

EPINSS WEEKLY MENU – 3

	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	<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"> * GARLIC SAUSAGES * POTATO & CHEDDAR PEROGIES * SOUP DU JOUR *FRESH FRUIT 	<p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> * MEATLOAF * MASHED POTATO/ GRAVY *SEASONAL VEGETABLES
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"> *CHICKEN FINGERS * FRIES/ GRAVY * BEAN SALAD FRESH FRUIT 	<p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> * ITALIAN SAUSAGE AND PASTA CASSEROLE * GARLIC TOAST
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"> *STIR-FRY BEEF NOODLES * SWEET CORN SOUP *FRESH FRUIT 	<p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> *CHICKEN FRICASSE (STEW) *SALAD * CHEESE BISCUITS
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"> *CLUB SAND * SOUP DU JOUR *SALAD *FRESH FRUIT 	<p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> * WIENERS & BEANS * MASHED POTATO & GRAVY *SEASONAL VEGETABLES
F r i d	<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"> * TACO BEEF DELUXE *SALAD *FRESH FRUIT 	<p style="text-align: center;">DINNER</p> <ul style="list-style-type: none"> * BAKED BASA *RICE *SEASONAL STEAMED VEGETABLES

Kitchen Manager: Sumit Kasbe

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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 *WHOLEGRAIN TOAST *POTATO HASHBROWNS *ASSORTED FRESH FRUIT	DINNER * ROASTED CHICKEN DRUMSTICKS * ROASTED POATATO * SEASONAL VEGETABLES
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 * BOILED EGGS *PANCAKES / SYRUP *WHOLEGRAIN TOAST *ASSORTED FRESH FRUIT	DINNER * PORK CUTLETS *WHOLE WHEAT PASTA WITH TOMATO SAUCE * SALAD