

St John's College Menu Plan _____ - _____ Week _____

BREAKFAST
 7:30 A.M.-9:30 A.M. FULL
 7:30 A.M.-10:00 A.M. COLD

LUNCH
 11:00 A.M.-1:15 PM

DINNER
 5:00 P.M.-7:15 P.M.
 DINING ROOM CLOSES AT 8:00 P.M.

June	Sunday 20	Monday 21	Tuesday 22	<u>Wednesday</u> 23	Thursday 24	Friday 25	Saturday 26
Breakfast	Breakfast made to order	Breakfast made to order	Breakfast made to order	Breakfast made to order	Breakfast made to order	Breakfast made to order	Breakfast made to order
Soup	Minestrone	Tomato	Beef vegetable	Chicken noodle	Cream of Vegetable	Beef and potatoes	creamy carrot and dill
Lunch	BBQ chicken wings served with rice pilaf and broccoli Rigatoni and Marinara sauce	Italian sausage served with rosemary, fennel guacamole salsa and sour cream	Beef Quesadilla served with nachos guacamole salsa and sour cream	Chicken burger served with all the trimmings and French fries	Beef and peppers on a bun served with roasted potatoes	Perogies platter with sausage, cabbage roll bacon onion and sour cream	Blackened Chicken Breast with roasted corn, peppers onions with linguini pasta on Cajun creamy sauce
Dessert	whole fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Whole Fruit
Supper	Beef Chow mien served with spring rolls	Grilled Chicken Breast Hunter Sauce served with rice and green beans	Roasted pork with apple sauce served with lyonnaise potatoes and honey dill carrots	Spaghetti with meat sauce served with garlic toast	Grilled Basa filet served with rice and a vegetable medley	Swedish meatballs served with broad egg noodles and cauliflower	Chicken Satay with peanut sauce, side of jasmine rice
Dessert	Berry Pie	Choc. Chip Cookies	red velvet cup cakes	Home made ice cream sandwich	Banana chocolate chip cake	Apple strudel	Squares