

Wonderful Wednesday

Fall 2024

September 4: Meatballs & Spaghetti

- **Beef & Sausage meatballs** (Ground beef, ground sausage, onions, garlic, parsley, oregano, crushed cornflakes, salt & pepper, olive oil, eggs, Italian seasoning)
- **Tomato Sauce** (Onions, garlic, salt & pepper, olive oil, crushed tomatoes, tomatoes pure, Italian seasoning)
- **Garlic & Cheese bread** (Bread, butter, garlic, salt, olive oil)
- **Gluten free pasta**
- **Broccoli salad** (Broccoli, red peppers, red onions, garlic, salt & pepper, olive oil, apple cider vinegar, Dijon mustard, bacon)
- **Mix Salad** (Organic Spring Salad Leaves, Romain Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Fruit Salad** (Fresh Fruit with Orange Juice)
- **Dessert: Lemon Mousse**

September 11: Stir-fry & Rice

- **Chicken Stir-fry** (Chicken, salt & pepper, chicken broth, garlic, ginger, olive oil, gluten free soy sauce, sesame oil, honey, corn starch, red onion, broccoli, red pepper, green pepper, edamame, baby corn, mushrooms)
- **Stir-fry Colliflower Rice** (Eggs, olive oil, salt & pepper, chicken, broth garlic, ginger, gluten free soy sauce, sesame oil, honey, corn starch)
- **Toasted Sesame Seeds**
- **Rice**
- **Dino Nuggets**
- **Apple & Raisin Salad** (Apple, carrots, golden raisins, lemon juice, honey, cinnamon)
- **Mix Salad** (Organic Spring Salad Leaves, Romain Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Fruit Salad** (Fresh Fruit with Orange Juice)
- **Dessert: Yellow Cake**

September 18: Pork Schnitzel & Potato Salad

- **Schnitzels** (Pork loin, salt & pepper, eggs, breadcrumbs,)
- **Pan – Fried Pork Tender Loin** (Pork tender loin, Lawry's seasoning, black pepper, garlic, paprika, olive oil)
- **Potato Salad** (Potatoes, mayonnaise, Dijon mustard, apple cider vinegar, red onions, celery, dill pickles, salt & pepper, dill, parsley)
- **Cucumber & Red Onion Salad** (Cucumber, red onion, white vinegar, olive oil, salt & pepper)
- **Apple & Raisin Salad**
- **Mix Salad** (Organic Spring Salad Leaves, Romain Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Fruit Salad** (Fresh Fruit with Orange Juice)
- **Dessert: Apices Apples with Ice Cream**

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September 25: Hamburgers with Tator Totts

- **Hamburgers** (Beef hamburgers, black pepper, garlic)
 - Bacon
 - Fried Onions
 - Tomatoes
 - Iceberg Lettuce
 - Cheddar Cheese
- **1001 Island Dressing** (Mayonnaise, Ketchup, Worcestershire sauce, Salt & pepper, Paprika, Lemon juice, Tabasco)
- **Hamburgers Buns and Gluten Free Hamburger Buns**
- **Mix Salad** (Organic Spring Salad Leaves, Romain Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Fruit Salad** (Fresh Fruit with Orange Juice)
- **Dessert: Brownie Cookies**

October 2: Bangers (Bratwurst Sausages) & Mash

- **Bratwurst Sausages**
- **Mashed Potatoes** (Potatoes, Salt & Pepper, Half & half, Butter, Olive oil)
- **Gravy** (Fried red onions, Beef Stock, Salt & Pepper, Garlic, Green peas, Corn Starch)
- **Oven Roasted Vegetables** (Mini red peppers, red onions, zucchini, squash, cherry tomatoes)
- **Fruit Salad** (Fresh Fruit with Orange Juice)
- **Mix Salad** (Organic Spring Salad Leaves, Romain Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Orange Cake**

October 9: *Fish and Chips*

- **Battered Fried Fish** (Tilapia fish fillet, Flour, Eggs, Olive oil, Salt & pepper, Soda water, Garlic)
- **Pan fried Tilapia**
- **Pan Fried Chicken Tenders** (Chicken breast, olive oil, garlic, salt & pepper, paprika, Italian seasoning)
- **French Fries**
- **Homemade Tartar Sauce** (Mayonnaise, Dill, shallots, salt & pepper, garlic, lemon, Pickles)
- **Vinegar Coleslaw** (Cabbage, carrots, red onions, Apple cider vinegar, Honey, Dijon mustard, Salt & pepper)
- **Fruit Salad** (Fresh Fruit with Orange Juice)
- **Mix Salad** (Organic Spring Salad Leaves, Romain Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Carrot Cake**

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October 16: *Sloppy Joes with Ground Beef*

- **Sloppy Joes** (Minced turkey, olive oil, onion, salt & pepper, paprika, garlic, Italian seasoning green bell peppers, tomato paste, crushed tomatoes, beef stock, Worcestershire Sauce, brown sugar, liquid smoke, molasses)
- **Hamburger buns & gluten free buns**
- **Corn Salad** (Corn, red peppers, spring onions, lime, garlic, salt & pepper)
- **Corn Bread** (Corn bread mix, milk, eggs)
- **Fruit Salad** (Fresh Fruit with Orange Juice)
- **Mix Salad** (Organic Spring Salad Leaves, Romain Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Pudding Cups**

October 23: **Beef Stroganoff**

- **Beef Stroganoff** (Beef, beef stock, Yellow Onions, Butter mushrooms, Garlic, Salt & pepper, olive oil, heavy cream, sour cream, Dijon mustard, paprika)
- **Beef with no cream**
- **Egg Noodles & Gluten Free Egg Noodles**
- **Green Bean Salad** (Green beans, bacon, brown sugar, garlic, salt & pepper, gluten free soy sauce)
- **Fruit Salad** (Fresh Fruit with Orange Juice)
- **Mix Salad** (Organic Spring Salad Leaves, Romain Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Goopy Butter Cake**

October 30: **HARVEST FESTIVAL**

November 6: **Oven Baked Chicken Legs**

- **Chicken Legs** (Chicken legs, olive oil, Lawry's seasoning, paprika, black pepper, garlic)
- **Gravy** (Chicken legs, olive oil, Lawry's seasoning, paprika, black pepper, garlic, chicken stock, corn starch)
- **Smashed Potatoes** (Potatoes, olive oil, salt & pepper)
- **Tomato & Cucumber Salad** (Tomatoes, Cucumber, white vinegar, white onion, olive oil, salt & pepper)
- **Fruit Salad** (Fresh Fruit with Orange Juice)
- **Mix Salad** (Organic Spring Salad Leaves, Romain Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Strawberry cups**

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November 13: *Hungarian Goulash (Beef Stew)*

- **Goulash** (Beef, onions, peppers, tomatoes, potatoes, garlic, tomato paste, salt & pepper, paprika, cumin, marjoram, beef stock)
- **Chicken Nuggets for Kids** (Chicken Nuggets contain gluten)
- **Sourdough Bread and Gluten free bread**
- **Vegetable Medley** (Squash, Brussel sprouts, red onion, dried cherries. olive oil, salt & pepper, garlic)
- **Fruit Salad** (Fresh Fruit with Orange Juice)
- **Mix Salad** (Organic Spring Salad Leaves, Romain Salad, Cucumbers, Cherry Tomatoes, Baby Carrots)
- **Dessert: Chocolate mouse**

November 20: *Thanksgiving Meal*

- **Turkey** (fresh thyme, Rosemary, Parsley, Oregano; Butter, Paprika, Olive oil, Salt & Pepper, Minced garlic, Red Onion, Celery, Carrots, Garlic cloves, Apples)
- **Stuffing** (fresh thyme, Rosemary, Parsley, & Oregano; Salt & Pepper, Garlic, Bread (cubed), Butter, Chicken bouillon, Dried cranberries, Celery, Onion (red), Bacon, Apples)
- **Gravy** (Juice from the turkey, chicken stock, butter, corn starch)
- **Mashed Potatoes** (Potatoes, Salt & Pepper, Half & half, Butter, Olive oil)
- **Sweet potato Casserole** (Sweet potatoes, Butter, Brown Sugar, Nutmeg, Cinnamon, Pecans, Vanilla)
- **Biscuits**
- **Green beans with bacon** (Green beans, Soy sauce, pepper, garlic, bacon, brown sugar)
- **Mix Salad**
- **Dessert: Pumpkin pie & Pumpkin Cheesecake**