

## Meals on wheals menus

	<b>Soups</b>	<b>Meals</b>	<b>Desserts</b>
<b>Week 1</b>	Cream of cauliflower Chicken and stars Beef and macaroni Tomatoes and corn Moraccan lentils	Chinese macaroni Yogurt/Dijon mustard chicken skewer Stewed beef cubes and carrots Pork and beef sausage Hake	Coconut pie Half and half cake Oatmeal cookie Blueberry pudding Fruit muffin
<b>Week 2</b>	Cream of broccoli Chicken and rice Beef and noodles Tomatoes and alphabet Peas	Ham sandwich salad Chicken stew Mexican pie Roast pork mustard and honey Alfredo pastas with scallops and shrimps	Impossible pie Vanilla cake Molasses cookie Chocolate poor's man pudding Tapioca Pudding
<b>Week 3</b>	Tomato juice Chicken and noodles Beef and orzo Tomatoes and vermicelli Onions	Meat spagetthi Honey and lemon chicken leg Beef patty in sauce Pork chops Haddock	Butterscotch pie Mille-feuilles Banana cookies Bread Pudding Fruit Jello mousse
<b>Week 4</b>	Tomato cream Chicken and orzo Beef and alphabet Italian style tomatoes Minestrone	Fusili with pork and vegetables Chicken in sauce Chalet pie Maple pork tenderloin Dill Fish	Cheese pie Chocolate cake Grandmother's cookies Strawberry pudding Muffin
<b>Week 5</b>	Cream of chicken Pork, carrots and rice Beef and vegetables Tomatoes and basil Cabbage and ham	Gumbo bread Chicken bourguignon Shepherd's pie Ham salmon soy/mustard	Banana pie Oatmeal cake Applesauce cookies Fruit salad Rice pudding

**\* Seasonal or macaroni salads accompany sandwiches as a main course**

**\*\* Seasonal salads or tomato juice available instead of soups**

**\*\*\* Yogurt, fruit salad and fresh fruit available at all times instead of desserts**

## Soups

## Meals

## Desserts

### Week 6

Vegetable juice  
Chicken and alphabets  
Beef, rice and carrot  
Tomatoes and orzo  
White beans

Meat macaroni  
Honey garlic chicken  
Hamburger steak  
Sausages with italian vegetables  
Seafood linguini

Chocolate pie  
Date square  
Maple cookie  
Lemon sidewalk  
Jello

### Week 7

Cream of mushroom  
Old fashioned chicken  
Beef and shells  
Tomatoes and alphabet  
Barley

Chicken and vegetable curls  
Chicken breast  
Beef stew with vegetables  
Ham uuiche  
Paprika fish

Sugar pie  
Carrot cupcake  
Chocolate cookies  
Fruit crisp  
Fruit muffin

### Week 8

Cream of vegetables  
Chicken noodles  
Beef and Stars  
Tomatoes and rice  
Minestrone

Pasta with bolognese sauce  
Chicken pot pie  
Pepper Steak  
Pork meatballs  
Tilapia fish

Seasonal fruit pie  
Banana cake  
Grandma cookies  
Raspberry pudding  
Chocolate tapioca pudding

### Week 9

Clam juice (clamato)  
Chicken and vermicelli  
Beef and Alphabet  
Tomatoes and noodles  
Pork and vegetables

Sausage rice  
Chicken with mushroom and creamy sauce  
Italian Meatloaf  
Pork chops creamy sauce  
Sole filet

Lemon pie  
Mayonnaise cake  
Vanilla Cookies  
Poor man's pudding  
Fruit salad

### Week 10

Cream of celery and carrots  
Chicken and cabbage  
Beef and noodles  
Tomatoes and vegetables  
Leguminous

Ground beef noodles  
Hunter's chicken  
Juice's roast beef  
Steak spices pork fillets  
Salmon blanquette

Egg pie  
Spice cake  
Mémé's sour cream patties  
Chocolate sidewalk  
Fruit Jello mousse

After week 10, we go back to week 1

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\*\*\* Yogurt, fruit salad and fresh fruit available at all times instead of desserts