

Meziadin Junction Limited Partnership
Camp and Catering Services Outline at Meziadin Camp
November 2017

Meziadin Residential Site Camp Rules

Welcome to Meziadin camp. We will do everything we can to ensure your stay is wonderful.

The following few rules for our camp will make everyone's stay better.

- All residents **must** check in with the Camp Manager upon arrival.
- All residents **must** check out rooms (remove belongings) before 11 am.
- Please return your key for the next person. Lost or misplaced keys will be charged to your employer at a cost of \$50.
- **Meziadin Camp is a dry camp. No alcohol or illegal drugs are permitted onsite.**
- No Smoking or fires of any kind inside your room (this includes cigarettes/cigars, candles, incense, etc.) This is a fire hazard. Violation of this rule is grounds for immediate eviction from the site.
- Physical or Verbal abuse of any kind is prohibited in camp. Violation of this rule is grounds for immediate eviction from the site.
- No outdoor footwear is permitted in Dormitories, Dining Room, or Rec Room. Please remove footwear in the space provided before entering these areas. Clean footwear, IE: runners, slippers etc. is recommended.
- No tampering with furnaces, smoke detectors, propane, generator, or other camp equipment.
- If you notice a deficiency in any camp equipment please notify the Camp Manager.
- Quiet time is 10:00 pm. Out of consideration for co-workers and other camp users, please refrain from making noise, including TV, music, loud conversation, laundry, and slamming doors after this time.
- No overnight guest are permitted at any time.
- No access to food preparation and storage areas, or janitorial storage, except for catering staff. This is a health and safety regulation. If you require food or supplies please contact the Camp manager or Head Cook.
- No dishes, IE; plates, coffee mugs, or cutlery are to leave the Dining Hall at any time.
- Park only in designated parking areas to avoid blocking delivery and emergency vehicle access.
- Speed limit in camp vicinity is walking pace.
- Please park with tailpipe facing away from the dormitories to reduce the risk of exhaust pollution in the dorms.

OVERVIEW OF CAMP

Camp Description Quote

Meziadin Junction Camp is designed and serviced to serve up to 75 occupants including staff.

MJHL Supplied equipment will include the following,

- 3-Unit Kitchen plus two additions making it capable of serving up to a 150-person camp if required.
- 49 Person Frameless LPG dorm with 'Semi Private' Washrooms
- Up to a total of 4-6 person 'Jack and Jill' skidded wet sleepers
- Water and wastewater Storage and Distribution systems.
- 1 24x60 LPG Recreation unit
 - 70" TV
 - 2 public phones
 - 2 sets of love seat, couch, chair, coffee table
 - Weight room and exercise facility

Power

Camp has 3 600-amp single phase services. There is ample power for the existing MJHL owned equipment.

Potable Water

Potable water is provided through the camps permitted water system. Additionally, bottled water is available for meals. Bottled water is not intended to be unlimited, nor to be meant to supply workers through the day, but there for in camp consumption and at meal times. Bottled water is allowed for based on 2 to 3 bottles per person per day. Additional water is available by the case on a cost-plus basis for in field consumption.

Waste Water

Permitted 37 cu meters waste water lagoon

Catering and Cleaning Services

Meziadin Junction Limited Partnership will provide a catering and cleaning services.

Menu Plan

Please review the sample menu plan in the appendix of this document. This is intended to be used as a sample and is changed regularly based on clients input.

In summary, Meziadin Junction Limited Partnership will provide:

- Choice of two main dinner entrées
- Light supporting dinner entre (such as pasta)
- Complete bagged lunch
- Light hot lunch for people at camp
- Complete breakfast
- Snack table that will have snacks available 24/7 including sandwiches etc.

Note that bottled water is included in the pricing for bagged lunches. 'Junk Food' such as chips, chocolate bars, and pop are excluded from the core pricing. These are available for purchase at Gas bar store.

Cleaning Service

Our cleaning service includes the following:

- Rooms cleaned daily as required
- Washrooms cleaned daily prior to shift change
- Common areas/offices etc. cleaned once daily
- Sheets changed weekly or on change of occupancy
- Supply clean towels

Linen Service

Included in this quote is a complete craft linen service for the camp including:

- Bed sheets and pillow cases
- Blankets
- Pillows
- Towels, towelettes and face cloths
- Bath Mats
- Shower curtains

Camp Catering and Cleaning Staffing

Meziadin Junction Limited Partnership will supply staffing required to meeting the requirements of the camp:

Camp Numbers

25-50 3-5 staff

50-100 5-8

For every additional 9 or 10 occupants there will be one additional staff.

Meal Time

Meal times will be determined on site between the onsite manager and the client. This bid is proposed on the following meal times:

- Breakfast 5:00 am to 7:00 am
- Hot Lunch Noon to 1 PM
- Dinner 5 pm to 7 pm

Camp Manager

Meziadin Junction Limited Partnership will provide a camp manager to oversee camp administration including the following duties:

- Front desk service (check in and check out)
- Camp orientation of new arrivals
- Oversight of the catering and cleaning staff
- Oversight of camp maintenance
- Coordination with the client

Television and Communications

- Wireless internet available through camp sufficient for a reasonable internet experience for the camp population. The internet service is Fibre based but is not intended to allow for streaming of movies, games, or other high bandwidth applications. Usage will be monitored and throttled if required.
- MJLP will provide a basic cable TV package that includes minimum 24 channels.

Terms and Conditions

Contract

- Proposal subject to negotiation with client prior to signing
- Billing will be bi-weekly based on either minimum agreed or actual occupancy, with terms net 14 days. Camp manager will provide weekly charge sheets that must be signed back within 48 hours, or any changes agreed to and included within 48 hours. IF charge sheets not returned in 48 hours billing will be as per the draft charge sheets, and any changes reconciled on the next billing cycle.
- Additional work and equipment will be quoted separately and is not included in this proposal
- Requirements for site safety exceeding industry standards will be charged extra to client
- Applicable taxes (including GST, PST) not included in this contract

Internet, Phone and TV

- Telephones, communications equipment and associated wiring not identified in proposal, as required, by client

Camp Operation

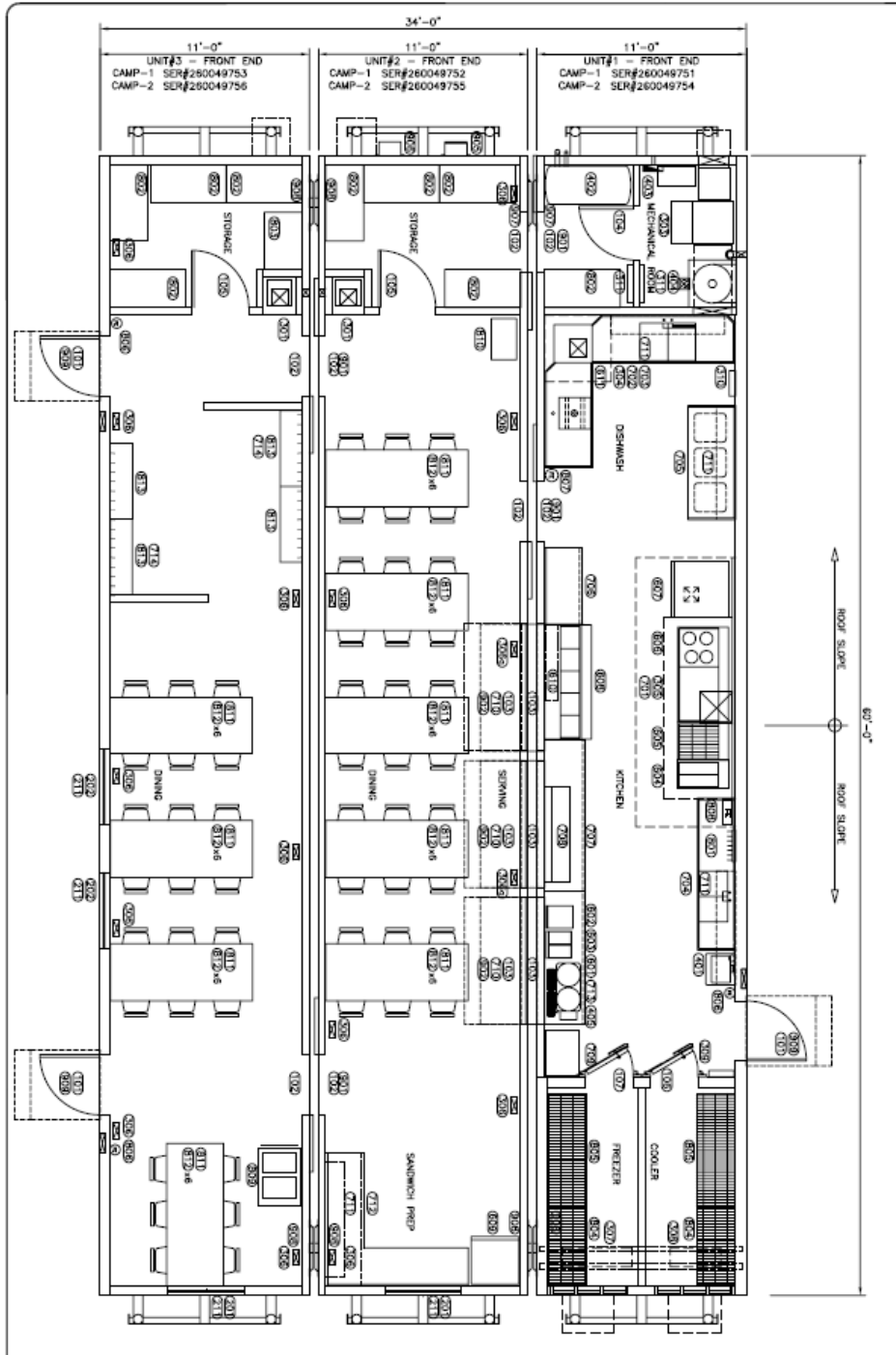
- For MJLP supplied rooms all camp consumables will be supplied by Meziadin Junction Limited Partnership
 - LPG
 - Power
 - Water and waste water supply and disposal
- Camp garbage and recycling collection and disposal by Meziadin Junction LP
- All necessary snow removal by Meziadin Junction LP
- Security of camp by Meziadin Junction LP

Catering and Camp Management

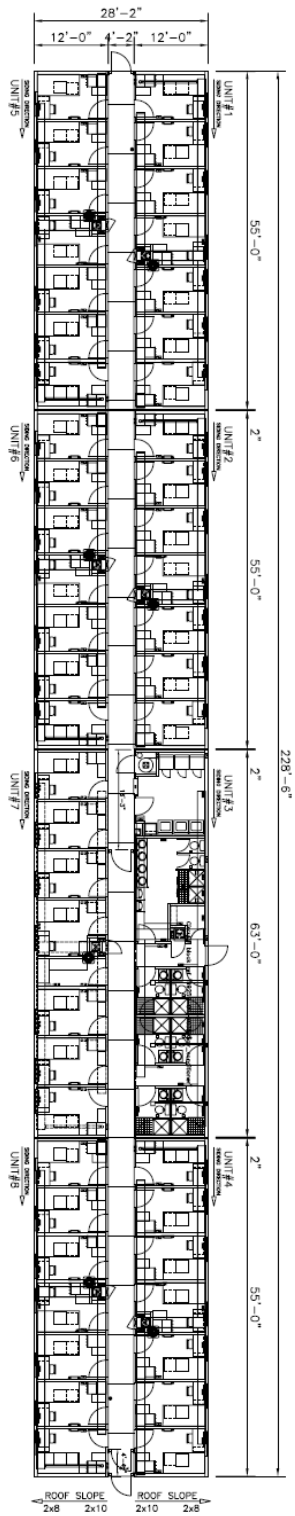
- All key cutting required by client. Lost or not returned keys will be charged to the client at a cost of \$25 per key.
- The client, is responsible for enforcement of all camp rules and ensuring its employees follow the camp guidelines. The camp manager will notify the designated Client representative if there are any violations, and the client is expected to provide suitable and acceptable enforcement.
- The Client shall be responsible for camp security requirements, if required by camp management at its sole discretion, on a camp occupancy per capita basis. In other words, third party security may be provided, and costs associated will be billed to the camp clients on a cost recovery and per capita basis.
- Excludes any security or disciplinary requirements by the Meziadin Junction LP staff on camp residents

Appendix I - Camp and Equipment Layouts

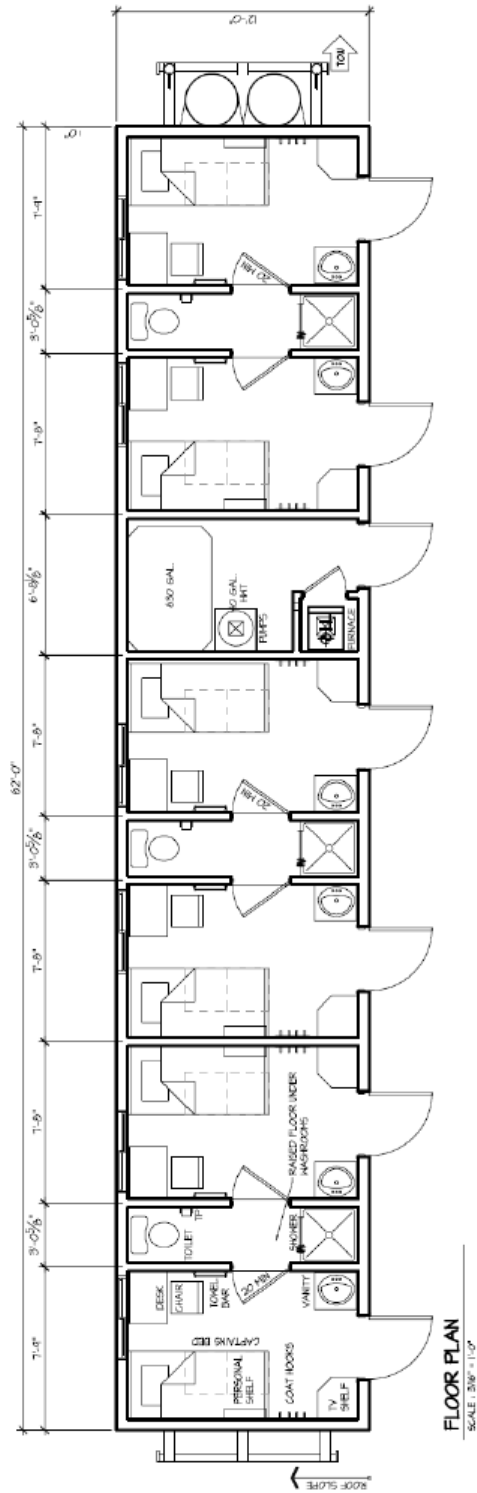
Thee Unit Kitchen



49 Person Dorm



Six Person 'Jack and Jill' Wet Sleeper



6 PERSON WET SLEEPER

FLOOR PLAN
SCALE: 1/8" = 1'-0"

Appendix III – Sample Menu Plan

Menu Overview

Available at all times:

Hot beverages: Assorted varieties of regular and herbal teas, coffee, hot chocolate

Cold beverages: Milk, fruit flavored drinks, bottled water

Fresh fruit: Oranges, Apples, Bananas (Seasonal fruit when available)

Fresh Sandwiches: Daily assortment of fresh sandwiches made using top quality meats & cheeses, on a variety of fresh breads.

Cold cereal: 4 varieties, including 2 low sugar, whole grain options

Hot Lunch and Dinner

Hot meals vary daily: see weekly menu

Salad Bar: leaf salad, special salad, pickles, olives, sliced tomatoes, cucumbers, celery, radishes, green onions, cottage cheese, peppers

Salad Dressings: assorted varieties including Italian, Ranch, 1000 Island, Balsamic, and at least 2 kinds of low-fat dressing

Fresh breads: assorted rolls and loafs as well as soup crackers and daily specialty bread with dinner

Condiments: Mustard, ketchup, relish, soy sauce, regular and low fat mayonnaise, horse radish, vinegar, oil, BBQ Sauce, Hp Sauce, Salt, Pepper, Cayenne, Chili flakes; other meal appropriate condiments

Breakfast

Daily Breakfast Entrée: Varies daily
For example: Breakfast Burritos, Egg McMuffins, Omelettes, etc.

Eggs any style, as requested

Bacon, ham, or sausage

Baked beans

Hash browns

French Toast or Pancakes

Chef's choice of hot cereal

Fresh baked items: such as muffins, scones, fruit loafs, croissants, cinnamon buns, etc

Fresh fruit trays: Selection of sliced melons, pineapple, & grapes

Cold cereal: 4 varieties, including 2 low sugar, whole grain options

Juices: Two fruit and one vegetable option

Yogurt: Three varieties including strawberry, peach, vanilla, field berry, raspberry, plain, blueberry, or cherry

Bread for toast: brown/white/multigrain bread, bagels, English muffins

Breakfast Condiments: Peanut butter, assorted jams and spreads, honey, syrup, butter, ketchup, mustard, mayonnaise, hot sauce, meat sauce, salt, pepper

Bag Lunch

Fresh Sandwiches: Daily choice of fresh sandwiches made using top quality meats & cheeses, on a variety of fresh breads, along with appropriate condiments

Fresh Veggies: Assortment of veggie sticks including at least three of: carrot, broccoli, celery, radishes, cauliflower, zucchini, red & green peppers, sliced cucumbers

Savory snack bag: Such as nuts & bolts, mixed nuts, pretzels, corn chips

Sweet treats: Choice of assorted home baked cookies, squares and pastries

Fresh fruit: Choice of apples, oranges or bananas; seasonal fruit when available.

Drinks: bottled water, juice boxes

MJHL Menu Plan: Week 1

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Special:	Eggs Benedict (bacon)	Omelet Western	Cinnamon Apple Crepes	Grilled Breakfast Wrap	Mushroom Omelet	Cheese Grillies	Egg McMuffins
Baked product:	Carrot raisin muffins	Blueberry scones	Banana Bread	Cheese Croissant	Cinnamon sticky buns	Raspberry & white chocolate scones	Cranberry Orange Muffins
	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD
Daily Soup	French Onion	Chicken Noodle	Broccoli & Cheddar Soup	Beef Barley	Boston Clam Chowder	Cream of Chicken	Chef's Choice
Daily Leaf Salad	Spinach Salad	Caesar Salad	Tossed Greens	Caesar Salad	Spinach Salad	Tossed Greens	Caesar Salad
Daily Special Salad	Potato Salad	Coleslaw	Rice Salad	Pasta Salad	Cucumber Salad	Bean Salad	Marinated Vegetables
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hot Entrée	Smokey Bacon Hamburger Deluxe	Pulled Pork Wrap	Toasted Club House Sandwich	Battered Cod w Tartar Sauce & lemon	Pizza assorted	Baked Spaghetti & Cheese	Hot Philly Cheese Steak Sandwich
Side	Homestyle potatoes	Fried Rice	Onion Rings	French Fries	Spicy Potato Wedges	Garlic Toast	French Fries
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée #1:	Pork Shoulder Roast w/gravy	KFC Style Chicken	Roast Beef w Gravy	Mexican Night! Mexi BBQ Chicken ¼'s Beef Enchiladas Tater tots Mexican Rice Mexican roasted corn	Glazed Pork Ribs	8 oz Grilled Strip loin	Roast Turkey w/ gravy & cranberry sauce
Entrée #2:	Beef Stroganoff	Spaghetti Bolognese	Crusted Salmon Fillet		Szechuan Beef Stir-fry	Chicken Fingers	Breaded Pork Cutlets
Starch #1:	Crispy Herb Potatoes	Spaghetti Noodles	Mashed Potatoes		Fried Rice	Baked Potato w/ fixings	Mashed Potatoes
Starch #2:	Egg Noodles w garlic butter	Home-style Roast Potatoes	Macaroni & cheese		Oven Roast Potatoes	Onion Rings	Sausage Stuffing
Hot Veg:	Roasted Carrots	Steamed Lemon Broccoli	Buttered Green Peas		Grilled Red Peppers, Carrots, and Broccoli	French Cut Green Beans	Fresh Veg Medley
	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Dessert #1	Chocolate Cake	Blueberry Pie	Carrot Cake	Lemon Pie	Cream Pie	Pineapple Upside-Down Cake	Black Forest Cake
Dessert #2	Butter Tarts	Chocolate pudding	Trifle	Vanilla Pudding	Apple Crisp	Chocolate Pudding	Fruit Cobbler
	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS

Bread special	French Loaf	Garlic Toast	Yorkshire Puddings	Nacho chip w salsa, sour cream.	Whole Wheat Dinner Rolls	Garlic Toast	Dinner Roll
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MJHL Menu Plan: Week 2

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Entrée:	Eggs Benedict (ham)	Fried Egg Sandwich	Red Pepper & Bacon Quiche	Breakfast burritos	Fried Egg sandwich on a Cheddar Cheese Bagel	Omelet Ham and cheese	McGriddles
Baked product:	Zucchini spice loaf	Blueberry Bran Muffins	Cinnamon-pecan Buns	Trail mix muffins	Buttered Croissant	Coffee Cake	Apple Turnover
	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD
Daily Soup	Turkey Noodle	Creamy Mushroom	Bacon & Potato Chowder	Cream of Tomato	Clam Chowder	Tomato Chicken & Rice	Chef's Choice!
Daily Leaf Salad	Tossed	Caesar Salad	Garden Salad	Spinach Salad	Caesar Salad	Tossed Greens	Caesar Salad
Daily Special Salad	Coleslaw	Broccoli Salad	Greek Salad	Potato Salad	Marinated Vegetable	Tomato Herb Salad	Mediterranean Pasta Salad
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hot Entrée	Chicken Quesadillas	BLT's	Grilled Italian Chicken Sandwich	Grilled Smokies w fried onions	Grilled Reuben Sandwich	Teriyaki Beef & Noodle Wrap	Clubhouse Sandwich
Side	Spanish Rice	French Fries	Spicy Potato Wedges	Perogies & Sour Cream	Tater Tots	Fried Rice	Onion rings
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée #1:	Pork Chops [Glazed w BBQ Sauce]	Roasted Chicken 1/4s	Meat Loaf w/ Onion Gravy	Pub Night! Buffalo Chicken Wings Bacon Mushroom Burger Baked Yam Wedges Onion Rings Chef's Choice Vegetable	Seasoned Salmon Fillet [with Lemon Dill sauce]	Bacon-wrapped Tenderloin Steak	Baked Ham
Entrée #2:	Beef Stew w Dumplings	Italian Meatballs in Marinara Sauce	Dry Garlic Pork Ribs		Italian Lasagna	Battered Cod w/ tartar sauce	Chicken a la King
Starch:	Roasted Red Potatoes	Buttered Bow Tie Pasta	Fettuccini Alfredo		Mashed Potatoes	Wild Rice Pilaf	Scalloped Potatoes
Starch:	Steamed Rice	Greek Lemon Potatoes	Mashed Potatoes		Rice Pilaf	French Fries	Buttered Egg Noodles
Hot Veg:	Dill Carrots	Mixed steamed veggies	Lemon Broccoli		Steamed Green Beans	Kernel Corn [on the cob in season]	Honey Glazed Carrots
	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Dessert #1	Berry Cheesecake	Brownies Deluxe	Pecan Pie	Fruit Pie (eg. Cherry, Blueberry, Apple etc)	Chocolate Cake	Strawberry Shortcake	Banana Cream Pie
Dessert #2	Vanilla Pudding	Jello	Caramel Pudding	Chocolate Pudding	Fruit Crisp	Lemon Pudding	Pudding Trifle

	BREADS	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD
Bread special	Cheddar Buns	Garlic Toast	Homemade Loaf	Cheesy Nachos w salsa	Garlic Toast	Whole grain loaf	Dinner Buns

MJHL Menu Plan: Week 3

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Entrée:	Eggs Benedict (bacon)	Open face egg & cheese bagels	Mushroom Quiche	Egg scramble with Grilled Sausage, Mushrooms & Cheddar	Bacon & Eggers	Breakfast Wraps	Spanish Omelettes
Baked product:	Raspberry and Chocolate Muffins	Blueberry Danish	Cranberry Orange Scones	Cinnamon Buns with cream cheese icing	Raisin Bran Muffins	Chocolate Croissant	Carrot pineapple muffins
	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD
Daily Soup	Ham & Split Pea	Vegetable Soup w Tuscan Sausage	Seafood Chowder	Chicken Noodle	Cream of Vegetable	Hamburger Chowder	Chef's Choice
Daily Leaf Salad	Caesar	Tossed	Garden Greens	Spinach Salad	Spring Greens	Caesar	Spinach & Mushroom
Daily Second Salad	Coleslaw	Broccoli Salad	Bean Salad	Greek Salad w Feta	Potato and Sundried Tomato Salad	Creamy Pasta Salad	Marinated Tomato Salad
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hot Entrée	Asian Chicken Wrap	Hot BBQ Beef on a bun	Pork Pot Pies	Sloppy Joe Supreme	Grilled Reuben Sandwich	Pizza - assorted types	Hot Philly Cheese Steak
Side	Fried rice	French Fries	Homestyle Potatoes	Tater Tots	Roasted Potatoes	Onion rings	Potato Skins
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée #1:	Roast Beef & Gravy	Grilled Pork Chops	Crispy Shake'n Bake Chicken Legs	Greek Night Beef Souvlaki w Tzatziki Chicken Spanokopita Roasted Potatoes w Lemon Vinaigrette Rice Pilaf Pita w Humus Green Beans w Corn	Roast Pork Loin with gravy	New York Pepper Steak	Herb Crusted Basa Fillet
Entrée #2:	Grilled Italian Sausage	Roasted Italian Cod Loin	Spaghetti Bolognese		Cheesy Sausage Pasta Bake	Teriyaki Chicken Stir Fry	Shepherd's Pie
Starch #1:	Pasta Primavera	Roasted Potatoes	Fried Potato Wedges		Stuffing	Baked Potatoes	French Fries
Starch #2:	Mashed Potatoes	Steamed Rice	Pasta (spaghetti)		Mashed Potatoes	Fried Rice	Mushroom risotto
Hot Veg:	Green peas	Broccoli & cheese sauce	Italian mixed vegetables		Glazed Carrot fingers	Buttered Mushrooms	Baby Carrots & Peas
	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Dessert #1	Fruit Cobbler	Vanilla Pudding	Jello	Lemon Pudding	Chocolate Pudding	Butterscotch Pudding	Fruit Crisp
Dessert #2	Black Forest Cake	Caramel Cheesecake	Brownies Deluxe	Baklava	Fruit Pie (eg. Cherry, Blueberry, Apple etc)	Ginger Cake	Pumpkin Pie
	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS

Bread special	Cheese Buns	Homemade Loaf	Garlic Toast	Pita Bread	Multigrain roll	Garlic Bread	Focaccia
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MJHL Menu Plan: Week 4

	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Entrée:	Eggs Benedict (bacon)	BELT's	Ham & Cheese Quiche	Breakfast wraps	Bacon & Eggers on English Muffin	Egg Scramble	Denver Omelettes
Baked product:	Cherry Strudel	Lemon Poppy seed Muffins	Banana Bread	Cheese & Bacon Croissant	Cinnamon sticky buns	Apple Turnover	Cranberry Orange Zest Muffins
	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD
Daily Soup	Minestrone	Cream of Vegetable	Ham & Split Pea	Wonton Soup	French Onion	Chicken & Wild Rice	Chef's Choice
Daily Leaf Salad	Spinach Salad	Caesar Salad	Tossed	Tossed	Spinach Salad	Caesar Salad	Caesar Salad
Daily Second Salad	Potato Salad	Bean Salad	Rice Salad	Cucumber Salad	Coleslaw	Greek Pasta	Marinated Vegetables
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hot Entrée	Stacked Clubhouse Sandwich	Chicken Burger	Beef Tacos	Grilled Ham & Cheese	Battered Cod	Pulled Pork Sub	Chicken Teriyaki Stir-fry
Side	Home style potatoes	Spicy Fries	Spanish Rice	Sweet Potato Fries	French Fries	Sweet Potato Fries	Basmati Rice
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée #1:	Stuffed Chicken Breast	Roast Ham	Glazed Salmon Fillet	Chinese Food! Won Ton Soup Chinese Lemon Chicken Garlic Beef & Broccoli Vegetable Chow Mein Pork Fried Rice Egg Rolls Vegetable Stir Fry	Crispy Fried Chicken	Seared Striploin with sautéed mushrooms	BBQ Pork Back Ribs
Entrée #2:	Grilled Bratwursts w fried onions rings	Spinach Lasagne	Pork Schnitzel with mushroom sauce		Pulled Pork	Shrimp Kebab	Chicken Alfredo
Starch #1:	Steamed Rice	Scalloped Potatoes	Mashed Potatoes		Fried Potato Wedges	Baked Potato with fixins	Roasted Baby Potatoes
Starch #2:	Bacon and Onion Perogies	Rice Pilaf	Parmesan Penne		Wild Rice Pilaf	Onion Rings	Buttered Fettuccini
Hot Veg:	Green Beans	Roasted Root Vegetables	Asparagus in season, or Green Peas		Steamed Broccoli & Cauliflower with Cheese sauce	Kernel Corn (on the cob in season)	Grilled Red Peppers, Carrots, and Broccoli
	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Dessert #1	Fruit Trifle	Jello	Butter Tarts	Fortune Cookies	Apple Crisp	Caramel Pudding	Fruit Cobbler
Dessert #2	Chocolate Cake	Blueberry Pie	Carrot Cake	Lemon Layer Cake	Banana Cream Pie	Pineapple Upside-Down Cake	Pecan Pie
	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS	BREADS
Bread special	Multigrain roll	Garlic Toast	Cheese buns	Homemade seedy loaf	Focaccia	Garlic Toast	Dinner Rolls

MJHL Menu Plan: Week 5

	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Entrée:	Eggs Benedict (bacon)	Breakfast wraps	Egg Scramble	Ham & Eggers on English Muffin	Bacon Onion Quiche	Breakfast sandwich on Toast	Mushroom Swiss Omelettes
Baked product:	Apple Turnovers	Blueberry Muffins	Cinnamon-Walnut Glazed Sticky Buns	Lemon Danish	Carrot Muffins w Cream Cheese Topping	Currant Scones	Banana Chocolate Chip Muffins
	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD	SOUP & SALAD
Daily Soups	Bean & Bacon Soup	Chunky Beef & Veggie	Cream of Mushroom	Carrot Ginger	Chicken Noodle	Seafood Chowder	Chef's choice!
Daily Leaf Salad	Tossed	Caesar Salad	Garden Salad	Caesar Salad	Spinach Salad	Caesar Salad	Garden Salad
Daily Second Salad	Black bean and corn salad	Broccoli Salad	Greek Salad	Potato Salad	Marinated Vegetable	Sundried Tomato Pasta Salad	Tomato Herb Salad
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hot Entrée	Chicken Pasta Bake	Teriyaki Beef & Noodle Wrap	Hot Chicken Sandwich	Pot Pies (chef's choice)	Chicken Caesar Wrap	Toasted BLT's	Hot Beef Sandwich with horseradish
Side	Garlic Toast	Fried Rice	Onion Rings	Homestyle Potatoes	Garlic Toast	Crispy Potato Wedges	Sweet Potato Fries
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée #1:	Roast Beef with Au Jus	Chicken Parmesan	Center Cut Pork Chops w Mushroom Gravy	Italian Bistro! <i>*Two varieties of pizza (chef's choice)</i> <i>*Chicken Breast Florentine</i> <i>*Garlic & Red pepper Penne</i> <i>*Grilled vegetable medley</i>	Roasted Cod Loin with lemon dill sauce	Marinated New York Steak with peppercorn sauce	Breaded Pork Cutlets with gravy
Entrée #2:	Herb Crusted Basa	Shepherd's Pie	Spaghetti Bolognese		Beef Stew with dumplings	Chicken Fingers	Creamy Shrimp Fettuccini
Starch #1:	Mashed Potatoes	Steamed Baby Potatoes	Roast Herb Potatoes		French Fries	Stuffed Potato Skins	Mashed Potatoes
Starch #2:	Wild Rice Pilaf	Pesto Fusilli	Pasta (spaghetti)		Wild Rice medley	Onion Rings	Buttered Fettuccini
Hot Veg:	Bean Medley	Broccoli	Butter Carrots		Green Peas	Roasted Pepper Medley	Steamed Broccoli and Cheese Sauce
	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
Dessert #1	Vanilla Pudding	Lemon Pudding	Jello	Chocolate Pudding	Vanilla Trifle	Fruit Crisp	Jello
Dessert #2	Berry Cheesecake	Brownies Deluxe	Apple Pie	Strawberry Shortcake	Cherry Pie	Pumpkin Pie	Lemon Pie
	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD	BREAD
Bread special	Yorkshire Puddings	Garlic Toast	Multigrain rolls	Focaccia	Homemade Buns	Garlic Toast	French Loaf