

HST Fall Winter 2023-24 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice	Apple Juice	Orange Juice
Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal
Scrambled Eggs	Poached Egg	Hard Boiled Egg	Scrambled Eggs	Poached Egg	Hard Boiled Egg	Poached Egg
Orange Muffin	Raisin Toast	Whole Wheat Toast	Blueberry Muffin	Whole Wheat Toast	Rye Toast	Whole Wheat Toast
Grape Jelly	Margarine	Strawberry Jam	Margarine	Margarine	Grape Jelly	Margarine
Margarine	Raspberry Jam	Margarine	Apple Jelly	Raspberry Jam	Margarine	Strawberry Jam
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice	Apple Juice	Orange Juice
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Peanut Butter	Vanilla Yogurt	Peameal Bacon	Peanut Butter	Creamy Yogurt	Cheddar Cheese Slice	Bacon
Whole Wheat Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast	White Toast
Grape Jelly	Margarine	Strawberry Jam	Margarine	Margarine	Grape Jelly	Margarine
Margarine	Raspberry Jam	Margarine	Apple Jelly	Raspberry Jam	Margarine	Strawberry Jam
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea
LUNCH						
Minestrone Soup	Cream of Broccoli Soup	Garden Vegetable Soup	Turkey Rice Soup	Potato & Leek Soup	Country Bean & Vegetable Soup	Tomato Basil Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Beef Burger on WW Bun	Tuna Salad Sndw on WW	Pulled Pork on WW Bun	Chicken Strips	Hot Turkey Sndw on WW w/Gravy	Vegetable Pizza	Grilled Cheese on Wheat
Greek Salad	Waldorf Salad	Tossed Salad & Italian Dressing	Plum Sauce	Corn Niblets	Coleslaw	Ranch Dressing
Ketchup/Mustard/Relish	Chilled Apricots	Pineapple Tidbits	Potato Coins	Chilled Diced Pears	Chilled Peach Slices	Garden Salad
Fruit Cocktail	Coffee	2% Milk	Marinated Cucumbers	2% Milk	2% Milk	Pickle Spear
Coffee	Cream of Broccoli Soup	Coffee	Fruit Cocktail	Coffee	Coffee	Mandarin Oranges
Minestrone Soup	Unsalted Crackers	Garden Vegetable Soup	2% Milk	Potato & Leek Soup	Country Bean & Vegetable Soup	2% Milk
Unsalted Crackers	Sausage Links	Unsalted Crackers	Coffee	Unsalted Crackers	Unsalted Crackers	Coffee
Cheddar Cheese Slice	Syrup	Cold Sliced Roast Beef	Turkey Rice Soup	Hard Boiled Egg	Ham Salad on WW	Tomato Basil Soup
Creamy Broccoli & Cauliflower Salad	French Toast	Macaroni Salad	Unsalted Crackers	Potato Salad	Mixed Greens Salad	Unsalted Crackers
Carrot Loaf	Strawberry Compote	Carrot Raisin Salad	Egg Salad Sndw on Wheat	Red Beet Citrus Salad	Baked Custard	Shrimp Salad
Butterscotch Pudding	Whipped Topping	Chocolate Ice Cream	Mixed Salad with Italian Dressing	Vanilla Ice Cream	2% Milk	Mini Croissant
2% Milk	Lime Gelatin	2% Milk	Lemon Mousse	2% Milk	Hot Tea	Dill Cucumber & Red Onion Salad
Hot Tea	2% Milk	Hot Tea	2% Milk	Hot Tea		Butter Tart
	Hot Tea		Hot Tea			2% Milk
						Hot Tea
DINNER						
Vegetarian Lasagna	Turkey Schnitzel	Baked Chicken with Chalet Sauce	BBQ Pork Chops	Beef Vegetable Stew	Salisbury Steak	Pork Roast
Caesar Salad	Fluffy Rice	Mashed Potatoes	Mashed Potatoes	Tea Biscuit	G-F Brown Gravy	Brown Gravy
Rhubarb Crisp	Green Peas	Diced Squash	Parsley Carrots	Margarine	Mashed Potatoes	Whipped Potatoes
Coffee	Date Square	Carrot Cake	Cherry Cheesecake	Nanaimo Bar	Green Peas	Brussels Sprouts
Chicken Paprikash	Coffee	Coffee	Coffee	Coffee	Iced Brownie	Lemon Meringue Pie
Mashed Potatoes	Korean Beef Short Ribs	Cod Fillet w/ Breaded Cheese Crumbs	Cheese Ravioli & Sauce	Poached Fish w/Lemon & Parsley	Coffee	Coffee
Diced Carrots	Poultry Gravy	Fluffy Rice	Caesar Salad	Mashed Potatoes	G-F Dijon Glazed Turkey Loaf	Black Bean & Vegetable Chili
Chilled Diced Pears	Mashed Potatoes	Roasted Asparagus	Chilled Peach Slices	Fall Medley Vegetables	G-F Brown Gravy	Buttered WW Bread
2% Milk	California Vegetables	Mandarin Oranges	2% Milk	Stewed Rhubarb	Assorted Dinner Rolls	Pineapple Tidbits
Hot Tea	Chilled Tropical Fruit	2% Milk	Hot Tea	2% Milk	Diced Squash	2% Milk
	2% Milk	Hot Tea		Hot Tea	Mixed Berries	Hot Tea
	Hot Tea				Whipped Topping	
					2% Milk	
					Hot Tea	

HST Fall Winter 2023-24 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice	Apple Juice	Orange Juice
Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat
Scrambled Eggs	Poached Egg	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Fruit Extreme Muffin	Rye Toast	Whole Wheat Toast	Blueberry Lemon Scone	Raisin Toast	Whole Wheat Toast
Grape Jelly	Apple Jelly	Margarine	Strawberry Jam	Grape Jelly	Raspberry Jam	Apple Jelly
Margarine	Margarine	Raspberry Jam	Margarine	Margarine	Margarine	Margarine
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Peanut Butter	Peanut Butter	Bacon
Peanut Butter	Vanilla Yogurt	Breakfast Ham	Cottage Cheese	Whole Wheat Toast	Whole Wheat Toast	White Toast
White Toast	Whole Wheat Toast	Whole Wheat Toast	White Toast	Hot Tea	Hot Tea	Hot Tea
Grape Jelly	Apple Jelly	Margarine	Strawberry Jam			
Margarine	Margarine	Raspberry Jam	Margarine			
2% Milk	2% Milk	2% Milk	2% Milk			
Hot Tea	Hot Tea	Hot Tea	Hot Tea			
LUNCH						
Chicken Rice Soup	Fall Harvest Soup	Hearty Lentil Soup	Roasted Cauliflower Soup	Vegetable Soup	Chicken Noodle Soup	Cream of Mushroom Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Beef Pot Pie	Shaved Ham Sndw on WW	Butter Chicken	Turkey Sandwich w/Cranberry Mayo	Cheese Tortellini & Marinara	Egg Salad Sndw on Wheat	Macaroni & Cheese
Beef Gravy	Marinated Cucumbers	Fluffy Rice	Mixed Greens w/Berry Vinaigrette	Green Beans	Mixed Green Italian Salad	Stewed Tomatoes
Fall Medley Vegetables	Pineapple Tidbits	Green Beans	Chilled Diced Pears	Fruit Cocktail	Chilled Peach Slices	Mandarin Oranges
Fruit Cocktail	2% Milk	Chilled Apricots	2% Milk	Coffee	Coffee	Coffee
2% Milk	Coffee	2% Milk	Coffee	Vegetable Soup	Chicken Noodle Soup	Cream of Mushroom Soup
Coffee	Fall Harvest Soup	Coffee	Roasted Cauliflower Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Chicken Rice Soup	Unsalted Crackers	Hearty Lentil Soup	Unsalted Crackers	Grilled Reuben Sandwich	Pork Tourtiere	Chicken Breast
Unsalted Crackers	Chicken Souvlaki	Unsalted Crackers	Cod Nuggets	Marinated Tomatoes	Brown Gravy	Caesar Salad
Dill Pickle Chicken Sld Sandwich	Tzatziki Sauce	Cottage Cheese	Tartar Sauce	Lemon Gelatin	Green Peas	Assorted Dinner Rolls
1000 Island Dressing	Sunrise Vegetables	Chilled Peach Slices	French Fries	Whipped Topping	Pumpkin Custard	Blueberry Tart
Garden Salad	Whole Wheat Pita Bread	Strawberries	Orange-Glazed Beets	2% Milk	2% Milk	2% Milk
Chocolate Pudding	Vanilla Ice Cream Cup	Raisin Bread	Neapolitan Ice Cream	Hot Tea	Hot Tea	Hot Tea
2% Milk	2% Milk	Margarine	2% Milk			
Hot Tea	Hot Tea	Tiramisu Mousse	Hot Tea			
		2% Milk				
		Hot Tea				
DINNER						
Baked Lemon Salmon	Southwest Beef	Beef & Macaroni Casserole	Resident's Choice	Breaded Pollock	Chicken Stuffing Casserole	Roast Beef
Mashed Potatoes	Fluffy Rice	Sliced Carrots	Assorted Dessert	Tartar Sauce	Prince Edward Vegetables	Beef Gravy
Steamed Broccoli	Broccoli Florets	Chocolate Cherry Indulgence	Coffee	French Fries	Lemon Cheese Bar	Mashed Potatoes
Peach Crisp	Buttertart Square	Coffee	Veal Scallopini w/Mushroom Sauce	Creamy Coleslaw	Coffee	Yorkshire Pudding
Coffee	Coffee	Turkey Broccoli Mornay	Mashed Potatoes	Bread Pudding	Vegt Vegetable Stew	Green Beans
Lentil Bolognese	Teriyaki Pork Chop	Mashed Potatoes	Wax Beans	Caramel Dessert Sauce	Tea Biscuit	Horseradish
Buttered Spaghetti	Mashed Potatoes	Mandarin Oranges	Chilled Diced Pears	Coffee	Mixed Berries	Apple Pie Slice
Parsley Carrots	Diced Squash	2% Milk	2% Milk	Beef Stroganoff	Whipped Topping	Coffee
Chilled Diced Pears	Chilled Tropical Fruit	Hot Tea	Hot Tea	Buttered Egg Noodles	2% Milk	Aloo Matar Lentil Curry
2% Milk	2% Milk			Cinnamon Honey Glazed Carrots	Hot Tea	Fluffy Rice
Hot Tea	Hot Tea			Stewed Rhubarb		Pineapple Tidbits
				2% Milk		2% Milk
				Hot Tea		Hot Tea

HST Fall Winter 2023-24 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice	Apple Juice	Orange Juice
Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal
Poached Egg	Scrambled Eggs	Hard Boiled Egg	Poached Egg	Scrambled Eggs	Hard Boiled Egg	Scrambled Eggs
Whole Wheat Toast	Rye Toast	Whole Wheat Toast	Raisin Toast	Whole Wheat Toast	Blueberry Muffin	Whole Wheat Toast
Raspberry Jam	Grape Jelly	Strawberry Jam	Margarine	Strawberry Jam	Grape Jelly	Raspberry Jam
Margarine	Margarine	Margarine	Apple Jelly	Margarine	Margarine	Margarine
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Coffee	Coffee	Coffee	Coffee	Coffee	Coffee	Coffee
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Peanut Butter	Creamy Yogurt	Peameal Bacon	Cottage Cheese	Peanut Butter	Cheddar Cheese Slice	Bacon
White Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast	White Toast
Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea	Hot Tea
LUNCH						
Chicken Vegetable Soup	Tomato Soup	Vegetable Soup	Three Sisters Soup	Split Pea Soup	Chicken Rice Soup	Veggie Florentine Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
The Great Canadian Beef Chili	BBQ Pork Ribette on WW Bun	Turkey Pot Pie	Chicken Wings Boneless	Veal Cutlet	Hard Boiled Egg	Vegetable Pizza
Broccoli Florets	Cucumber Slices	G-F Turkey Gravy	Cornbread	G-F Brown Gravy	Potato Salad	Chickpea Salad
Tea Biscuit	Pineapple Tidbits	Buttered Red Cabbage	Marinated Cucumbers	Buttered Egg Noodles	Garden Salad	Pineapple Tidbits
Fruit Cocktail	Coffee	Chilled Apricots	Banana & Chocolate Sauce	Buttered Cabbage	Chilled Peach Slices	Coffee
Coffee	Tomato Soup	Coffee	Coffee	Fruit Cocktail	Coffee	Veggie Florentine Soup
Chicken Vegetable Soup	Unsalted Crackers	Vegetable Soup	Three Sisters Soup	Coffee	Chicken Rice Soup	Unsalted Crackers
Unsalted Crackers	Cheddar Cheese Slice	Unsalted Crackers	Unsalted Crackers	Split Pea Soup	Unsalted Crackers	Pastrami Sndw on Wheat
Swiss & Tomato Sndw on WW	Six Bean Salad	Salmon Salad on WW	Cold Sliced Roast Beef	Unsalted Crackers	Sweet-N-Sour Pork Bites	Dixie Coleslaw
Spinach Onion Salad	Coleslaw	Sliced Beets	German Potato Salad	Chicken Salad Sndw on WW	Fluffy Rice	Rice Pudding
Vanilla Pudding	Assorted Dinner Rolls	Whipped Topping	Iceberg & Carrot Salad	Marinated Cucumbers	Asian Vegetables	2% Milk
2% Milk	Margarine	Strawberry Gelatin	Strawberry Mousse	Vanilla Ice Cream	Creme Caramel	Hot Tea
Hot Tea	Butterscotch Ice Cream	2% Milk	2% Milk	2% Milk	2% Milk	
	2% Milk	Hot Tea	Hot Tea	Hot Tea	Hot Tea	
	Hot Tea					
DINNER						
Cornflake Crusted Chicken	Beef Shepherd's Pie	Herb Baked Chicken Thigh	Roasted Vegetable Lasagna	Sole w/Lemon Pepper	Cabbage Rolls	Roast Turkey
Poultry Gravy	Steamed Broccoli	Poultry Gravy	Caesar Salad	Rice Pilaf	Egg Noodles	Poultry Gravy
Mashed Potatoes	Blondie Bars	Mashed Potatoes	Garlic Bread	Sunrise Vegetables	Wax Beans	Sage Bread Stuffing
Green Peas	Coffee	Green Beans	Lemon Buttermilk Cake	Apple Brown Betty a La Mode	Butterscotch Square	Mashed Potatoes
Cherry Crisp	Turkey Divan	Cherry Cheesecake	Coffee	Coffee	Coffee	Roasted Fall Vegetables
Coffee	Mashed Potatoes	Coffee	Sweet & Sour Chicken Balls	Baked Ham	BBQ Glazed Chicken	Cranberry Sauce
Pork Goulash Hungarian	Buttered Corn	Lamb Mushroom Ragout	Fried Rice	Pineapple Ring	Mashed Potatoes	Pumpkin Pie
Fluffy Rice	Chilled Tropical Fruit	Parslied Noodles	Asian Vegetables	Mashed Potatoes	Sliced Carrots	Coffee
Cauliflower	2% Milk	Cauliflower	Chilled Diced Pears	Diced Parsnips	Mixed Berries	Apple Maple Pork Chop
Chilled Diced Pears	Hot Tea	Mandarin Oranges	2% Milk	Stewed Rhubarb	Whipped Topping	Fluffy Rice
2% Milk		2% Milk	Hot Tea	2% Milk	2% Milk	Green Beans
Hot Tea		Hot Tea		Hot Tea	Hot Tea	Mandarin Oranges
						2% Milk
						Hot Tea

HST F/W Snack 23-24. - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK AM						
Fruit Punch Chocolate Milk	Tropical Punch Chocolate Milk	Peach Drink Chocolate Milk	Lemonade Drink Chocolate Milk	Tropical Punch Chocolate Milk	Fruit Punch Chocolate Milk	Grape Drink Chocolate Milk
SNACK PM						
Pink Lemonade Arrowroot Cookie Assorted Fresh Fruit Bowl	Iced Tea Drink Oatmeal Cookie Assorted Fresh Fruit Bowl	Grape Drink Mini Brownie Assorted Fresh Fruit Bowl	Ginger Ale Maple Cream Cookie Assorted Fresh Fruit Bowl	Peach Drink Social Tea Cookie Assorted Fresh Fruit Bowl	Tomato Juice Raspberry Turnover Cookie Assorted Fresh Fruit Bowl	Iced Tea Drink Blueberry Muffin Assorted Fresh Fruit Bowl
SNACK HS						
Cream Cheese Banana Loaf 2% Milk Assorted Fresh Fruit Bowl	PB & J on Wheat 2% Milk Assorted Fresh Fruit Bowl	Fruit Yogurt 2% Milk Assorted Fresh Fruit Bowl	Mini Carrot Muffin Cheddar Cheese 2% Milk Assorted Fresh Fruit Bowl	Banana Loaf Peanut Butter 2% Milk Assorted Fresh Fruit Bowl	Cheese Sandwich Snack Wht 2% Milk Assorted Fresh Fruit Bowl	Soda Crackers Cheddar Cheese 2% Milk Assorted Fresh Fruit Bowl

HST F/W Snack 23-24. - Week
2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK AM						
Fruit Punch Chocolate Milk	Grape Drink Chocolate Milk	Peach Drink Chocolate Milk	Lemonade Drink Chocolate Milk	Tropical Punch Chocolate Milk	Fruit Punch Chocolate Milk	Grape Drink Chocolate Milk
SNACK PM						
Pink Lemonade Assorted Fresh Fruit Bowl	Ginger Ale Assorted Fresh Fruit Bowl	Iced Tea Drink Assorted Fresh Fruit Bowl	Tomato Juice Assorted Fresh Fruit Bowl	Peach Drink Assorted Fresh Fruit Bowl	Pink Lemonade Assorted Fresh Fruit Bowl	Iced Tea Drink Assorted Fresh Fruit Bowl
Peanut Butter Cookies Assorted Fresh Fruit Bowl	Apple Turnover Cookie Assorted Fresh Fruit Bowl	Oatmeal Raisin Cookies Assorted Fresh Fruit Bowl	Carrot Muffin Assorted Fresh Fruit Bowl	Maple Cream Cookie Assorted Fresh Fruit Bowl	Mini Powdered Donuts Assorted Fresh Fruit Bowl	Social Tea Cookie Assorted Fresh Fruit Bowl
SNACK HS						
Cinnamon Swirl Loaf Assorted Fresh Fruit Bowl	Unsalted Soda Crackers Assorted Fresh Fruit Bowl	P B & J on Wheat Assorted Fresh Fruit Bowl	Cheese Sandwich on WW Assorted Fresh Fruit Bowl	Lemon Smooth Cottage Cheese Assorted Fresh Fruit Bowl	Cheddar Cheese Slice Assorted Fresh Fruit Bowl	Peanut Butter Assorted Fresh Fruit Bowl
Cream Cheese 2% Milk	Cheddar Cheese 2% Milk	2% Milk	2% Milk	2% Milk	Ritz Crackers 2% Milk	Blueberry Muffin 2% Milk

**HST F/W Snack 23-24. - Week
3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK AM						
Fruit Punch Chocolate Milk	Iced Tea Drink Chocolate Milk	Lemonade Drink Chocolate Milk	Peach Drink Chocolate Milk	Pink Lemonade Chocolate Milk	Fruit Punch Chocolate Milk	Grape Drink Chocolate Milk
SNACK PM						
Pink Lemonade Arrowroot Cookie Assorted Fresh Fruit Bowl	Ginger Ale Caramel Coffee Muffin Assorted Fresh Fruit Bowl	Grape Drink Shortbread Swirl Cookie Assorted Fresh Fruit Bowl	Tropical Punch Social Tea Cookie Assorted Fresh Fruit Bowl	Tomato Juice Chocolate Chip Cookie Assorted Fresh Fruit Bowl	Peach Drink Raspberry Turnover Cookie Assorted Fresh Fruit Bowl	Iced Tea Drink Digestive Cookie Assorted Fresh Fruit Bowl
SNACK HS						
Fruit Yogurt 2% Milk Assorted Fresh Fruit Bowl	P B & J on Wheat 2% Milk Assorted Fresh Fruit Bowl	Pumpkin Loaf Cheddar Cheese Slice 2% Milk Assorted Fresh Fruit Bowl	Vanilla Smooth Cottage Cheese 2% Milk Assorted Fresh Fruit Bowl	Cream Cheese Carrot Loaf 2% Milk Assorted Fresh Fruit Bowl	Vanilla Greek Yogurt 2% Milk Assorted Fresh Fruit Bowl	Ritz Crackers Cheddar Cheese Slice 2% Milk Assorted Fresh Fruit Bowl