

ROSSS Fresh Meal Sample Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Garden Salad Tomato & Spinach Quiche Carrots Dinner Roll Spanish Cream Fruit	2 Vegetable Soup Pork Chop Mashed Potatoes & Gravy Carrots Chocolate Chip Cookie Fruit	3 Lentil Soup Meatloaf Broccoli Mashed Potatoes Date Square Fruit	4 Bean & Bacon Soup Chicken a la King White Rice Green Peas Spice Cake Fruit	5 Beef Barley Soup Salmon Loaf Green Peas Mashed Potatoes Chocolate Chip Cookie Fruit	6
7	8 Carrot & Raisin Salad Macaroni & Cheese Green Beans Dinner Roll Raspberry Jam Squares Fruit	9 Cream of Potato Soup Ham & Scalloped Potatoes Mixed Vegetables Morning Glory Muffin Fruit	10 Tomato Macaroni Soup Beef Stroganoff Dinner Roll Corn Lemon Cupcake Fruit	11 Garden Salad Cranberry Chicken Flavoured Rice Green Peas Banana Bread Fruit	12 Pea Soup Chicken Divan Yellow & Green Beans Dinner Roll Rice Pudding Fruit	13
14	15 Cole Slaw Vegetarian Chili Dinner Roll Corn Pumpkin Bar Fruit	16 Beef Barley Soup Bangers & Mashed Potatoes Corn Lemon Tart Fruit	17 Chicken Soup Grilled Hamburger Home Fries Baked Beans Oatmeal Cookie Fruit	18 Carrot & Raisin Salad Chicken Noodle Casserole Broccoli Dinner Roll Carrot Cake Fruit	19 Lentil Soup Haddock Fillet Roasted Potatoes Green Peas Lemon Cupcake Fruit	20
21	22 Caesar Salad Fettucini Alfredo Garlic Bread Green Peas Lemon Square Fruit	23 Cream of Carrot Soup Pork Tenderloin Mashed Potatoes & Gravy Mixed Vegetables Date Square Fruit	24 Cream of Mushroom Soup Shepherd's Pie Dinner Roll Green Peas Apple Crisp Fruit	25 Cheesy Ham Chowder Chicken & Gravy Mashed Potatoes Green Beans Blueberry Tart Fruit	26 Tomato Macaroni Soup Hamburger Supreme Mixed Vegetables Dinner Roll Oatmeal Muffin Fruit	27
28	29 Garden Salad Pasta Primavera Dinner Roll Mixed Vegetables Carrot Cake Fruit	30 Cole Slaw Swedish Meatballs Egg Noodles Glazed Carrots Hermit Cookie Fruit	31 Cauliflower Soup Beef Stew Dinner Roll Mixed Vegetables Peanut Butter Cookie Fruit			