

Copy of Kensington Spring Summer 2025 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cheddar Cheese Slice	Poached Egg	Vanilla Yogurt	Bacon
Raisin Toast	Cheerios Cereal	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Fruit Extreme Muffin	Scrambled Eggs
Special K Cereal	Peanut Butter	Strawberry Jam	Raisin Bread	Raisin Bran Cereal	Rice Krispies Cereal	Whole Wheat Toast
Peanut Butter	Whole Wheat Toast	Rice Krispies Cereal	Special K Cereal	Peanut Butter	Peanut Butter	Strawberry Jam
Whole Wheat Toast		Peanut Butter	Peanut Butter	White Toast	Whole Wheat Toast	Bran Flakes Cereal
		White Toast	White Toast			Peanut Butter
						White Toast

LUNCH						
Creamy Mushroom Soup	Butternut Squash Soup	Vegetable Juice	Roasted Red Pepper Soup	Minestrone Soup	Corn Chowder	Lentil & Vegetable Soup
Grilled Reuben Sandwich	Macaroni & Cheese	Beef Burger on WW Bun	Chicken Salad on Croissant	French Toast	Avocado Egg Salad Sandwich	Perogies w/Bacon & Onion
Caesar Salad	Tomato Basil Salad	Macaroni Salad	Pineapple & Cucumber Salad	Maple Breakfast Sausage Link	Apple Cabbage Slaw	Greek Salad
Pickle Spear	Strawberry Compote	Ice Cream Sandwich	Strawberry Pudding	Peach Compote	Cantaloupe dessert	Butterscotch Ice Cream
Mixed Berries	Vanilla Ice Cream	Ketchup		Chocolate Ice Cream		Sour Cream
		Mustard				
		Pickle Relish				
		Mayonnaise				
		Cheddar Cheese Slice				
		Cheese Puffs Chips				
		Classic Potato Chips				
		Hot Dog on White Bun				
		Potato Salad				
		Honeydew dessert				
		Ketchup				
		Mustard				
		Pickle Relish				
		Mayonnaise				
		Cheese Puffs Chips				
		Classic Potato Chips				

DINNER

Spiced Chicken Thigh	BBQ Pork Ribs	Garlic Toast	Meatloaf	Potato Crusted Cod	Chicken Fingers with Plum Sauce	Roast Beef
Savoury Diced Potatoes	Savory Potato Wedges	Caesar Salad	Beef Gravy	Fluffy Rice		Beef Gravy
Broccoli Florets	Buttered Brussels Sprouts	Spaghetti	Baked Potato	Zesty Balsamic Carrots	Potato Rings	Scalloped Potatoes
Boston Cream Pie	Pineapple Upside Down Cake	Meatballs	Green Peas	Black Forest Cake	Tossed Salad	Prince Edward Vegetables
		Marinara Sauce	Sour Cream		Frosted Marble Cake	Horseradish
		Grated Parmesan Cheese	Shredded Cheddar Cheese			Blueberry Pie
		Lemon Cake	Bacon Bits			Ice Cream Sundae
			Iced Brownie			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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BREAKFAST

Cream of Wheat with Bran Vanilla Yogurt	High Fibre Oatmeal Scrambled Eggs	Cream of Wheat with Bran Hard Boiled Egg	High Fibre Oatmeal Poached Egg	Cream of Wheat with Bran Vanilla Yogurt	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran Bacon
Raisin Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast	Whole Wheat Toast	Fried Egg	Mini Pancakes Bites
Special K Cereal	Raisin Bran Cereal	Rice Krispies Cereal	Strawberry Jam	Special K Cereal	Whole Wheat Toast	Syrup
Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal	Peanut Butter	Raisin Bran Cereal	Rice Krispies Cereal
Whole Wheat Toast	White Toast	Whole Wheat Toast	Peanut Butter	White Toast	Peanut Butter	Peanut Butter
			White Toast		White Toast	Whole Wheat Toast

LUNCH

Creamy Carrot Ginger Soup	Chicken Noodle Soup	V8 Juice	Potato Leek Soup	Wonton Soup w/ Pork	Split Pea Soup	Italian Wedding Soup
Grilled Turkey & Swiss Sndw	Pizza Margherita	Chicken Burger on Bun	Cottage Cheese	Chicken Balls	Chicken Souvlaki	Submarine sandwich
Lettuce Iceberg Orange Salad	Caesar Salad	Macaroni Salad	Strawberries	Asian Stir Fry Vegetables	Greek Salad	Couscous Salad
Ice Cream Neapolitan	Pineapple Pear Cup	Tomato Slices	Fresh Watermelon	Tropical Fruit Salad	Chocolate Peanut Butter Cup LoCal	Raspberry Sorbet
		Lettuce Leaf	Lettuce Garnish	Veggie Fried Rice	Tzatziki Sauce	
		Onion Slice	Rainbow Sherbet	Sweet and Sour Sauce	Savory Potato Wedges	
		Cheddar Cheese Slice				
		Caramel Ice Cream Sandwich				
		Ketchup				
		Mustard				
		Mayonnaise				
		Pickle Relish				
		Original Potato Chips				
		Cheese Puffs Chips				
		Farmers Sausage on Bun				
		Potato Salad				
		Onion Slice				
		Mango Spears				
		Ketchup				
		Mustard				
		Mayonnaise				
		Pickle Relish				
		Original Potato Chips				
		Cheese Puffs Chips				

DINNER

Homemade Chicken Pot Pie	Cornflake Crusted Chicken	Whole Wheat Bread	Roasted Sage Chicken Leg	Baked Salmon Fillet	Apple Glazed Pork Roast	Roast Turkey
Chicken Gravy	Diced Savory Potatoes	Liver & Onions	Dutchess Potatoes	Lemon Dill ButterSauce	Scalloped Potatoes	Poultry Gravy
Butternut Squash	Green Beans	Brown Gravy	Butternut Squash	Lyonnais Potatoes	California Vegetables	Cranberry Sauce
Cherry Cheesecake	Key Lime Pie	Garlic Mashed Potatoes	Strawberry Rhubarb Crisp	Steamed Asparagus Spears	Buttertart Square	Mashed Potatoes
		New England Vegetables		Chocolate Maple Cake		Stuffing
		Starburst Cake				Fall Medley Vegetables
						Lemon Meringue Pie

Copy of Kensington Spring Summer 2025 - Week 3

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat
Hard Boiled Egg	Cottage Cheese	Scrambled Eggs	Cheddar Cheese Slice	Poached Egg	Vanilla Yogurt	Scrambled Eggs
Whole Wheat Toast	Raisin Bread	White Toast	English Muffin	White Toast	Whole Wheat Toast	Whole Wheat Toast
Bran Flakes Cereal	Special K Cereal	Strawberry Jam	Special K Cereal	Strawberry Jam	Special K Cereal	Strawberry Jam
Peanut Butter	Peanut Butter	Raisin Bran Cereal	Peanut Butter	Bran Flakes Cereal	Peanut Butter	Raisin Bran Cereal
White Toast	Whole Wheat Toast	Peanut Butter	White Toast	Peanut Butter	White Toast	Bacon
	White Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast		Peanut Butter
						White Toast

LUNCH						
Tomato Bisque	Country Bean & Vegetable Soup	Vegetable Juice	Barley Beef Soup	Chicken Noodle Soup	Cream of Broccoli Soup	French Onion Soup
Grilled Cheese on Wheat	Chicken Burger on Bun	Beef Burger on WW Bun	Turkey & Potato Salad Plate	Cottage cheese fruit plate	Lettuce Leaf	Sloppy Joe on WW Bun
Iceberg Salad	Marinated Vegetables	Macaroni Salad	Chickpea & Veggie Salad	Orange Sorbet Cup	Tuna Salad Sndw on WW	Onion Bun
Ranch Dressing	Bread and Butter Pickle	Tomato Slices	Strawberry Ice Cream		Tomato & Onion Salad	Creamy Cucumber & Onions
Chocolate Vanilla Pudding Parfait LoCal	Lettuce Leaf	Lettuce Garnish			Fresh Grapes	Watermelon Sherbet
Ketchup	Tomato Slices	Onion Slice				
	Fresh strawberries	Ice Cream Sandwich				
	Mayonnaise	Ketchup				
		Mustard				
		Pickle Relish				
		Mayonnaise				
		Cheddar Cheese Slice				
		Cheese Puffs Chips				
		Hot Dog on White Bun				
		Potato Salad				
		Watermelon Chunks				
		Ketchup				
		Mustard				
		Pickle Relish				
		Mayonnaise				
		Classic Potato Chips				

DINNER

Chicken Korma	Battered Haddock	Baked Chicken with Chalet	Sweet-N-Sour Pork Bites	Ginger Beef	Veal Parmesan	Baked Ham in Pineapple
Fluffy Rice	Tator Tots	Sauce	Rice Pilaf	Chow Mein Noodles	Marinara Sauce	Juice
Steamed Asparagus	Fresh Herbed Zucchini	Savory Potato Wedges	Buttered Brussels Sprouts	Asian Vegetables	Buttered Spaghetti	Scalloped Potatoes
Baklava	Lemon Wedge	Steamed Broccoli	Buttertart Square	Lemon Burst Macaroon Bar	French Cut Green Beans	Prince Edward Vegetables
	Bread Pudding	Maple Cake			Blueberry Crisp	Apple Pie Slice
	Caramel Sauce					Ice Cream Sundae