

Mount Hope Core Menu

REGULAR TEXTURE MENU

WEEK 1	Monday - Day 1	Tuesday - Day 2	Wednesday - Day 3	Thursday - Day 4	Friday - Day 5	Saturday - Day 6	Sunday - Day 7
BREAKFAST							
Beverages	Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
Hot Cereal	Oatmeal or Cream of Wheat						
Cold Cereal	Shreddies	Rice Krispies	Corn Flakes	Cheerios	Shreddies	Corn Flakes	Rice Krispies
Breakfast Entrée	Boiled Egg	Breakfast Egg & Cheese Sandwich	Scrambled Eggs	Western Omelette	Grilled Egg Patty	Gouda Cheese	Scrambled Eggs & Bacon
Bread	Cinnamon Raisin Bread	Brown Toast	Whole Wheat Mini Bagel with Cream Cheese	Brown Toast	Cinnamon Raisin Bread	Lemon Cranberry Muffin	Toasted English Muffin
	Brown or White Toast	White Toast	Brown or White Toast	White Toast	Brown or White Toast	Brown or White Toast	Brown or White Toast
Condiments	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
Yogurt Rotation	Vanilla Activia	Strawberry or Raspberry Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Greek	Fat Free Assorted Flavour
Fruit Rotation	Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
AM SNACK							
	Juice, Water, Coffee, or Tea						
LUNCH							
Soup	Three Sisters Soup	Cream of Mushroom	Tomato Bisque	Homemade Beef & Vegetable	Cream of Broccoli	Smoked Turkey & Wild Rice	Tomato
Entrées	Creamy Vegetable Lasagna	Shaved Steak on a Bun	Turkey & Swiss Cheese Sandwich with Light Miracle Whip	Alfredo Pasta Primavera	Crispy Chicken Drumstick	Cod Fish Nuggets with Tartar Sauce	Hamburger on Brown Bun with Condiments, Onions and Tomato Slice
	Salmon Salad Sandwich & Sweet Pickle Slices	Cheddar Mushroom Egg Bake	Fajita Pork	Sliced Beef Sandwich on 14 Grain with Mustard & Dill Pickle Spear	Tuna Salad Sandwich	Sliced Ham & Swiss Sandwich with Mustard	Garden Vegetable Egg Bake
Starch	Mashed Potatoes	Hashbrowns	Rice	Mashed Potatoes	Chick Pea Salad	Red Skin Potato Wedges	Country Style Diced Potatoes
Gravy	Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy	Beef Gravy
Vegetables and Salads	Sugar Snap Peas	Coleslaw	Shredded Lettuce & Tomato Slices	Broccoli	Four Blend Vegetables	Green Beans	Coleslaw
	Sliced Pickled Beets	Sunrise Carrot Blend	Fajita Vegetables	Caesar Salad w Croutons	Creamy Cucumber Salad	Tossed Salad with Cherry Tomatoes	Peas
Desserts	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Peach Compote	Fruit Cocktail	Diced Pears
	Butterscotch Pudding with Topping	Jello Jewels	Vanilla Mousse with Topping	Chocolate Pudding with Topping	Vanilla Cream Yogurt	Chocolate Ice Cream	Tangerine Mousse with Topping
Yogurt Rotation	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry or Raspberry Activia	Vanilla Greek
Bread	Crackers, Whole Wheat or White Bread						

WEEK 1	Monday - Day 1	Tuesday - Day 2	Wednesday - Day 3	Thursday - Day 4	Friday - Day 5	Saturday - Day 6	Sunday - Day 7
PM SNACK	Homebaked Fudge Brownie Cookie	Blueberry Turnover	Home Baked Chocolate Chip Cookie	Apple Slices	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover Cookie
DINNER							
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
Entrées	Garlic Sesame Beef Tips	Country Sausage with Mustard & Sauerkraut	Chicken & Rotisserie Sauce	Meatloaf	Grilled Salmon with Tartar Sauce	Beef Pot Roast with Horseradish	Baked Ham
	Cheese Pizza	Breaded Haddock	Shepherd's Pie	Chicken and Leek Pie	Beef Teriyaki Stir Fry	Creamy Vegetable Lasagna	Hot Turkey Sandwich
Starch	Vegetable Rice	Roasted Sweet Potato	Mashed Potatoes	Cheesy Scalloped Potatoes	Rice	Baked Potato with Sour Cream	Parisienne Potatoes
Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy
Vegetables and Salads	Cauliflower & Broccoli	Warm Brown Beans	Carrot Turnip Mash	Roasted Fall Vegetables	Grilled Gourmet Vegetables	Butternut Squash	Baby Carrots
	Spinach	Four Blend Vegetables	Diced Asparagus	Corn	Diced Beets	Cauliflower & Broccoli	Creamed Corn
Desserts	Date Square	Vanilla Ice Cream	Lemon Meringue Pie	Butter Tart	Chocolate Brownie	Triple Berry Crumble	Vanilla Caramel Swirl Cake
	Fresh Apple Slices	Strawberry Rhubarb Compote with Topping	Diced Peaches	Mixed Berries with Topping	Mango Chunks	Diced Peaches	Tropical Fruit Salad
Yogurt Rotation	Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry or Raspberry Activia
Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Potato Roll
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	Oatmeal Muffin with Gouda Cheese	Blueberry Greek Yogurt	Cinnamon Raisin Bread with Cheese Whiz	Lemon Cranberry Muffin with Cheddar Cheese	Pumpkin Oatmeal Loaf with Cream Cheese	Nutrigrain Bar	Blueberry Bran Muffin with Cheddar Cheese

Mount Hope Core Menu

REGULAR TEXTURE MENU

WEEK 2	Monday - Day 8	Tuesday - Day 9	Wednesday - Day 10	Thursday - Day 11	Friday - Day 12	Saturday - Day 13	Sunday - Day 14
BREAKFAST							
Beverages	Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
Hot Cereal	Oatmeal or Cream of Wheat						
Cold Cereal	Shreddies	Rice Krispies	Corn Flakes	Cheerios	Shreddies	Corn Flakes	Rice Krispies
Breakfast Entrée	Boiled Egg	Cheese Omelette	Scrambled Eggs	Western Omelette	Breakfast Egg & Cheese Sandwich	Pancakes & Sausage	Scrambled Eggs & Bacon
Bread	Cinnamon Raisin Bread	Brown Toast	Mini Bagel with Cream Cheese	Brown Toast	Brown Toast	Brown Toast	Toasted English Muffin
	Brown or White Toast	White Toast	Brown or White Toast	White Toast	White Toast	White Toast	Brown or White Toast
Condiments	Strawberry Jam Apple Jelly	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
Yogurt Rotation	Vanilla Activia	Strawberry or Raspberry Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Greek	Fat Free Assorted Flavour
Fruit Rotation	Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
AM SNACK							
	Juice, Water, Coffee, or Tea						
LUNCH							
Soup	Minestrone	Three Sisters Soup	Cream of Broccoli	Chicken Noodle	Cream of Mushroom	Homemade Beef & Vegetable	Tomato
Entrées	Sweet & Sour Pork	Cabbage Rolls	Corned Beef Sandwich on Rye with Mustard and Dill Pickle Spear	Butter Chicken	Beef & Macaroni Casserole	Sliced Deli Ham & Swiss Cheese with a Roll	Smoked Pulled Beef on a Bun with BBQ Sauce
	Chicken Caesar Salad with Roll	Salmon Salad Sandwich with Sweet Pickle Slices	Spinach & Cheese Ravioli	Fish Burger on White Bun	Tuna Salad Sandwich on Brown	Turkey Pot Pie	Breaded Chicken Strips with Plum Sauce
Starch	Rice	Mashed Potatoes	Mashed Potatoes	Rice	Mashed Potatoes	Macaroni Salad	Mashed Potatoes
Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy
Vegetables and Salads	Broccoli	Four Blend Vegetables	Coleslaw	Green Beans	Peas	Creamy Cucumber Salad	Fajita Vegetables
	Caesar Salad w Croutons	Sliced Pickled Beets	Diced Carrots	Tossed Salad with Cherry Tomatoes	Caesar Salad w Croutons	Sunrise Carrot Blend	Tossed Salad with Cherry Tomatoes
Desserts	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Strawberry Rhubarb Compote with Topping	Fruit Cocktail	Diced Pears
	Prune Whip	Orange Fruit Jello	Raspberry Mousse with Topping	Vanilla Pudding with Topping	Vanilla Cream Yogurt	Vanilla Ice Cream	Lemon Pudding with Topping
Yogurt Rotation	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry or Raspberry Activia	Vanilla Greek
Bread	Crackers, Whole Wheat or White Bread						
Beverages	2% Milk, Coffee, or Tea						

WEEK 2	Monday - Day 8	Tuesday - Day 9	Wednesday - Day 10	Thursday - Day 11	Friday - Day 12	Saturday - Day 13	Sunday - Day 14
PM SNACK	Homebaked Chocolate Chip Cookie	Blueberry Turnover	Homebaked Fudge Brownie Cookie	Apple Slices	Homebaked Peanut Butter Cookie	Homebaked Shortbread Cookie	Strawberry Turnover Cookie
DINNER							
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice
Entrées	Lemon Crusted Sole	Homemade Turkey Tetrazzini	Chicken & Rotisserie Sauce	Country Sausage with Mustard & Sauerkraut	Mediterranean Glazed Haddock	Beef Pot Roast with Horseradish	Baked Ham
	Garlic Sesame Beef Tips	Beef Meat Pie	Beef Chili with Potato Roll	Creamy Vegetable Lasagna	Stuffed Chicken	Homemade Vegetarian Chili	Hot Turkey Sandwich on Brown
Starch	Mashed Potatoes	Mashed Potato	Country Style Diced Potatoes	Red Skin Potato Wedges	Herb Roasted Potatoes	Baked Potato with Sour Cream	Cheesy Scalloped Potatoes
Gravy	Beef Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy
Vegetables and Salads	Diced Asparagus	Sunrise Carrot Blend	Roasted Fall Vegetables	Warm Brown Beans	Butternut Squash	Diced Asparagus	Spinach
	Carrot Turnip Mash	Tossed Salad with Cherry Tomatoes	Corn	Baby Carrots	Cauliflower & Broccoli	Diced Beets	Roasted Fall Vegetable
Desserts	Strawberry Shortcake	Butterscotch Ice Cream	Seasonal Pie	Rice Pudding with Topping	Orange Citrus Cake	Chocolate Brownie	Pumpkin Pie
	Fresh Apple Slices	Fruit Cocktail	Diced Peaches	Mixed Berries with Topping	Mango Chunks	Diced Peaches	Tropical Fruit Salad
Yogurt Rotation	Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry or Raspberry Activia
Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Potato Roll
Beverages	2% Milk, Coffee, or Tea						
HS SNACK	Carrot Muffin with Gouda Cheese	Blueberry Passion Muffin with Brick Cheese	Cinnamon Raisin Bread with Cheese Whiz	1/2 PB & J Sandwich	Smooth Lemon Cottage Cheese	Blueberry Passion Muffin with Cheddar Cheese	Oatmeal Muffin with Brick Cheese

REGULAR TEXTURE MENU

WEEK 3	Monday - Day 15	Tuesday - Day 16	Wednesday - Day 17	Thursday - Day 18	Friday - Day 19	Saturday - Day 20	Sunday - Day 21
BREAKFAST							
Beverages	Apple Juice, Orange Juice, 2% Milk, Coffee, or Tea						
Hot Cereal	Oatmeal or Cream of Wheat						
Cold Cereal	Shreddies	Rice Krispies	Corn Flakes	Cheerios	Shreddies	Corn Flakes	Rice Krispies
Breakfast Entrée	Boiled Egg	Breakfast Egg & Cheese Sandwich	Scrambled Eggs	Western Omelette	Pancakes and Sausages	Brick Cheese	Scrambled Eggs & Bacon
Bread	Cinnamon Raisin Bread	Brown Toast	Mini Bagel with Cream Cheese	Brown Toast	Brown Toast	Croissant	Toasted English Muffin
	Brown or White Toast	White Toast	Brown or White Toast	White Toast	White Toast	Brown or White Toast	Brown or White Toast
Condiments	Strawberry Jam Apple Jelly	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Strawberry Jam Marmalade	Marmalade Strawberry Jam	Apple Jelly Strawberry Jam	Honey Strawberry Jam
Yogurt Rotation	Vanilla Activia	Strawberry or Raspberry Activia	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Greek	Fat Free Assorted Flavour
Fruit Rotation	Mandarin Oranges	Banana	Diced Pears	Strawberry Kiwi Applesauce	Banana	Apple Slices	Banana
LUNCH							
Soup	Cream of Chicken	Tomato Bisque	Seasonal Soup	Smoked Turkey & Wild Rice	Cream of Broccoli	Chicken Noodle	Cream of Potato Soup
Entrées	Rotini with Meatsauce Offer Parmesan	Turkey Burger with Swiss Cheese & Miracle Whip on Brown Bun	Sliced Beef Sandwich on 14 Grain with Mustard & Dill Pickle Spear	Cod Fish Nuggets with Tartar Sauce	Chicken Salad Sandwich	Pulled Pork with Chipotle Sandwich	Beef & Cabbage Casserole
	Salmon Salad Sandwich & Sweet Pickle Slices	Macaroni & Cheese	Lemon Herb Chicken	Cobb Salad with Potato Roll	Sweet & Sour Beef Meatballs	Breaded Chicken Strips with Plum Sauce	Sliced Ham & Swiss Sandwich with Mustard
Starch	Mashed Potatoes	Mashed Potatoes	Vegetable Rice	Red Skin Potato Wedges	Rice	Mashed Potatoes	Mashed Potatoes
Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Beef Gravy
Vegetables and Salads	Caesar Salad with Croutons	Shredded Lettuce & Tomato Slices	Seasonal Vegetable	Peas	Coleslaw	Fajita Vegetables	Baby Carrots
	Peas	Four Blend Vegetables	Diced Carrots	Tossed Salad with Cherry Tomatoes	Grilled Gourmet Vegetables	Caesar Salad	Tossed Salad with Cherry Tomatoes
Desserts	Diced Peaches	Grapes	Mandarin Oranges	Tropical Fruit Salad	Apple Compote	Fruit Cocktail	Diced Pears
	Chocolate Pudding with Topping	Cherry Jello	Chocolate Mousse with Topping	Banana Pudding with Topping	Vanilla Cream Yogurt	Butterscotch Ice Cream	Tangerine Mousse
Yogurt Rotation	Fat Free Assorted Flavour	Blueberry Greek	Strawberry or Raspberry Activia	Vanilla Activia	Fat Free Assorted Flavour	Strawberry or Raspberry Activia	Vanilla Greek
Bread	Crackers, Whole Wheat or White Bread						
Beverages	2% Milk, Coffee, or Tea						

WEEK 3		Monday - Day 15	Tuesday - Day 16	Wednesday - Day 17	Thursday - Day 18	Friday - Day 19	Saturday - Day 20	Sunday - Day 21
PM SNACK	Homebaked Fudge Brownie Cookie	Blueberry Turnover	Homebaked Chocolate Chip Cookie	Fresh Apple Slices	Oatmeal Cookie	Homebaked Shortbread Cookie	Strawberry Turnover Cookie	
DINNER								
Juice	Cranberry Juice	Apple Juice	Tomato Juice	Apple Juice	Cranberry Juice	Tomato Juice	Apple Juice	
Entrées	Sliced Turkey with Cranberry Sauce	Homemade Beef Stew with Potato Roll	Breaded Chicken Cutlet	Pork Loin with BBQ Sauce	Cheesy Tuna Noodle Casserole	Beef Pot Roast with Horseradish	Chicken Stew and Potato Roll	
	Cheese Pizza	Lemon Crusted Sole	Beef Lasagna	Chicken and Leek Pie	Salisbury Steak	Breaded Haddock	Tourtiere IND Pie	
Starch	Herb Roasted Potatoes	Mashed Potatoes	Roasted Sweet Potatoes	Potato Salad	Mashed Potatoes	Baked Potato with Sour Cream	Mashed Potatoes	
Gravy	Turkey Gravy	Beef Gravy	Turkey Gravy	Turkey Gravy	Beef Gravy	Beef Gravy	Turkey Gravy	
Vegetables and Salads	Carrot Turnip Mash	Sugar Snap Peas	Diced Asparagus	Warm Brown Beans	Sunrise Carrot Blend	Roasted Fall Vegetables	Diced Asparagus	
	Broccoli	Coleslaw	Creamed Corn	Cauliflower & Broccoli	Diced Beets	Corn	Butternut Squash	
Desserts	Cinnamon Coffee Cake	Chocolate Ice Cream	Vanilla Caramel Swirl Cake	Triple Chocolate Fudge Cake	Lemon Cream Shortcake	Rice Pudding	Carrot Cake	
	Fresh Apple Slices	Peach Compote	Diced Peaches	Mixed Berries with Topping	Diced Mangoes	Diced Peaches	Tropical Fruit Salad	
Yogurt Rotation	Vanilla Greek	Fat Free Assorted Flavour	Vanilla Activia	Fat Free Assorted Flavour	Blueberry Greek	Fat Free Assorted Flavour	Strawberry or Raspberry Activia	
Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	Brown or White Bread	
Beverages	2% Milk, Coffee, or Tea							
HS SNACK	Blueberry Greek Yogurt	Lemon Raspberry Muffin with Cheddar Cheese	Cinnamon Raisin Bread with Cheese Whiz	Oatmeal Muffin with Gouda Cheese	Fruit Cream Yogurt	Nutrigrain Bar	Raspberry Bran Muffin with Cheddar Cheese	