGRAIN CROUTONS
T h u r s d a y	BREAKFAST *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES	LUNCH * BOLOGNA & CHEESE SANDWICHES * SOUP DU JOUR *(WHOLE WHEAT) MACARONI SALAD * FRESH FRUIT	DINNER * BAKED SALMON WITH HONEY -DIJON SAUCE * ROASTED BABY POTATOES/ GRAVY * SEASONAL VEGGIES
F r i d a y	BREAKFAST *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES	LUNCH * MINI PIZZA (WHOLE WHEAT CRUST) * FRIES/ GRAVY * SALAD * FRESH FRUIT	DINNER * THAI CHICKEN CURRY * RICE * ROASTED SEASONAL VEGGIES

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S a t u r d a y	BREAKFAST *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES	BRUNCH * BACON, SAUSAGES * SCRAMBLED EGGS * POTATO HASHBROWNS * WHOLEWHEAT TOAST * ASSORTED FRESH FRUIT	DINNER * BEEF STEW * MASHED POTATO * MULTIGRAIN BABY BUNS
S u n d a y	BREAKFAST *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES	BRUNCH * BACON, SAUSAGES PATTY * POACHED EGGS * WAFFLES/ SYRUP * WHOLEWHEAT TOAST * ASSORTED FRESH FRUIT	DINNER * VEG. CHOW-MEIN NOODLES *SPRING ROLLS *SEASONAL VEGETABLES