

Medex Fall & Winter 2022-23 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Fruit Juice ~ Fresh Orange Wedges* 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Banana Muffin ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Blueberries 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Croissant ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Strawberries 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Waffles w Syrup ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Mandarin Oranges 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Carrot Muffin ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Fresh Pineapple 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast French Toast w Syrup ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Fresh Grapes 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Cranberry Orange Muffin ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Chilled Diced Peaches 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Bacon Strips* Fruit Yogurt* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast ~ 2% Milk Coffee or Tea*
LUNCH						
Cream of Broccoli * ~ Macaroni & Beef Casserole Beef Cubes And Pasta vegetarian option Macroni & Cheese Sauteed Red Peppers, Mushrooms & Onions or Grilled Ham & Cheese S/W Grilled Ham & Cheese On White Grilled Cheese On Wheat Mixed Green Italian Salad ~ Fresh Orange Wedges* or Mini Donuts	Beef & Vegetable Soup * ~ Rib-O-Pork on Bun Rib-O-Pork on Bun Veggie Burger On Bun Broccoli Florets or Cottage Cheese Fruit Salad Plate Cottage Cheese Fruit Salad Plate Cottage Cheese Fruit Salad Plate ~ Blueberries or Super Oatmeal Butterscotch Pudding*	Minestrone Soup * ~ Pizza Grilled Cheese Sandwich Vegetable Pizza Spinach Onion Salad* or Herbed Omelet Herbed Omelet Herbed Omelet Potato Hashbrowns* Sauteed Zucchini & Peppers ~ Strawberries or Strawberry Mousse*	Cream of Cauliflower * ~ Chana Masala Marinated Tofu Butter Tofu Marinated Cucumbers Whole Wheat Pita Bread* or Corned Beef & Swiss on Rye Corned Beef Sndw On white Swiss Cheese Sandwich Red Beet Citrus Salad* ~ Mandarin Oranges or Chocolate Ice Cream*	Italian Wedding Soup * ~ Tuscan Style Veg Lasagna Pasta Primavera Tuscan Style Veg Lasagna California Vegetables or Baked Cod Fillet Baked Cod Fillet Tarka Daal Lemon Wedge Couscous w/Carrots & Cilantro ~ Fresh Pineapple or Rice Pudding*	Cream of Carrot * ~ Hot Dog on Bun Hot Dog On White Bun Vegetable Hot dog On Bun Creamy Coleslaw Ketchup, Mustard, Relish* or Vegetable Quiche Zucchini Quiche Vegetable Quiche Harvard Beets* ~ Fresh Grapes or Orange Jello w/Whipped Topping	Chicken & Vegetable Soup * ~ Honey Balsamic Salmon Honey Balsamic Salmon Spiced Tofu w/Honey Brown Rice Veggie Pilaf* Sunrise Vegetables or Mini Submarine Sandwich Ham W/Lettuce On White Swiss Cheese Sandwich Potato Chips* ~ Chilled Diced Peaches or Haystack Brownie*
DINNER						
Turkey Schnitzel Turkey Schnitzel Panner And Spinach Curry Mashed Potatoes* Sauerkraut* or Salami Genoa & Pasta Salad Plate Pasta and Salad Plate w/Ham Pasta And Egg Salad Plate ~ Cherry Tart or Fruit Cocktail	Chicken Supreme Lemon Baked Potatoes Breast Vegetable Seasoned Chicken Breast Mashed Potatoes* Sunrise Vegetables or Herb Baked Fish Herb Baked Fish Falafel Patty Rosemary & Garlic Roasted Potato* Green Peas* ~ Iced Orange Cake* or Chilled Apricots	Seasoned Cowboy Steak Seasoned Cowboy Steak Falafel patty Baked Potato* Seasoned Diced Turnips or Homemade Turkey Meatloaf Seasoned Diced Turkey Vegt Meatloaf Garlic Mashed Potatoes* Green & Yellow Beans ~ Toffee Pudding Cake* or Chilled Diced Pears	Herb Baked Chicken Herb Baked Chicken Vegetable Fillets Chive Whipped Potatoes* New England Vegetables or Lamb Moussaka Seasoned Lamb Red pepper & Basil Frittata Greek Salad ~ Iced Banana Cake* or Chilled Tropical Fruit*	Teriyaki Pork Loin Pork Tenderloin Vegan Sweet And Sour Meatballs Fluffy Rice Mashed Squash* or Turkey Deli & Pasta Sld Plate Turkey Deli & Pasta Sld Plate Pasta And Egg Salad Plate ~ Lemon Pound Cake w/ Topping or Hot Spiced Apples	Beef Shepherd's Pie Beef Cubes & Rice Vegt Shepherd's Pie Beef Gravy Cocktail Vegetables or Chicken Cacciatore Herb Baked Chicken Thigh Chickpea Tomato Casserole Roasted Potatoes* Green Peas ~ Caramel Cheesecake* or Stewed Rhubarb	Roast Turkey Gravy & Cranberry Roast Turkey Gravy & Cranberry Beaked Beans Mashed Potatoes* Fall Medley Vegetables* or Spaghetti & Meatballs Meatball In Honey Garlic Sauce Spaghetti & Meatless Meatballs Broccoli Florets Garlic Bread ~ Pumpkin Pie or Chilled Tropical Fruit*

All Side Vegetables can be substituted for Garden Salad at both Lunch & Dinner Meals
Dinner Roll & Margarine are available at all Lunch & Dinner Meals
Assorted Fruit Juice, Milk, Coffee & Tea are available at all Meals.

Regular Menu
Low Potassium Menu & Exceptions *
Vegetarian Menu & Exceptions *

Medex Fall Winter 2022-23 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Fruit Juice ~ Strawberries 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Blueberry Muffin ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Fresh Orange Wedges* 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Mini Croissant ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Mixed Berries 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Waffles w Syrup ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Fresh Grapes 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Bran Muffin* ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Honeydew Melon* 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast French Toast w Syrup ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Mango* 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Raspberry Yogurt Muffin* ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Cantaloupe Chunks* 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast ~ 2% Milk Coffee or Tea*
LUNCH						
Tomato & Basil Soup * ~ Chicken Fingers w Plum Sauce Crispy Breaded Chicken Vegt Garden Patty Tator Tots* Zesty Balsamic Carrots or Cheese Dream Sandwich Grilled Reuben Sandwich Grilled Cheese Sandwich Tossed Ranch Salad ~ Strawberries or Tiramisu Mousse*	Split Pea Soup * ~ Potato & Cheese Perogies Beef Cubes & Rice Potato & Cheese Perogies Sour Cream* Sweet & Sour Cabbage or Egg Salad Sndw on Wheat Egg Salad Sndw on White Egg Salad Sndw On Wheat Mixed Salad ~ Fresh Orange Wedges* or Ice Cream Sandwich	Chicken Noodle Soup * ~ Cabbage Rolls Beef cabbage Roll Vegan Cabbage Rolls New England Vegetables or Cottage Cheese & Fruit Plate Cottage Cheese & Fruit Plate Cottage Cheese & Fruit Plate Carrot Muffin ~ Mixed Berries or Super Oatmeal Chocolate Pudding*	Beef & Barley Soup * ~ Breaded Haddock Breaded Haddock Falafel Patty Tartar Sauce Buttered Corn or Cheese Stuffed Manicotti Stuffed manicotti Cheese Stuffed Manicotti w/Tomato Diced Squash* ~ Fresh Grapes or Frosted Banana Cake*	Vegetable Soup * ~ Pulled Pork on WW Bun Pulled Pork on White Bun Veggie Burger on WW Bun Tossed Ranch Salad or Broccoli Cheese Frittata Broccole & Cheese Omelet Broccoli Cheese Frittata Italian Mixed Vegetables ~ Honeydew Melon* or Vanilla Ice Cream*	Cream of Mushroom Soup * ~ Malibu Style Burrito Bowl Beef Cubes & Rice Malibu Style Burrito Bowl Grilled Zucchini or Sliced Ham Sandwich Shaved Ham Sndw on White Swiss Sndw on WW Ceasar Salad ~ Mango* or Tapioca Pudding*	Creamy Squash Soup * ~ Hot Turkey Sndw on WW w/Gravy Hot Turkey Sndw on White Bun Cheese Sndw on WW Bun Green Peas or Homestyle Tuna Salad Homestyle Tuna Salad Egg Salad Salad with Raspberry Vinaigrette ~ Cantaloupe Chunks* or Iced Brownie*
DINNER						
BBQ Pork Ribs BBQ Pork Ribs Spiced Tofu w/Honey Parisienne Potatoes* Whole Green Beans or Harvest Chickpea & Veg Curry Tuna Rice Casserole Harvest Chickpea & Veg Curry Fluffy Rice* Cauliflower ~ Homemade Butter Tart or Hot Spiced Apples	Honey Garlic Chicken Honey Garlic Chicken Baked Beans Oven-Browned Potatoes* Winter Vegetables or Baked Sole Fillet Baked Sole Fillet Tofu Vegetable Stir-Fry Lemon Dill ButterSauce Green Peas ~ English Toffee Cake or Fruit Cocktail	Glazed Ham Glazed Ham Vegt Stuffed Pepper Scalloped Potatoes* California Vegetables or Hearty Turkey Chili Seasoned Diced Turkey Garden Chili Brussels Sprouts* Cornbread ~ Cherry Crisp or Chilled Apricots	Hamburger Steak w/Caramelized Hamburger Steak w/Caramelized Curried Tofu Mashed Potatoes* Sunrise Vegetables or Chicken Salad on WW Bun Chicken Salad on Bun Vegan Chcken on WW Bun Tomato & Cucumber Salad* ~ Coconut Cream Pie* or Stewed Rhubarb	Maple Glazed Salmon Loin Maple Glazed Salmon Loin Chickpea Tomato Casserole Boiled Red Potato* Fall Medley Vegetables* or Turkey Meatballs in Yogurt Sauce Turkey Meatballs Vegt Meatballs & Yogurt Sc Brown Rice Veggie Pilaf* Minted Peas ~ Choco Raspberry Pudding Cake* or Poached Pear	Montreal Spiced Chicken Montreal Spiced Chicken Vegt Garden Patty Roasted Potatoes* Parsley Carrots or Spaghetti w Bolognese Sauce Macaroni & Cheese Bolognese Sauce Roasted Vegetables Garlic Bread ~ Date Square* or Chilled Diced Pears	Beef Pot Roast Beef Pot Roast Bean & Veg Stew With Cheese Mashed Potatoes* Apple Glazed Turnips or Sweet & Sour Pork* Seasoned Pork Cubes Vegan Sweet And Sour Meatballs Vegetable Fried Rice ~ Lemon Meringue Pie or Crushed Pineapple

All Side Vegetables can be substituted for Garden Salad at both Lunch & Dinner Meals

Dinner Roll & Margarine are available at all Lunch & Dinner Meals

Assorted Fruit Juice, Milk, Coffee & Tea are available at all Meals.

Regular Menu

Low Potassium Menu & Exceptions *

Vegetarian Menu & Exceptions *

Medex Fall Winter 2022-23 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Fruit Juice ~ Fresh Pineapple 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Blueberry Muffin ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Blueberries 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Mini Croissant ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Strawberries 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Waffles w Syrup ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Fresh Orange Wedges* 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Cornmeal Muffin ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Fresh Grapes 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* or Cream of Wheat ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast French Toast w Syrup ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Mixed Berries 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* ~ Eggs: Scrambled, Hard Boiled or Poached Fruit Yogurt* Peanut Butter* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast Lemon Cranberry Muffin ~ 2% Milk Coffee or Tea*	Assorted Fruit Juice ~ Deluxe Fruit Salad* 1/2 Banana* ~ Assorted Cold Cereal, Oatmeal* ~ Eggs: Scrambled, Hard Boiled or Poached Bacon Strips* Fruit Yogurt* ~ Toasts: 12 Grains*, Whole Wheat*, White Raisin Toast ~ 2% Milk Coffee or Tea*
LUNCH						
Cream of Tomato Soup * ~ Grilled Cheese on Wheat Grilled Cheese on Wheat Grilled Cheese on Wheat Tossed Salad & Italian Dressing ~ or Chili Con Carne Meatballs in Honey Garlic Sauce Garden Chili Broccoli Florets ~ Fresh Pineapple or Ice Cream Sandwich*	French Onion Soup * ~ BBQ Teriyaki Beef Ribette Seasoned Beef Cubes Tafu & Tomato Scramble Chow Mein Noodles Pick of the Day Vegetable Blend ~ or Turkey Sandwich w/Cranberry Turkey Sandwich w/Cranberry Swiss Cheese Sandwich Green Salad w Balsamic* ~ Blueberries or Lemon Buttermilk Cake	Lentil & Vegetable Soup * ~ Roasted Vegetable Lasagna Pasta Primavera Roasted Vegetable Lasagna Grilled Zucchini ~ or Chef's Choice ~ Strawberries or French Vanilla Ice Cream*	Creamy Turkey & Vegetable Soup ~ Macaroni & Cheese Macaroni & Cheese Macaroni & Cheese Stewed Tomatoes* ~ or Salmon Salad on WW Salmon Salad on White Hummus Sandwich On WW Greek Salad* ~ Fresh Orange Wedges* or Chocolate Mousse*	Vegetable Soup * ~ Chicken Pot Pie Chicken Pot Pie Vegetable Pot Pie Cauliflower & Red Peppers ~ or Cheeseburger on Wheat Bun Hamburger On White Bun Veggie Burger on WW Bun Mixed Salad with Dressing ~ Fresh Grapes or Ambrosia*	Creamy Potato & Bacon Soup * ~ Meatballs & Mushroom Sc Beef meatballs Vegt Meatballs w/Mushroom Sc Fluffy Rice Sunrise Vegetables ~ or Ravioli with Rose Sauce pasta Primavera Roasted Vegetable Lasagna Caesar Salad ~ Mixed Berries or Vanilla Pudding*	Chicken & Corn Soup * ~ Fish 'n Chips Baked Cod fillet Falafel Patty Tartar Sauce Creamy Coleslaw ~ or Garden Veg Cheese Omelette Garden Veg Cheese Omelette Garden Veg Cheese Omelette Spiced Yams* ~ Deluxe Fruit Salad* or Carrot Cake
DINNER						
Lemon Herb Baked Chicken Thighs Lemon Herb Baked Chicken Thighs Vegt Garden Patty Roasted Potatoes* Dill Carrot Coins ~ or Sausage Bangers & Mash Country Sausage Cheese Stuffed Potato Garlic Mashed Potatoes* Tomato & Cucumber Salad* ~ Mixed Berries & Cream Dessert or Mandarin Oranges	Pork Bacon Wrapped Medallion Baked Pork Chop Panner & Spinach Curry Baked Potato* California Vegetables ~ or Sole w/Lemon Pepper Sole w/Lemon Pepper Chickpea Curry Brown Rice Veggie Pilaf* Creamed Corn ~ Bread Pudding* or Chilled Tropical Fruit*	Country Style Fried Chicken Country Style Fried Chicken Vegetarian Fillets Mashed Potatoes* Fall Medley Vegetables* ~ or Egg & Potato Salad Plate Egg Salad Egg & Potato Salad Plate ~ Apple Crumble w/Super Oatmeal or Chilled Diced Peaches	Italian Herb Beef Stew Seasoned Beef Vegt Curry New England Vegetables Tea Biscuit ~ or Breaded Turkey Cutlet Breaded Turkey Cutlet Falafel Patty Boiled Red Potato* Whole Green Beans ~ Vanilla Caramel Swirl Cake or Chilled Apricots	Lemon Herb Panko Pollock Lemon Herb Panko Pollock Tomato Spiced Kidney Beans Lemon Rice Mexican Mixed Vegetables ~ or Grilled Ham Grilled Ham Vegt Meatloaf Scalloped Potatoes* Dilled Peas ~ Triple Chocolate Fudge Cake* or Chilled Diced Pears	Beef Bourguignonne Beef Bourguignonne Lentil Casserole Garlic Mashed Potatoes* Broccoli Florets ~ or Deli & Potato Salad Plate Turkey & Green Salad Plate Chef's Salad Bowl ~ Boston Cream Cake or Hot Fruit Compote	Pork Roast Pork Roast Tarka Daal Herbed Potatoes* Diced Squash* ~ or Baked Chicken Chalet Herb Baked Chicken Thigh Vegetarian Fillets Tossed Salad & Italian Dressing ~ Apple Pie or Crushed Pineapple

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Regular Menu
Low Potassium Menu & Exceptions *
Vegetarian Menu & Exceptions *

