

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
Breakfast						
cinnamon powder Omelet Western (scratch) GFS Multi Grain Bread w/Margarine Banana Yogurt Assorted	Sliced Cheese Multi Grain Bread w/Margarine Banana Yogurt Assorted	Boiled Egg Multi Grain Bread w/Margarine Banana Yogurt Assorted	Scrambled Eggs Multi Grain Bread w/Margarine Banana Yogurt Assorted	Poached Egg Multi Grain Bread w/Margarine Banana Yogurt Assorted	Scrambled Eggs Multi Grain Bread w/Margarine Banana Yogurt Assorted	Fried Egg Crispy Bacon Multi Grain Bread w/Margarine Banana Yogurt Assorted
Alternates						
Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Vegetable & Cheese Omelet Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Herbed Onion Pepper Omelet Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Breakfast Sausage Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar
Lunch						
Tomato Soup Grilled Cheese Sandwich Chickpea Vegetable Salad Mandarin Oranges	Minestrone Soup Hunter Style Turkey Patty Herb Roasted Potatoes Broccoli Florets Diced Peaches	Cream of Broccoli Soup Breaded Chicken Wingettes Macaroni Salad Cucumber Slices Diced Watermelon	Cream of Carrot Soup Tuna Edamame Salad Multi Grain Bread w/Margarine Diced Red Potatoes Diced Mango	French Onion Soup Beer Battered Haddock French Fries Cranberry Coleslaw	Cream of Vegetable Soup Goat Cheese &Turkey Frittata Pasta Salad Fresh Fruit Salad Arugula Citrus Fennel Salad	Navy Bean Soup Battercrisp Shrimp French Fries Mixed Green Salad Diced Pears
Alternates						
Falafel w/Garlic Sauce Pita Bread	Vegetarian Deli Sandwich	Monte Cristo Sandwich	Egg Salad Sandwich	Corned Beef Sandwich On Rye	Turkey & Swiss On Rye	Cheese Tortellini w/Tomato Pesto Garlic Bread
Dinner						
Canadian Maple BBQ Ribs Baked Potato Beans, Corn, Peppers Ice Cream WW Dinner Roll Butter Cup	Cherry Cheesecake Shepherd's Pie Green Peas WW Dinner Roll Butter Cup	Rainbow Sorbet Springtime Pasta Caesar Salad Garlic Bread	Turkey Schnitzel Mini Red Potatoes California Mixed Vegetables Lemon Pudding w/Whip Topping WW Dinner Roll Butter Cup	Lemon Zaatar Sole Mashed Sweet Potatoes French Cut Green Beans Chocolate Silk Truffle Cake WW Dinner Roll Butter Cup	Chicken & Dumplings Herb Roasted Potatoes Vegetable Mix 5 Way Apple Crumble Cake WW Dinner Roll Butter Cup	Herbed Roast Pork Pork Gravy Mashed Potatoes Braised Cabbage w/Onion Cherry Pie WW Dinner Roll Butter Cup
Alternates						
Baked Chicken White Dinner Roll	Baked Ham Mashed Sweet Potatoes White Dinner Roll	Turkey Pot Pie	Italian Meatballs White Dinner Roll	Chicken Nuggets Sweet Potato Fries White Dinner Roll	Breaded Veal Cutlet Mashed Potatoes White Dinner Roll	Krunchie Perch White Dinner Roll

HAMILTON HIGH STREET RESIDENCE		HAMILTON HIGH STREET SS 2021 Memo					Regular	Week 2	
Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14			
Breakfast									
cinnamon powder Omelet Western (scratch) GFS Multi Grain Bread w/Margarine Banana Yogurt Assorted	Sliced Cheese Multi Grain Bread w/Margarine Banana Yogurt Assorted	Boiled Egg Multi Grain Bread w/Margarine Banana Yogurt Assorted	Scrambled Eggs Multi Grain Bread w/Margarine Banana Yogurt Assorted	Poached Egg Multi Grain Bread w/Margarine Banana Yogurt Assorted	Scrambled Eggs Multi Grain Bread w/Margarine Banana Yogurt Assorted	Fried Egg Crispy Bacon Multi Grain Bread w/Margarine Banana Yogurt Assorted			
Alternates									
Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Vegetable & Cheese Omelet Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Herbed Onion Pepper Omelet Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Breakfast Sausage Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar			
Lunch									
Cream of Broccoli Soup Chicken & Leek Pot Pie Peas & Mushrooms Melon Fruit Salad	Chicken Noodle Soup Turkey Club Sandwich Dill & Lemon Pepper Glazed Carrots Strawberries	Vegetable Barley Soup Beef Sausage Roll Tossed Salad Tropical Fruit Salad	Cream of Chicken Soup Cottage Cheese w/Fruit Plate Tea Biscuit Caesar Salad Berry Applesauce	Cream of Spinach Soup Crab Salad On A Croissant Garden Salad	Tomato Vegetable Soup Hamburger w/Condiments French Fries Creamy Coleslaw Mandarin Oranges	Borscht Soup Breakfast Sausage Perogies w/Cheese & Sour Cream Sauteed Onions & Peppers Blueberries			
Alternates									
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches			
Dinner									
Swedish Meatballs Egg Noodles Diced Carrots Bread Pudding WW Dinner Roll Butter Cup	Mediterranean Glazed Salmon Steamed Rice Lemon Broccoli Nanaimo Bar WW Dinner Roll Butter Cup	Ham & Sweet Potato Casserole Corn & Red Peppers Ice Cream WW Dinner Roll Butter Cup	Chicken w/Sundried Tomato Butter Mini Red Potatoes Seasoned Green Beans Vanilla Swirl Caramel Cake WW Dinner Roll Butter Cup	Turkey Ala King Brown Rice California Mixed Vegetables Strawberry Shortcake WW Dinner Roll Butter Cup	Basa Parmesan Crusted Baked Sweet Potato Asparagus Spears GFS Rice Pudding WW Dinner Roll Butter Cup	Lemon Rosemary Chicken Mashed Potatoes Sweet Balsamic Brussel Sprouts Apple Pie WW Dinner Roll Butter Cup			
Alternates									
Crab Cakes Mashed Potatoes White Dinner Roll	Apple Braised Pork Chop Mashed Potatoes White Dinner Roll	Chicken Cordon Bleu Mashed Potatoes White Dinner Roll	Herbed Fish Mashed Potatoes White Dinner Roll	Beef Mushroom Meatloaf Mashed Potatoes White Dinner Roll	Baked Chicken White Dinner Roll	Beef Pot Roast White Dinner Roll			

HAMILTON HIGH STREET RESIDENCE

HAMILTON HIGH STREET SS 2021 Memo | Regular

Week 3

Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
Breakfast						
cinnamon powder Omelet Western (scratch) GFS Multi Grain Bread w/Margarine Banana Yogurt Assorted	Sliced Cheese Multi Grain Bread w/Margarine Banana Yogurt Assorted	Boiled Egg Multi Grain Bread w/Margarine Banana Yogurt Assorted	Scrambled Eggs Multi Grain Bread w/Margarine Banana Yogurt Assorted	Poached Egg Multi Grain Bread w/Margarine Banana Yogurt Assorted	Scrambled Eggs Multi Grain Bread w/Margarine Banana Yogurt Assorted	Fried Egg Crispy Bacon Multi Grain Bread w/Margarine Banana Yogurt Assorted
Alternates						
Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Vegetable & Cheese Omelet Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Herbed Onion Pepper Omelet Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Breakfast Sausage Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar
Lunch						
Black Bean Soup BBQ Pulled Pork On A Bun Creamy Cucumber Dill Salad Strawberries	Cream Of Mushroom Soup Tuna Melt Garden Salad Mandarin Oranges	Split Pea & Ham Soup Macaroni & Cheese Tomato Cuke & Onion Salad	Cream Of Cauliflower Soup Hot Open Face Turkey w/Gravy Peas & Carrots Diced Pears	Peanut Soup Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Diced Mango	Cream of Potato Soup Philly Steak Sandwich Tossed Salad Diced Peaches	Corn Chowder Chicken Strips Sweet Potato Fries Honey Mustard Sauce Tossed Salad Melon Fruit Salad
Alternates						
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Dinner						
Turkey Cacciatore Egg Noodles Zucchini Triple Choc Fudge Cake WW Dinner Roll Butter Cup	Butter Chicken Steamed Rice Naan Bread Steamed Spinach Tapioca Pudding WW Dinner Roll Butter Cup	Greek Pork Loin Lemon Roasted Potatoes Greek Salad w/Lettuce & Feta Cheese Lemon Luscious Cake WW Dinner Roll Butter Cup	Liver Beef Gravy Mashed Potatoes Sauteed Onions & Peppers Sliced Banana w/Cream WW Dinner Roll Butter Cup	Tempura Chicken Balls Brown Rice Stir Fry Vegetables Orange Cake WW Dinner Roll Butter Cup	Lemon Dill Pollock Rice Pilaf Sliced Beets Strawberry Mousse WW Dinner Roll Butter Cup	Baked Ham Scalloped Potato Sunrise Mixed Vegetables Blueberry Pie WW Dinner Roll Butter Cup
Alternates						
Beef Pot Pie Mashed Potatoes White Dinner Roll	Swedish Meatballs Mashed Potatoes White Dinner Roll	Turkey Burger Patty White Dinner Roll	Ranch Perogies w/Cheese White Dinner Roll	Beef Pot Pie White Dinner Roll	Baked Chicken Mashed Potatoes White Dinner Roll	Sliced Turkey White Dinner Roll

HAMILTON HIGH STREET RESIDENCE

HAMILTON HIGH STREET SS 2021 Memo | Regular

Week 4

Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Breakfast						
cinnamon powder Omelet Western (scratch) GFS Multi Grain Bread w/Margarine Banana Yogurt Assorted	Sliced Cheese Multi Grain Bread w/Margarine Banana Yogurt Assorted	Boiled Egg Multi Grain Bread w/Margarine Banana Yogurt Assorted	Scrambled Eggs Multi Grain Bread w/Margarine Banana Yogurt Assorted	Poached Egg Multi Grain Bread w/Margarine Banana Yogurt Assorted	Scrambled Eggs Multi Grain Bread w/Margarine Banana Yogurt Assorted	Fried Egg Crispy Bacon Multi Grain Bread w/Margarine Banana Yogurt Assorted
Alternates						
Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Vegetable & Cheese Omelet Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Herbed Onion Pepper Omelet Muffin Lemon Cranberry WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar	Scrambled Eggs Breakfast Sausage Carrot Spice Muffin WW Toast w/Margarine Sugar Substitute Sweetener SPLENDA White Sugar
Lunch						
Carrot Soup English Muffin w/Fried Egg Arugula Citrus Fennel Salad Diced Watermelon	Cream of Broccoli Soup Lentil & Beef Mini Meatloaf Mashed Potatoes Peas & Carrots Pears & Mandarin Oranges	Roasted Red Pepper Soup Southern Style Pollock Wings French Fries Tossed Salad Melon Fruit Salad	Cream Of Mushroom Soup Tuna Noodle Casserole Peas & Cauliflower Mango & Peaches	Vegetable Soup Beef Hot Dog On A Bun Coleslaw Vinaigrette Strawberries	Seafood Chowder Ham & Swiss Sliders Honey Orange Beet Salad	Beef Noodle Soup Chicken Salad On Kaiser Mixed Greens Mandarin Salad Fruit Cocktail
Alternates						
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Dinner						
Turkey Sloppy Jane Oven Roasted Potatoes Pickled Beets Strawberry Shortcake WW Dinner Roll Butter Cup	Chicken Cordon Bleu Baked Potato Spring Mix Salad Chocolate Mousse WW Dinner Roll Butter Cup	Mandarin Pork Chop Steamed Rice Thai Mix Vegetables Ice Cream Sandwich WW Dinner Roll Butter Cup	Turkey Stroganoff Egg Noodles Parslied Carrots Baked Cookie WW Dinner Roll Butter Cup	Maple Glazed Salmon Roasted Baby Potatoes Creamy Green Bean Salad Rainbow Sorbet WW Dinner Roll Butter Cup	Pinto Bean Sweet Potato Chili Corn Bread Tossed Salad Vanilla Custard WW Dinner Roll Butter Cup	Roast Beef Beef Gravy Mashed Potatoes Parslied Cauliflower Lemon Meringue Pie WW Dinner Roll Butter Cup
Alternates						
Grilled Pollock White Dinner Roll	Roast BBQ Pork Chop White Dinner Roll	Baked Chicken Mashed Potatoes White Dinner Roll	Pasta w/Meatballs Mashed Potatoes White Dinner Roll	Chicken Ala King White Dinner Roll	Beef Pot Pie Mashed Potatoes White Dinner Roll	Sliced Turkey White Dinner Roll