

Spring Menu Week 1

March 25th - March 31st, 2024

| MONDAY 25   | TUESDAY 26  | WEDNESDAY 27  | THURSDAY 28  | FRIDAY 29  | SATURDAY 30   | SUNDAY 31   |
|---|---|---|--|--|---|---|
| <p>Toast<br/>Milk, Coffee, Tea, Juice<br/>Oatmeal, Cream of Wheat<br/>Dry Cereal<br/>Yogurt Parfait<br/>Poached Eggs<br/>Prunes</p>   | <p>Toast<br/>Milk, Coffee, Tea, Juice<br/>Oatmeal<br/>Dry Cereal<br/>Yogurt Parfait<br/>Scrambled Eggs<br/>Sausage<br/>Prunes</p>   | <p>Toast<br/>Milk, Coffee, Tea, Juice<br/>Oatmeal, Sunny Boy Cereal<br/>Dry Cereal<br/>Yogurt Parfait<br/>Poached Eggs<br/>Prunes</p>   | <p>Toast<br/>Milk, Coffee, Tea, Juice<br/>Oatmeal<br/>Dry Cereal<br/>Yogurt Parfait<br/>French Toast - Fruit Sauce<br/>Prunes</p>  | <p><b>GOOD FRIDAY</b><br/>Toast<br/>Milk, Coffee, Tea, Juice<br/>Oatmeal, Cream of Wheat<br/>Dry Cereal<br/>Yogurt Parfait<br/>Scrambled Eggs<br/>Prunes</p>   | <p>Toast<br/>Milk, Coffee, Tea, Juice<br/>Oatmeal<br/>Dry Cereal<br/>Yogurt Parfait<br/>Poached Eggs<br/>Bacon<br/>Prunes</p>   | <p><b>EASTER SUNDAY</b><br/>Toast<br/>Milk, Coffee, Tea, Juice<br/>Oatmeal, Sunny Boy Cereal<br/>Dry Cereal<br/>Yogurt Parfait<br/>Hard Boiled Eggs<br/>Prunes</p>                                |
| <p>Carrot, Ginger &amp; Coconut (GF-DF)</p> <p>Hawaiian Chicken Burger<br/>Brioche Bun, Lettuce<br/>Pineapple Salsa, Bacon<br/>Onion Rings<br/>...or...</p> <p>MKC Cold Plate</p> <p>Ice Cream</p>  | <p>Beef, Tomato &amp; Pasta (DF)</p> <p>Pork Tenderloin Sandwich<br/>Toasted Rye, Mustard, Lettuce<br/>Oven Roasted Pork Tenderloin<br/>Carrot &amp; Raisin Salad<br/>...or...</p> <p>Egg Salad Sandwich</p> <p>Cookies</p>   | <p>Vegetable Tomato (GF-DF)</p> <p>Beef Stuffed Yorkshire Pudding<br/>Beef, Carmelized Onion, Gravy<br/>French Fries<br/>...or...</p> <p>MKC Cold Plate</p> <p>Peaches and Whipped Cream</p>  | <p>Potato Leek (GF)</p> <p>Tomato &amp; Guacamole Benedict<br/>Poached Egg, Hollandaise Sauce<br/>Tomato, Guacamole<br/>Hashbrowns<br/>...or...</p> <p>Salmon Salad Sandwich</p> <p>Jell-O</p>                   | <p>Roasted Squash &amp; Apple (GF-DF)</p> <p>Toasted Hot Cross Buns<br/>Whipped Honey Butter<br/>Deviled Eggs<br/>Garlic Coil<br/>Fresh Fruit &amp; Cottage Cheese</p> <p>Puffed Wheat Cake</p>  | <p>Lemon Chicken &amp; Rice (GF)</p> <p>Antipasto Focaccia Sandwich<br/>Ham, Salami, Lettuce, Cream Cheese<br/>Green Olives, Red Onion, Tomato<br/>Cucumber Dill Salad<br/>...or...</p> <p>Egg Salad Sandwich</p> <p>Banana Bread</p> | <p>Beef Barley (DF)</p> <p>Buttermilk Pancakes<br/>Bacon &amp; Sausages<br/>Fresh Fruit<br/>...or...</p> <p>MKC Cold Plate</p> <p>Nanaimo Bar</p>   |
| <p>Spaghetti &amp; Meat Sauce<br/>Garlic Breadstick<br/>Side Salad<br/>Gluten Free Pasta &amp; Meat Sauce<br/>Available<br/>...or...</p> <p>Baked Wieners &amp; Beans (GF-DF)<br/>Garlic Breadstick<br/>Side Salad</p> <p>Roll, Tomato Juice</p> <p>Chef's Choice</p> | <p>Turkey Meatloaf (DF)<br/>Ratatouille Vegetables<br/>(Eggplant, Zucchini, Peppers, Tomato)<br/>Lemon Roasted Potato<br/>Gluten Free Meatloaf Available<br/>...or...</p> <p>Cinnamon Sugar Waffles<br/>Strawberry Sauce<br/>Peanut Butter Whip Cream</p> <p>Roll, Tomato Juice</p> <p>Coconut Cake</p> | <p>Honey Garlic Crispy Pork Bites<br/>Steamed Bok Choy<br/>Vegetable Chow Mein<br/>Gluten Free Pork Available<br/>...or...</p> <p>Veggie Quesadilla<br/>Carmalized Onion, Peppers, Cheese<br/>Sour Cream, Salsa</p> <p>Roll, Tomato Juice</p> <p>Chocolate &amp; Biscoff Cake</p> | <p>Hungarian Beef Goulash (GF-DF)<br/>Roasted Carrots<br/>Boiled Potato<br/>...or...</p> <p>Spanakopita<br/>Tzatziki Sauce<br/>Roasted Carrots<br/>Boiled Potato</p> <p>Roll, Tomato Juice</p> <p>Raisin Pie</p> | <p>Potato Crusted Cod (DF)<br/>Roasted Cauliflower &amp; Broccoli<br/>Long Grain Rice<br/>Gluten Free Fish Available<br/>...or...</p> <p>Cheddar &amp; Potato Perogies<br/>Fried Onions<br/>Sour Cream</p> <p>Roll, Tomato Juice</p> <p>Honey Cake</p> | <p>Honey Mustard Chicken &amp; Apples (GF-DF)<br/>Green Beans<br/>Mashed Potato<br/>Gravy<br/>...or...</p> <p>Vegetarian Chili (GF-DF)<br/>Garlic Toast</p> <p>Roll, Tomato Juice</p> <p>Tropical Cake</p>                            | <p>Glazed Ham (GF-DF)<br/>Sweet &amp; Sour Meatballs (DF)<br/>Dill Butter Carrots<br/>Scalloped Potatoes<br/>Bread &amp; Butter Pickles</p> <p>Roll, Tomato Juice</p> <p>Lemon Meringue Tarts</p> |

GF = Gluten Free

DF = Dairy Free

- All Sandwiches Can Be Made GLUTEN FREE. Bring your bread in!!!
- Apples, oranges, and Bananas are available at each meal only as a dessert substitute.
- Menus may be changed due to product availability and shortages which are out of our control.