

WEEK 1 (ORANGE)

MCH-RVH-MGH 2 WEEK MENU CYCLE

REFER TO THE CALENDAR BELOW TO IDENTIFY THE MENU WEEK

* Soup on request at Montreal Children's Hospital.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch							
Soup*	Cream of potato	Cream of carrot	Cream of cauliflower	Three Sisters soup	Cream of tomato	Cream of carrot	Italian wedding style soup
Meal option 1	Shepherd's pie, green beans	Spaghetti with meat sauce, green salad and Caesar dressing	Vegan chili, corn and bread	Meatballs, marinara sauce, rice, sunrise vegetables	Potato pork pie, green pea	Chicken rice, Californian vegetables	Chickpea casserole, couscous with green salad and French dressing
Meal option 2	Chickpea loaf, fine herbs béchamel sauce, mashed potatoes, green beans	Roast pork with apple sauce, mashed potatoes, peas and carrots	Turkey meatloaf, cranberry cream sauce, rice, corn	Salmon square, rice, sunrise vegetables	Cheese and asparagus frittata, mashed potatoes, green peas	Fish croquettes, rice, Californian vegetables	Beef Swedish meatballs, couscous, broccoli
Dessert	Vanilla cake	Diced pears	Blancmange	Vanilla pudding	Chocolate pudding	Apple sauce	Banana cake
Supper							
Soup*	Cream of vegetable	Chicken noodle soup	Minestrone soup	Cream of vegetable	Chicken noodle soup	Minestrone soup	Cream of vegetable
Meal option 1	Beef bourguignon, egg noodles, sliced carrots	Cheese and vegetable frittata, mashed potatoes, root vegetables	Roasted chicken drumsticks, rice, yellow beans	Mac and cheese with green salad and French dressing	Veal casserole, mashed potatoes, broccoli	Tomato and meat fusilli with green salad and Italian dressing	Roast turkey, mashed potatoes, garden vegetables
Meal option 2	Chickpea loaf, fine herbs béchamel sauce, mashed potatoes, sliced carrots	Roast pork with apple sauce, mashed potatoes, root vegetables	Turkey meatloaf, cranberry cream sauce, rice, yellow beans	Salmon square with rice and green beans	Cheese and vegetable frittata, mashed potatoes, broccoli	Fish croquette, herb sauce, rice, green beans	Swedish beef meatballs, mashed potatoes, garden vegetables
Dessert	Tropical fruit salad	Assorted yogourt	Apple sauce	Diced pears	Diced peaches	Vanilla yogourt	Diced peaches and pears

SEPTEMBER 2023

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OCTOBER 2023

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NOVEMBER 2023

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DECEMBER 2023

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JANUARY 2024

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WEEK 2 (BLUE)

MCH-RVH-MGH 2 WEEK MENU CYCLE

* Soup on request at Montreal Children's Hospital.

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch							
Soup*	Cream of spinach	Cream of zucchini	Three Sisters soup	Cream of squash	Italian wedding style soup	Beef & barley soup	Cream of leek
Meal option 1	Veal and lentil shepherd's pie, green salad and Caesar dressing	Pork with vegetables, mashed potatoes, sunrise vegetables	Beef Stroganoff, egg noodles, California vegetables	Mexican plate, tomato rice, corn	Spaghetti with lentils, green salad and French dressing	Roast pork, mashed potatoes, green peas	Roasted chicken drumsticks, vegetable rice and broccoli
Meal option 2	Fusilli primavera, green salad and Caesar dressing	Chickpea loaf, herb sauce, mashed potatoes, sunrise vegetables	White bean farfalle with rosé sauce, California vegetables	Salmon with dill sauce, tomato rice, corn	Rack of veal and eggplant, mashed potatoes and green beans	Chicken and chickpea rice with green peas	White fish with tomato and oregano, rice with vegetables and broccoli
Dessert	Tropical fruit salad	Blancmange	Apple and pear compote	Vanilla pudding	Rice pudding	Chocolate cake	Apple sauce
Supper							
Soup*	Chicken noodle soup	Minestrone soup	Cream of vegetable	Chicken noodle soup	Minestrone soup	Cream of vegetable	Chicken noodle soup
Meal option 1	Cheese and vegetable omelette, salsa sauce, mashed potatoes, green peas	Roasted chicken drumsticks, BBQ sauce, rice and coleslaw	Leek and tomato frittata, mashed potatoes, zucchini	Beef meatballs with peach sauce, mashed potatoes, garden vegetables	Meatloaf, cranberry cream sauce, rice, mixed root vegetables	Chili Con Carne, bread roll, green salad and Italian dressing	Vegetarian lasagna with green salad and French dressing
Meal option 2	Fusilli primavera, green salad and Caesar dressing	Chickpea loaf, herb sauce, rice, coleslaw	White bean farfalle with rosé sauce, green salad with Caesar dressing	Salmon with dill sauce, mashed potatoes, garden vegetables	Rack of veal and eggplant, rice, mixed root vegetables	Chicken and chickpea rice with green salad and Italian dressing	White fish with tomato and oregano, green salad and French dressing
Dessert	Rice pudding	Diced peaches and pears	Apricot cake	Diced pears	Tropical fruit salad	Mandarins	Caramel blancmange

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