

**IWM SS 2022 - Week
1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Jelly/Jam	Jelly/Jam	Brown Sugar	Brown Sugar	Brown Sugar	Jelly/Jam	Brown Sugar
Margarine	Margarine	Jelly/Jam	Assorted Cold Cereal	Margarine	Margarine	Jelly/Jam
Brown Sugar	Brown Sugar	Margarine	Peanut Butter	Jelly/Jam	Brown Sugar	Margarine
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Muffin of the Day	Assorted Cold Cereal	Assorted Cold Cereal	Bacon Strips
Peanut Butter	Peanut Butter	Vanilla Yogurt	Margarine	Peanut Butter	Peanut Butter	Assorted Cold Cereal
Muffin of the Day			Jelly/Jam			Peanut Butter
LUNCH						
Honey Garlic Chicken	Spaghetti & Meat Sauce	Barbeque	Lamb Curry	Baked Breaded Haddock	Ginger Orange Pork Chop	Roast Beef
Baked Potato	Garlic Bread	Whole Wheat Bread	Tea Biscuit	French Fries	Boiled Red Potato	Beef Gravy
Brussels Sprouts	Florentine Veg Mix	Mango	Broccoli Florets	Creamy Coleslaw	Winter Vegetables	Mashed Potatoes
Whole Wheat Bread	Whole Wheat Bread	Sole w/Lemon Pepper	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whipped Squash
Honeydew Melon	Chilled Diced Peaches	Paprika Potatoes	Chilled Apricots	Chilled Apple Slices	Fresh Grapes	Yorkshire Pudding
Swedish Meatballs	Turkey Stir Fry	Bistro Vegetables	Hawaiian Ham	Eggplant Parmigiana	Chicken with Creamy Yellow Sauce	Chilled Tropical Fruit
Buttered Egg Noodles	Fluffy Rice	Neapolitan Ice Cream Sandwich	Scalloped Potatoes	Garlic Bread	Chicken Gravy	Turkey Noodle Bake
Cocktail Vegetables	Sauteed Garlic Mushrooms		Lemony Green Beans	Niagara Mix Vegetables	Basmati Rice	4-Way Mixed Vegetables
Chocolate Mousse	Caramel Cheesecake		Blueberry Crisp	Raspberry Mousse Cake	Sunrise Vegetables	Whole Wheat Bread
					Black Forest Cake	Banana Cream Pie Slice
DINNER						
Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Cream of Mushroom Soup	Pickle Relish	Unsalted Soda Crackers
French Onion Soup	Homemade Vegetable Barley Soup	Plum Sauce	Turkey Rice Soup	Unsalted Soda Crackers	Italian Wedding Soup	Chicken Tortilla Soup
Cheese Omelette	Tartar Sauce	Cream of Cauliflower Soup	Pizza of Choice	Monte Cristo Waffle Sandwich	Unsalted Soda Crackers	Pancakes
Potato Hashbrowns	Captain Fish Burger Patty	Crispy Breaded Chicken	Mixed Vegetable Sticks	Chopped Salad with Balsamic	Ketchup	Vanilla Greek Yogurt
Green Peas	Rainbow Coleslaw	Sweet Potato French Fries	Fruit Cocktail	Orange Sections	Mustard	Syrup
Whole Wheat Bread	Blueberries	Mexican Mixed Vegetables	Cottage Cheese Fruit Salad Plate	Sweet Hickory BBQ Baked Beans	Hot Dog on Wheat Bun	Mixed Berries
Mandarin Oranges	Beef Taco Salad	Whole Wheat Bread	Carrot Muffin	Fall Medley Vegetables	Caesar Salad	Fresh Watermelon
BLT Sandwich	Assorted Gelatin	Crushed Pineapple	Strawberry Rhubarb Pie	Whole Wheat Pita Bread	Chilled Diced Peaches	Tuna Salad Sndw on WW
Tossed Ranch Salad		Cold Cut Sandwich		Brownie	Rotini Primavera w/Alfredo Sc	Dill Cucumber & Red Onion Salad
Date Square		Cucumber Slices			Italian Mixed Vegetables	Pistachio Dark Chocolate Bar
		Banana Split Mousse			Garlic Stick	
					Rice Pudding	

Note: Choice of breads (raisin bread, English Muffin, Rye bread) are available upon request.

IWM SS 2022 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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BREAKFAST

Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cinnamon Oatmeal	Oatbran Cereal	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Oatbran Cereal	Cream of Wheat
Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Brown Sugar	Margarine	Brown Sugar	Margarine	Jelly/Jam	Margarine	Jelly/Jam
Margarine	Jelly/Jam	Assorted Cold Cereal	Jelly/Jam	Brown Sugar	Brown Sugar	Brown Sugar
Jelly/Jam	Brown Sugar	Peanut Butter	Brown Sugar	Margarine	Jelly/Jam	Margarine
Assorted Cold Cereal	Assorted Cold Cereal	Margarine	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Bacon Strips
Peanut Butter		Jelly/Jam	Peanut Butter	Peanut Butter	Peanut Butter	Assorted Cold Cereal
Muffin of the Day		Vanilla Yogurt	Peanut Butter	Muffin of the Day	Cinnamon Bun	Peanut Butter

LUNCH

Country Style Fried Chicken	Beef Pot Pie	Barbeque	Tender Philly Steak	English-Style Fish	Seasoned Cowboy Steak	Baked Chicken with Chalet Sauce
Homestyle Red Potato Wedges	Mashed Potatoes	Whole Wheat Bread	Beef Gravy	French Fries	Baked Potato	Garlic Mashed Potatoes
Buttered Corn on the Cob	5-Way Mixed Vegetables	Crushed Pineapple	Au Gratin Potatoes	Creamy Coleslaw	Broccoli Florets	Italian Mixed Vegetables
Whole Wheat Bread	Whole Wheat Bread	Baked Cod Fillet	Sauteed Pepper & Onion	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Mandarin Oranges	Apricot Apple Blend	Lemon Wedge	Whole Wheat Bread	Chilled Diced Peaches	Mandarin Oranges	Deluxe Fruit Salad
Cannelloni Cheese	BBQ Sauce Glazed Pork Ribette	Fluffy Rice	Mixed Berries	Italian Sausage	Biscuit Topped Turkey Pie	LS Spaghetti Meatballs
California Vegetables	Roasted Potatoes	Scandinavian Vegetables	Tuscan Style Vegetable Lasagna	Mashed Potatoes	Prince Edward Vegetables	Caesar Salad
Garlic Stick	Mexican Mixed Vegetables	Ice Cream Sundae Cup	Tossed Salad & Italian Dressing	California Vegetables	Wheat Roll	Garlic Bread
Triple Layer Chocolate Cake	Cherry Cheesecake		Garlic Stick	Vanilla Chocolate Ice Cream Bar	Cinnamon Roll Cake	Blueberry Pie Slice
			Van Caramel Swirl Cake			

DINNER

Unsalted Soda Crackers	Tartar Sauce	Chicken Rice Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Minestrone Soup	Unsalted Soda Crackers
Homestyle Turkey Vegetable Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Barley Beef Soup	Cream of Tomato Soup	Unsalted Soda Crackers	Tartar Sauce
Sweet-n-Sour Meatballs	Cream of Broccoli Soup	Egg Salad Sndw on Croissant	Cranberry Mayonnaise Sauce	Grilled Cheese on Wheat	Quiche Florentine	Cream of Vegetable Chowder
Fluffy Rice	Fish Cakes	Cucumber Slices	Deli Meat Salad Plate	Chopped Salad with Balsamic	Focaccia Roll	Cod Nuggets
Pick of the Day Vegetable Blend	Sweet Potato French Fries	Sliced Pears	Copper Penny Salad	Strawberries & Topping	Pick of the Day Vegetable Blend	Sweet Potato Fries
Whole Wheat Bread	Rainbow Coleslaw	Sausage Patty	Fresh Watermelon	Hawaiian Chicken Salad	Whole Wheat Bread	Kale Vegetable Blend
Cantaloupe Chunks	Whole Wheat Bread	Potato Hashbrowns	Homestyle Pulled Pork & Beans	Herb Orzo	Fruit Cocktail	Whole Wheat Bread
Chef's Salad Bowl	Mango	Dill & Lemon Pepper Glazed Carrots	Parslied Cauliflower	Wheat Roll	Chicken Burger on Wht	Red Seedless Grapes
Wheat Roll	Pickle Spear	Whole Wheat Bread	Cornbread	Lemon Tart	Balsamic Spring Salad	Ham Sliced Sndw Wheat Plain
Creamsicle Parfait	Salami on Wheat	Assorted Pudding	Ambrosia		Tripleberry Crumble	Four Bean Salad
	Tossed Garden Salad					Tapioca Pudding
	Assorted Gelatin					

Note: Choice of breads (raisin bread, English Muffin, Rye bread) are available upon request.

**IWM SS 2022 - Week
3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Fresh Fruit Oatmeal Hard Boiled Egg Brown Sugar Assorted Cold Cereal Peanut Butter Whole Wheat Toast Jelly/Jam Margarine	Fresh Fruit Cream of Wheat Poached Egg Whole Wheat Toast Margarine Jelly/Jam Brown Sugar Assorted Cold Cereal Muffin of the Day	Fresh Fruit Cinnamon Oatmeal Scrambled Eggs Whole Wheat Toast Margarine Jelly/Jam Brown Sugar Assorted Cold Cereal Creamy Yogurt	Fresh Fruit Oatbran Cereal Hard Boiled Egg Whole Wheat Toast Jelly/Jam Brown Sugar Margarine Assorted Cold Cereal Maple Breakfast Sausage Link	Fresh Fruit Oatmeal Scrambled Eggs Whole Wheat Toast Jelly/Jam Margarine Brown Sugar Assorted Cold Cereal Peanut Butter Muffin of the Day	Fresh Fruit Cream of Wheat Hard Boiled Egg Whole Wheat Toast Margarine Jelly/Jam Brown Sugar Assorted Cold Cereal Peanut Butter	Fresh Fruit Cinnamon Oatmeal Egg & Bacon on English Muffin Brown Sugar Jelly/Jam Margarine Assorted Cold Cereal Peanut Butter Whole Wheat Toast
LUNCH						
Crunchy Italian Fish Lemon Wedge Mashed Potatoes Sweet Balsamic Brussels Sprouts Whole Wheat Bread Chilled Diced Pears Veal Parmesan Penne Zucchini Medley Maple Chocolate Mania Cake	Sweet & Sour Chicken Fluffy Rice Asian Vegetables Whole Wheat Bread Cantaloupe Chunks Sliced Ham Scalloped Potatoes Green Peas Frosted Eclair	Barbeque Sliced Carrots Whole Wheat Bread Chilled Apricots Turkey Vegetable Curry Egg Noodles Whole Green Beans Ice Cream	Honey Garlic Ribs Baked Potato Fusion Mix Vegetables Whole Wheat Bread Fresh Apple Slices Four Cheese Pasta Casserole Parslied Cauliflower Pineapple Upside Down Cake	Crunchy Baked Cod French Fries Coleslaw Whole Wheat Bread Mango Meatloaf Beef Gravy Mashed Potatoes Sunrise Vegetables Caramel Bread Pudding	Sour Cream Chicken & Rice California Vegetables Whole Wheat Bread Fresh Grapes Pork Souvlaki Herbed Potatoes Greek Salad Nanaimo Bar	Roast Turkey Turkey Gravy Whipped Potatoes Diced Squash Whole Wheat Bread Fresh Watermelon Roasted Vegetable Lasagna Caesar Salad Garlic Bread Homemade Apple Pie
DINNER						
Unsalted Soda Crackers French Canadian Pea Soup Hmd Hamburger on Wheat Bun Mustard Ketchup Greek Salad Fresh Watermelon French Toast Vanilla Greek Yogurt Summer Fruit Salad Ice Cream	Unsalted Soda Crackers Homemade Vegetable Barley Soup Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Crushed Pineapple Cabbage Rolls Italian Mixed Grilled Vegetables Wheat Roll Coconut Cream Pudding	Chicken Vegetable Noodle Soup Tartar Sauce Unsalted Soda Crackers Baked Pollock Roasted Potatoes Coleslaw Whole Wheat Bread Fruit Cocktail Cheese Dreams Sndw on WW Bun Broccoli Florets Strawberry Shortcake	Turkey Gravy Unsalted Soda Crackers Cream of Chicken Soup Veggie Quesadillas Veggie Penne Pasta Salad Chilled Diced Pears Weiners & Beans Sauteed Spinach Cornbread Vanilla Chocolate Ice Cream Bar	Cream of Potato & Leek Soup Unsalted Soda Crackers Oven Roasted Turkey Sub Spinach Onion Salad Honeydew Chunks Ham & Cheese Quiche Harvard Beets Whole Wheat Roll Assorted Gelatin	Unsalted Soda Crackers Hearty Beef Soup with Lentils & Barley Potato & Cheese Perogies Fried Onions Prince Edward Vegetables Whole Wheat Bread Mandarin Oranges Egg Salad Sndw on Wheat Quinoa Salad Cinnamon Coffecake	Turkey Gravy Unsalted Soda Crackers Tomato Soup Grilled Chicken Breast Waldorf Salad Wheat Roll Peach Cup Grilled Cheese on Brown Bread Pickle Relish Assorted Pudding

Note: Choice of breads (raisin bread, English Muffin, Rye bread) are available upon request.