

COUNTY OF STETTLER HOUSING AUTHORITY 2025

Choice of Juice, Milk or Water for every meal.

Date:

WEEK 1

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Manager's Special Fried Eggs, Bacon or Sausage, Hashbrowns and Toast	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Spaghetti/w Meat Sauce Parm. Cheese Texas Garlic Toast Beet Pickles Caesar Salad Fresh Mixed Veggie Tray 1/2 Hour Pudding	Juicy Baked Chicken Pieces Parlsied Potatoes Steamed Broccoli Gherkins Tossed Salad Fresh Mixed Veggie Tray Homemade Apple Crisp (Real Apples, Not Pie Filling)	Country Style BBQ Pork Ribs Baked Potato Halves Sour Cream/Chives Turnips B & B Pickles Coleslaw Fresh Mixed Veggie Tray Tapioca	Beef Dip Home Made Buns Potato Salad Peas & Carrots Horseradish Olives Fresh Mixed Veggie Tray Orange Creamsicle Poke Cake	Garlic Herb Baked Pollack Herbed Oven Fries California Mix Alternate Pickled Onion Layered Salad With Romaine Fresh Mixed Veggie Tray Ice Cream Treats	Sweet and Sour Pork Bites Rice Oriental Vegetables Sw. Mixed Pickles Spinach Salad Fresh Mixed Veggie Tray Sliced or Stewed Strawberries/Rhubarb	Roasted Turkey Whipped Potatoes Homemade Gravy Cranberry Sauce Sweet Potato Dressing Dill Pickles Fruit and Nut-Tossed Salad Fresh Mixed Veggie Tray Fruit Pie
Evening Salad Bar	Carrot & Raisin Salad Fruit Salad BLT Salad	Pistachio Salad Fruit Tray w/ Cantaloupe Marinated Veggies	Orange Jello With Cottage Cheese Spinach Salad Fruit Salad	Greek Pasta Salad Fruit Tray Mixed Greens	Sliced Tomato & Cucs Fruit Salad Devilled Eggs	BBQ Chicken Salad Fruit Tray Cottage Cheese	Broccoli Salad Fruit Salad Celery with Cheeze Whiz
Supper	Omelettes Soup: Sand: Assorted Desserts	Fish Sticks Alternative - Chicken Strips Soup: Sand: Cheese Cake Parfaits	Homemade Pot Pies Soup: Sand: Mousse	Salt & Pepper Baked Chicken Wings Tater Tots Soup: Sand: Peaches	Oatmeal or Whole Grain Pancakes Breakfast Sausages Soup: Sand: Cupcakes	Chili Con Carne With Corn Bread Side Green Salad Soup: Sand: Skor Cake	Beef Sliders Soup: Sand: Vanilla Pudding

NOTE: White /Whole Wheat Bread Available Lunch/Supper

Crackers are served at Supper/wlth Soups

M. Anderson, RD
Feb 26/2025

Juice Choices: Apple, Orange, Cranberry, Prune, Tomato

COUNTY OF STETTLER HOUSING AUTHORITY 2025

Choice of Juice, Milk or Water for every meal.

Date:

WEEK 2

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Manager Special Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Hamburgers Baked Beans Potato Salad Sliced Tomatoes, lettuce Onions and Cheese Fresh Mixed Veggie Tray Pumpkin Custard	Pulled Pork Oven Baked French Fries Kernel Corn Coleslaw Olives Fresh Mixed Veggie Tray Ice Cream	Cornflake Chicken Green Beans Mashed Potatoes Sweet Mixed Japanese Salad Fresh Mixed Veggie Tray Lemon Dessert	Steak Baked Potatoes California Mix Gherkins Greek Salad Fresh Mixed Veggie Tray Banana Split Dessert	Salmon Loins w/ Cream and Dill Sauce Roasted Potatos Peas Alternate B & B Pickles Waldorf Salad Fresh Mixed Veggie Tray Peach Cobbler	Beef Stroganoff Buttered Noodles Mixed Veggies Beet Pickles Tossed Salad w/ Tomato and Romaine Veggie Tray with Carrots Layered Pudding Dessert	Stuffed Roast Pork Loin Gravy Mashed Potatos Baked Squash Dill Pickles Broccoll, Orange & Almond Salad Fresh Mixed Veggie Tray Cream Pie
Evening Salad Bar	Old Fashioned Carrot Salad Fresh Fruit Tray Three Bean Salad	Avocado and Tomato Salad Fruit Salad Cauliflower Salad	Marinated Onion Salad Broccoll Orange Salad Fruit Tray	Mushroom Salad Fruit Salad w/Cantaloupe Crunchy Pea Salad	Parmesan Salad Fruit Tray Sweet Cabbage Salad	Chinese Mandarin Fruit Salad Spinach Salad	Cobb Salad Fruit Tray Coleslaw
Supper	Perogies and Sausage Soup: Sand: Assorted Desserts	Hot Turkey Sandwich Soup: Sand: Strawberry Brownies	Crab Cakes Alternate: Egg Salad Soup: Sand: Pears and Cookies	Ham and Turkey Subs Soup: Sand: Assorted Desserts	Garlic Ribs Onion rings Soup: Sand: Banana Pudding	Poached Eggs Toast Soup: Sand: Cheesecake	Chicken Mozza Sandwich Soup: Sand: Lemon Bars

*Manalson, RD
Feb 26/2025*

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Beef Stew with Carrots & Turnips Boiled Potatoes Homemade Biscuits Olives Spinach Salad Fresh Mixed Veggie Tray 1/2 Hour Pudding	Pork Chops/w Bone In Baked Potato With Fixings Brussel Sprouts Gherkins Greek Salad w/Romaine Fresh Mixed Veggie Tray Apple Cake	Beef Stir Fry w/Waterchestnuts and Snap Peas Rice Sliced Dill Pickles Garden Salad Fresh Veg Tray W/Carrots Coconut Delight	Roasted Chichen Gravy Mashed Potatos Beets Sweet Mixed Coleslaw w/Carrot Fresh Mixed Veggie Tray Cream Puffs	Crispy Baked Perch Roasted Potatoes Squash Alternate Onion Pickle Chef Tossed w/Romaine Fresh Mixed Veggie Tray Cherry Slice	Honey Garlic Meatballs Mashed Potatoes Carrots & Peas Beet Pickle Layered Salad Fresh Mixed Veggie Tray Lazy Daisy Cake	Pineapple Baked Ham Scalloped Potatoes Cream Corn Dill Pickles Japanese Salad Fresh Mixed Veggie Tray Fruit Pie
Evening Salad Bar	Parmesan Salad Fruit Salad Potato Salad	Cucumber Salad Deviled Eggs Fruit Tray w/Cantaloupe Japanese Salad	Fresh Tomato Tray Fruit Salad Mandarine Orange Salad	Chef Salad Fruit Tray Peaches & Cream Salad	Corn Chip Salad Fruit Salad Onion Salad	Pea Salad Fruit Tray Waldorf Salad	Orange/Grapefruit Salad Fruit Salad w/cantaloupe Pistachio Salad Cottage Cheese
Supper	Assorted Entrees Resident's Choice Soup: Sand: Assorted Desserts Residnet's Choice	Seafood Melt Alternate - Chicken Melt Soup: Sand: Butterscotch Pudding	Fried Eggs Bacon Toast Soup: Sand: Poached Pears	Sloppy Joes w/Home Made Buns Soup: Sand: Ice Cream	Loaded Hot Dogs Soup: Sand: Brownies	Beef Sausage Sweet Potato Wedges Soup: Sand: Rhubarb Crisp	Chicken Salad Croissant Soup: Sand: Raspberry Streusel Bars

M. A. Neeson, RD
Feb 26/2025

NOTE: White/Whole Wheat Bread Available Lunch/Supper

Crackers are served at Supper/with Soups

Juice Choices: Apple, Orange, Cranberry, Prune, Tomato

COUNTY OF STETTLER HOUSING AUTHORITY 2025

Choice of Juice, Milk or Water for every meal.

Date:

WEEK 4

Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Wheatlets Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Oatmeal Assorted cold cereals; Eggs, Toast (whole wheat, white or raisin) Fruit slices Yogurt	Hot Cereal - Sunny Boy Assorted cold cereals; Eggs Toast (whole wheat, white or raisin) Fruit slices Yogurt
Dinner	Savory Meatloaf Mashed Potatoes Creamed Peas Beet Pickle Greek Salad Fresh Mixed Veggie Tray Chocolate Delight Dessert	Garlic Butter Baked Chicken Thighs Potatoes Spinach Dill Pickles Tossed Salad Fresh Mixed Veggie Tray Apple Turnovers	Beef Ravioli Garlic Toast Mixed Veggies Sweet Mixed Caesar Salad w/Romaine Fresh Mixed Veggie Tray Lemon Meringue Pie	BBQ Roast Pork Garlic Mashed Potatoes Beets Olives Carrot Apple Slaw Fresh Mixed Veggie tray Rice Pudding	Oven Baked Cod French Fries Broccoli Alternate: Broiled Chicken Breast B & B Pickles Cauliflower Salad Fresh Mixed Veggie tray Peach Crisp	Liver & Onions Mashed Potatoes Gravy Dilled Carrots Gherkins Tomato & Cucumber Salad Fresh Mixed Veggie Tray Blueberry Cheesecake	Roast Beef Mashed Potatoes Gravy Roasted Vegetables Onion Pickles Five Cup Salad Fresh Mixed Veggie Tray Cream Pie
Evening Salad Bar	Pasta Salad Fruit Tray Cucumbers/Onions w/sour cream	Taco Salad Deviled Eggs Fruit Salad w/Cantaloupe 7-Up Salad	Tomato Tray Fruit Tray Shrimp Salad (dilled)	Chef's Salad Fruit Salad Tomato/Cuke/Mushroom Salad	Corn Chip Salad Fruit Tray Marinated Salad	Beef Taco Salad Fruit Salad Broccoli Apple Slaw	Spring Mix Fruit Tray w/Cantaloupe Spinach Salad With Strawberries
Supper	Fish Burger Alternate Soup: Sand: Assorted Desserts Resident's Choice	Garlic Ribs Fries and gravy Soup: Sand: Ice Cream	Cheddar Smokies w/ Optional Bun Soup: Sand: Carrot Cake	Shepherd's Pie Soup: Sand: Cook's Choice	Homemade Pizza Ham and Cheese Pepperoni & Mushroom Soup: Sand: Puffed Wheat Square	Authentic Chicken Burgers Soup: Sand: Jelly Roll	Toasted Sandwich Ham and Swiss Soup: Sand: Pineapple Delight Squares

NOTE: White/Whole Wheat Bread Available Lunch/Supper

Crackers are served at Supper/with Soups

C. MacDonald, RD
Feb 26/2025
Juice Choices: Apple, Orange, Cranberry, Prune, Tomato