

EPINSS WEEKLY MENU – 2

M o n d a y	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES 	<p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> * HOT DOGS * BAKED BEANS * SALAD *FRESH FRUIT 	<p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> * SHEPHERDS PIE * SEASONAL VEGETABLES * MULTIGRAIN DINNER ROLLS
T u e s d a y	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES 	<p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> *RUBEN PASTRAMI ON RYE BREAD * SOUP DU JOUR * SALAD * FRESH FRUIT 	<p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> * CHICKEN ALFREDO * FETTUCINI PASTA * CAESAR SALAD WITH MULTIGRAIN CROUTONS
W e d n e s d a y	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES 	<p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> * CHICKEN BURGERS * FRIES & GRAVY * FRESH FRUIT * COLESLAW 	<p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> * PORK CHOPS * MASHED POTATO & GRAVY * SEASONAL VEGETABLES * (WHOLE WHEAT) DINNER ROLLS
T h u r s d a y	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES 	<p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> * TUNA SANDWICHES/ MELTS * SOUP DU JOUR *SALAD * FRESH FRUIT 	<p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> * LASAGNA * GREEN SALAD/ MULTIGRAIN CROUTOS * GARLLIC TOAST
F r i d a y	<p style="text-align: center;">BREAKFAST</p> <ul style="list-style-type: none"> *ASSORTED HOT & COLD CEREALS *YOGURT*COTTAGE CHEESE *TOAST (WHITE/WHOLEWHEAT) *JAMS or PB or CHEEZEWIZ *TEA OR COFFEE * FRUIT JUICES 	<p style="text-align: center;">LUNCH</p> <ul style="list-style-type: none"> * PHILLY CHEESE BEEF ON BROWN SUBS * SOUP DU JOUR * SALAD * FRESH FRUIT 	<p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> * PIZZA DINNER * FRIES / GRAVY

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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 * FRIED EGGS *WHOLEGRAIN TOAST *POTATO TATERTOTS *ASSORTED FRESH FRUIT	DINNER * ROAST BEEFF DINNER *GARLIC MASHED POTATO * SEASONAL VEGETABLES *WHOLEWHEAT 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 *HASHBROWN POTATO PATTY *EGG MC- MUFFIN (POACHED EGGS) *WHOLEGRAIN TOAST *ASSORTED FRESH FRUIT	DINNER * EGG FRIED RICE WITH VEGETABLES * EGG ROLLS * PLUM SAUCE