

Wonderful Wednesday Spring 2025

January 15: *Mediterranean Grill*

- **Grilled Marinated Chicken Breast** (Chicken breast, olive oil, salt & pepper, paprika, thyme, oregano, lemon, garlic)
- **Grilled Vegetables** (Zucchini, Cherry tomatoes, mini peppers, red onions)
- **Rice** (Turmeric, paprika, cumin, parsley, raisins, salt)
- **Hummus (contains sesame)** (Chickpeas, tahini (sesame paste), olive oil, salt & pepper, garlic, lemon)
- **Tzatziki Sauce (Yoghurt Cucumber Sauce)** (Greek yoghurt, cucumbers, dill, garlic, lemon juice, salt & pepper)
- **Pita Bread**
- **Mix Salad**
- **Fruit Salad**
- **Dessert: Lemon Mousse**

January 22: *Tacos*

- **Beef** (Ground Beef, onions, cumin, salt & pepper, oregano, garlic, tomato puree, olive oil)
- **Turkey**(Ground Turkey, onions, cumin, salt & pepper, oregano, garlic, tomato puree, olive oil)
- **Refried beans** (Pinto beans, onions, salt & pepper, lard, garlic)
- **Salsa & Corn Chips** (Onions, bell peppers, onions, tomatoes, cilantro)
- **Spanish Rice** (Rice, garlic, salt & pepper, tomato cause, chicken bouillon, cilantro, cumin)
- **Tortillas** (Wheat & Corn)
- **Mix Salad**
- **Fruit Salad**
- **Dessert: Cinnamon Twist**

January 29: *Breakfast*

- **Scrambled Eggs** (Eggs, butter, olive oil, salt & pepper, half & half)
- **Pancakes** (Flour, baking powder, sugar, milk, butter, eggs, salt)
- **Bacon & Sausages**
- **Fried Potatoes** (Potatoes, onions, salt & pepper, olive oil, garlic, bell peppers)
- **Tortillas** (Wheat & Corn)
- **Salsa**
- **Shredded Cheese**
- **Maple Syrup**
- **Fruit Salad**
- **Dessert: Cinnamon Rolls**

February 5: *Oven Baked Pork Tenderloin with Wild Berry Sauce*

- **Pork Tenderloin** (Pork Tenderloin, salt & pepper, garlic, paprika, olive oil)
- **Gravy** (Chicken Stock, salt & pepper, garlic, paprika, olive oil, corn starch)
- **Wild Berry Sauce** (Blackberry, strawberry, blueberry, raspberry, butter, sugar, vanilla extract)
- **New Potatoes** (New Potatoes, salt & pepper, olive oil, garlic, Italian seasoning)
- **Apple & Carrot Salad** (Apple, carrots, brown sugar, raisins, lemon juice, black pepper)
- **Fruit Salad**
- **Mix Salad**
- **Dessert: Pudding**

February 12: *Spaghetti & Meatballs*

- **Beef & Sausage meatballs** (Ground beef, ground sausage, onions, garlic, parsley, oregano, garlic, crushed cornflakes, salt & pepper, olive oil, eggs, Italian seasoning)
- **Tomato Sauce** (Onions, garlic, salt & pepper, olive oil, crushed tomatoes, tomatoes pure, Italian seasoning)
- **Bread with Garlic Butter**
- **Gluten free pasta**
- **Broccoli Salad** (Broccoli, red onions, bacon, Dijon mustard, salt & pepper, garlic, apple cider vinegar)
- **Fruit Salad**
- **Mix Salad**
- **Dessert: Strawberry Cups**

February 19: *Grilled Fish with Mac & Cheese*

- **Tilapia Fish** (Tilapia fish, salt & pepper, garlic, lemon juice, paprika,
- **Mac & Cheese** (Elbow Pasta, heavy cream, cheddar cheese, milk, flour, salt & pepper, olive oil)
- **Gluten Free Mac & Cheese** (Gluten Free Elbow Pasta, heavy cream, cheddar cheese, milk, gluten free flour, salt & pepper, olive oil)
- **Lemon & Fennel Salad** (Fennel, lemon, olive oil, spring onions, dill)
- **Fruit Salad**
- **Mix Salad**
- **Dessert: Orange Fluff**

February 26: *Hot Dog / Bratwurst Bar*

- **Beef Hot Dogs**
- **Bratwurst Sausages**
- **Hot Dog Buns**
- **Fried Onion** (Red onions, salt & pepper, olive oil)
- **Tater Tots**
- **Baked Beans**

- Shredded Cheese
- Fruit Salad
- Mix Salad
- **Dessert:** Chocolate Chip Cookies

March 5: Thai Chicken Curry

- **Thai Chicken Curry** (Chicken Breast, Thai curry red paste, red onions, salt & pepper, ginger, garlic, chicken stock, coconut milk, red bell pepper, green bell pepper, green beans, carrots, peanut butter, toasted peanuts, chili, Thai basil).
- **Thai Chicken Curry – Not spicy & no peanuts** (Chicken Breast, Thai curry red paste, red onions, salt & pepper, ginger, garlic, chicken stock, coconut milk, red bell pepper, green bell pepper, green beans, carrots, Thai basil).
- **Curry Garnish** (Limes, coriander, spring onions)
- **Rice**
- **Spring Rolls**
- **Papaya and Cabbage Salad** (Papaya, red cabbage, cherry tomatoes, olive oil, salt & pepper, garlic, lime, toasted peanuts, chili, fish sauce, brown sugar, coriander, Thai basil)
- **Fruit Salad**
- **Mix Salad**
- **Dessert:** Coconut Custard

March 19: Grilled Pork Chops & Pasta

- **Grilled Pork Chops** (Pork chops, salt & pepper, olive oil, garlic, paprika, Italian seasoning)
- **Garlic & Mushroom Sauce** (Red onions, garlic, salt & pepper, half & half, mushrooms. Italian seasoning).
- **Gluten Free Garlic & Mushroom Sauce** (Red onions, garlic, salt & pepper, vegetable stock, mushrooms. Italian seasoning, corn starch).
- **Macaroni Pasta**
- **Tomato & Cucumber Salad** (Roma Tomatoes, cucumber, salt & pepper, vinegar, olive oil)
- **Fruit Salad**
- **Mix Salad**
- **Dessert:** Cake

March 26: Meatloaf with Mashed Potatoes

- **Meatloaf** (Minced Beef, garlic, salt & pepper, eggs, olive oil, crushed corn flakes, diced red and green bell peppers, fried onions, parsley)
- **Meatloaf Glaze** (Ketchup, Worcestershire sauce, apple cider vinegar, orange juice, honey, molasses, liquid smoke, garlic)
- **Mashed Potatoes** (Red onions, garlic, salt & pepper, vegetable stock, mushrooms. Italian seasoning, corn starch).
- **Macaroni Pasta**

- **Green Beans** (Green Beans, bacon, black pepper, olive oil, garlic, soya sauce)
- **Fruit Salad**
- **Mix Salad**
- **Dessert:** Ice Cream

April 2: Chicken Paprikash with Potato Pancakes

- **Chicken Paprikash** (Chicken, Paprika, Salt & Pepper, Gallic, Olive oil, Chicken Stock, Onions, Corn Starch)
- **Potato Pancakes** (Grated potatoes, Garlic, Salt & Pepper, Flour, Sparkling water, Mayoran, Paprika, Olive oil)
- **Rice**
- **Cucumber & Onion Salad** (Cucumbers, red onions, salt & pepper, vinegar)
- **Fruit Salad**
- **Mix Salad**
- **Dessert:** Cake

April 9: Pulled Pork

- **Pulled Pork** (Pork Shoulder Butt, Olive oil, Garlic, Salt & Pepper, Oregano, Paprika, Honey, Lemon, Dijon Mustard)
- **Coleslaw** (Cabbage, Red onions, Carrots, Honey, Dijon Mustard, Apple cider vinegar, Garlic, Salt & pepper)
- **BBQ Sauce** (Ketchup, Worcestershire sauce, Apple Cider Vinegar, Molasses, Brown sugar, Salt & Pepper, Onion powder, Garlic, Paprika, Liquid Smoke).
- **Baked beans with Spicy Sausages**(Baked beans, spicy sausages, BBQ sauce, garlic, salt & pepper, apple cider vinegar)
- **Hamburger Buns**
- **Pickles**
- **Fruit Salad**
- **Mix Salad**
- **Dessert:** Cookies

April 16: Chicken Cordon Blue Casserole

- **Cheese Sauce** (Butter, garlic, salt & pepper, flour, heavy cream, cheddar cheese)
- **Casserole** (Penne pasta, chicken breast, ham, cheese sauce, breadcrumbs)
- **Grilled Chicken Breast** (Chicken breast, salt & pepper, garlic, olive oil, paprika, Laurie's seasoning)
- **Gluten Free Penne Pasta**
- **Corn Salad** (Sweet corn, Bacon, Onion, Salt & Pepper, Olive oil, Lemon Juice, Garlic, Spring Onion, Red peppers)
- **Fruit Salad**
- **Mix Salad**

- **Dessert:** Apple Pie Filling with Ice Cream

April 23: Hamburgers

- **Beef Hamburger Patties** (Grilled Hamburger Patties, Laurie's seasoning, Garlic powder, Onion powder, Black pepper)
- **Bacon**
- **Fried onions** (Red onions, Salt & pepper, Garlic, Olive oil)
- **Tomatoes**
- **Iceberg lettuce**
- **Cheddar Cheese**
- **1001 Island Dressing** (Mayonnaise, ketchup, Worcestershire sauce, salt & pepper, garlic, paprika, lemon juice, tabasco)
- **Tater tots**
- **Hamburger Buns**
- **Fruit Salad**
- **Mix Salad**
- **Dessert:** Cake with Hot Fudge Sauce