

February 2019

OSIP Lunch Menu

Water, 1% Milk, Juice and Coffee offered at every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chopped Steak French Fries Carrots W/G Rolls Fruit Cocktail
4 Beef Burgers on a W/G Bun Tomatoes/Onions Basil Noodles Cherry Apple Cup	5 Chicken Stuffing Carrots Fruit Cocktail	6 Fish Chowder W/G Saltines Sweet Potato W/G Banana Muffin Apricots	7 Roast Pork Peas W/G Egg Noodles Peaches	8 Broc & Cauli with Cheese & Rice Deviled Egg Pears
11 Veggie & Cabbage Soup W/G Grilled Cheese Fruit Cocktail	12 Chopped Steak Mashed potato Green Beans W/G Bread Apricots	13 Baked Chicken with Mushrooms Rice & Carrots Melon	14 Tuna Pea Wiggle Cole Slaw W/G Biscuit Mixed Fruit	15 Boiled Ham with Cabbage Corn Muffin Pineapple
18 Rst Pork W/G Pasta Carrots/Peas Peaches	19 Veggie Pizza on W/G Sand Thins Cottage Cheese Pears	20 Shepards Pie with Carrots & Corn W/G Roll Fruit Cocktail	21 Chicken Noodle Soup Lettuce & Tomato W/G Sandwich Apricots	22 Haddock Cole Slaw W/G Rolls Mandarin Oranges
25 Tuna Noodle W/G Casserole Squash Pears	26 Baked Ham Brown Rice Carrots/Onions Pineapple	27 Veggie Soup Egg Salad W/G Sandwich Mixed Fruit	28 Beef Stir Fry On Brown Rice W/G Rolls Apple sauce	

OSIP Adult Day Services is an equal opportunity provider.