



DEWHURST MENU



2022

JANUARY						
S	M	T	W	T	F	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30	31					

FEBRUARY						
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27	28					

MARCH						
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APRIL						
S	M	T	W	T	F	S
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MAY						
S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Week 1
Week 2
Week 3
Week 4
Week 5



DEWHURST MENU



WEEK 1	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
BREAKFAST STATION 1	Omelette	Omelette	Omelette	Omelette	Omelette	Omelette	Omelette
BREAKFAST STATION 2	French Toast	Waffle	Crepe	Crepe	Pancakes	Overnight Oats	Crepe
BREAKFAST	Made to order Breakfast, Hot and Cold Cereals, Full Hot Breakfast, Omelettes, Hard boiled and scrambled Eggs						
Lunch							
LUNCH STATION 1	Omelette	Omelette	Quesadilla	Stir-Fry	Nacho	Stir-Fry	Stir-Fry
LUNCH STATION 2	French Toast	Waffle	Pasta	Crepe	Pasta	Poutine	Pokebowl
WEEK-END BRUNCH			Beef Burrito Bowl	Grilled Chicken Mac 'n' Cheese	BBQ Pulled Pork Sandwich	Philly Cheesesteak Potato Bowl	Chicken à la King
MEAT			Vegan Burrito	Cajun Casserole	Moroccan Berber Stew	Sweet Potato & Spiced Chickpea Bowl	Vegan Macaroni Bowl
VEGAN			Mushroom Enchiladas	4 Cheese Macaroni	Broccoli & Cheese Casserole	Quiche Florentine	Black Bean Chili
VEGETARIAN			Mixed Vegetables	Sauteed Spinach and Mushrooms	Aztec Vegetable Medley	PEI Mixed Vegetables	Sunrise Mixed Vegetables
VEGETABLE			Rice		Sweet Potato Fries		White rice
STARCH			Split Pea Soup	Bacon Corn Chowder	Tomato & Rice Soup	Beef & Mushroom Barley Soup	Clam Chowder
SOUP 1			Soup of the day	Soup of the day	Chicken Noodle Soup	Tuscan Bean Soup	Lentil & Spinach Soup
SOUP 2							
Dinner							
STATION 1	Stir-Fry	Stir-Fry	Stir-Fry	Thai Soup	Stir-Fry	Savory Crepe	Stir-Fry
STATION 2	Pasta	Pasta	Chicken Shawarma	Pasta	Sub Station	Pasta	Gyro Shawarma
MEAT	Rotisserie Chicken	Sage Mustard Porkloin	Lemon Buttered Cod	Italian Roast Beef	Roasted Turkey Breast	Pineapple & Sugar Glazed Ham	Roasted salmon
VEGAN	Vegetable & Barley Casserole	Vegetable Wellington	Potato & Pea Curry	Sweet Chili Fried Tofu	Samosa	Mushroom Stroganoff	Vegan Moussaka Casserole
VEGETARIAN		Couscous Stuffed Peppers	Polenta & Eggplant Lasagna	Tomato & Spinach Rice Bowl	Carrot "Osso Bucco" with Creamy Polenta		Quinoa Stuffed Zucchini
VEGETABLE	Mixed Vegetables	Baby Carrots with Dill	Ginger Green Beans	Steamed Corn	Glazed Carrots	Green Peas	Broccoli & Cauliflower
STARCH	Basmati Rice Pilaf	Red Bliss Mashed Potatoes	Wild rice	Baked potatoes	Mashed potatoes	Scalloped Potato Gratin	Couscous

DEWHURST MENU


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WEEK 2	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
BREAKFAST STATION 1	Omelette	Omelette	Omelette	Omelette	Omelette	Omelette	Omelette
BREAKFAST STATION 2	French Toast	Waffle	Crepe	Crepe	Pancakes	Overnight Oats	Crepe
BREAKFAST	Made to order Breakfast, Hot and Cold Cereals, Full Hot Breakfast, Omelettes, Hard boiled and scrambled Eggs						
Lunch							
LUNCH STATION 1	Omelette	Omelette	Quesadilla	Stir-Fry	Nacho	Stir-Fry	Stir-Fry
LUNCH STATION 2	French Toast	Waffle	Pasta	Crepe	Pasta	Poutine	Pokebowl
MEAT	WEEK-END BRUNCH 		Sweedish Meatball	Korean Pork Bowl	Fish Tacos	Beefy Mac Casserole	Chicken Curry
VEGAN			Dhingri Matar & Tofu Curry	Lentil Penne with Spinach	Vegetable Biryani	Vegan Sweet Potato Casserole	Madras Vegetable Curry
VEGETARIAN			Green Peas	Mixed Vegetables	Mushroom Hash Tacos	Mushroom a la King	Middle Eastern Roasted Vegetables
VEGETABLE			Egg Noodles	Jasmine Rice	Mexican Vegetable Medley	Grilled Zucchini & Onions	Steamed Basmati Rice
STARCH			Lemon Chicken & Orzo Soup	Turkey Barley Soup	Lemon Rice	Vol au Vent Pastry	Seafood Chowder
SOUP 1			Soup of the day	Soup of the day	Cream of Mushroom	Garden Vegetable Soup	Split Pea Soup
SOUP 2			Chicken and noodle	Chunky tomato soup	Beef & Vegetable Soup	Spicy Chicken Chowder	
Dinner							
DINNER STATION 1	Stir-Fry	Stir-Fry	Stir-Fry	Thai Soup	Stir-Fry	Savory Crepe	Stir-Fry
DINNER STATION 2	Pasta	Pasta	Chicken Shawarma	Pasta	Sub Station	Pasta	Gyro Shawarma
MEAT	Meatloaf	Cajun Turkey Breast	Breaded Pork Chop with Pineapple BBQ Sauce	Braised Beef with Mushroom	Honey Citrus Chicken Drumsticks	Honeyed Roast Pork Loin	Breaded Fish
VEGAN	Lentil Loaf	Smokey Black bean Stew	Korean BBQ Tofu	Rice & Almond Stuffed Pepper	Cavatappi & Vegan Bolognese	Ethiopian Cabbage & Potato Stew	Spiced Wild Rice & Chickpea Mash
VEGETARIAN	Vegetarian Shepherd's Pie	Mushroom Cutlet with Mushroom Sauce	Roasted Vegetable & Feta Bake	Eggplant Parmesan	Vegetable Spring Rolls	Sauteed Broccoli & Garlic	Creamy Cilantro Cole Slaw
VEGETABLE	Brussel Sprouts	Steamed Corn	Country Vegetables	Roasted Cauliflower	Sauteed Garden Vegetables	Roasted Red Potatoes	French Fries
STARCH	Whipped Potatoes	Herb Baby Potatoes	Basmati Rice	Mashed Yukon Potatoes	Vegetable Fried Rice		



DEWHURST MENU




WEEK 3	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
BREAKFAST STATION 1	Omelette	Omelette	Omelette	Omelette	Omelette	Omelette	Omelette
BREAKFAST STATION 2	French Toast	Waffle	Crepe	Crepe	Pancakes	Overnight Oats	Crepe
BREAKFAST	Made to order Breakfast, Hot and Cold Cereals, Full Hot Breakfast, Omelettes, Hard boiled and scrambled Eggs						
Lunch							
LUNCH STATION 1	Omelette	Omelette	Quesadilla	Stir-Fry	Stir-Fry	Stir-Fry	Pokebowl
LUNCH STATION 2	French Toast	Waffle	Pasta	Crepe	Nacho	Poutine	Pasta
MEAT	WEEK-END BRUNCH 		Beef Bulgogi Bowl	Chicken Fajitas	Pesto Shrimp Pasta	Tater Tot Casserole	Chicken Tikka Masala
VEGAN			Lentil Stew	Tofu & Vegetable Fajitas	Three Sister Stew	Cajun Three Bean Stew	Cauliflower & Tofu Curry
VEGETARIAN			Teriyaki Tofu	Grilled Mexican Vegetables	Four Cheese Mac 'n' Cheese	Mushroom, Cheddar, & Thyme Quiche	Roasted Crusted Tomatoes
VEGETABLE			Kimchi Coleslaw	Mexican Rice	Lemon Garlic Green Beans	Mixed Vegetables	Steamed Basmati Rice
STARCH			Jasmine Rice	Mexican Rice	Garlic Bread		
SOUP 1			Chicken Noodle Soup	Sausage Minestrone Soup	Beef Barley Soup	Carrot & Ginger Soup	Moroccan Vegetable Soup
SOUP 2			Sweet Potato Soup	Vegan Six Bean Soup	Tomato Basil Soup	Ginger Chicken & Rice Soup	New England Clam Chowder
Dinner							
DINNER STATION 1	Stir-Fry	Stir-Fry	Stir-Fry	Thai Soup	Stir-Fry	Savory Crepe	Stir-Fry
DINNER STATION 2	Nacho	Pasta	Chicken Shawarma	Pasta	Pasta	Sub Station	Gyro Shawarma
MEAT	Meat Lasagna	Pineapple & Sugar Glazed Ham	Braised Pork	Shepherd's Pie	Thyme & Lime Chicken	Roasted Cod	Herb Crusted Roast Beef
VEGAN	Vegan Chow Mein with Cashews	Vegetarian Cabbage Rolls	Vegan Cacciatore	Tuscan Chickpea & Tomato Stew	Quinoa & Kale Stuffed Sweet Potatoes	Teriyaki Tofu Poke Bowl	Vegan Macaroni & Cheese Bowl
VEGETARIAN	Vegetarian Lasagna	Roasted Butternut Squash	Root Vegetables	Vegetarian Shepherd's Pie	Roasted Zucchini	Tortellini Alfredo	South of the Border Lasagna
VEGETABLE	Italian Blend	Whipped Sweet Potatoes	Mixed Vegetables	Spinach Wild Rice Pilaf	Cilantro Basmati Rice	Spiced Quinoa Pilaf	Azteca Corn
STARCH	Garlic Bread	Brown Rice Pilaf	Whipped Sweet Potatoes	Spinach Wild Rice Pilaf	Cilantro Basmati Rice	Spiced Quinoa Pilaf	French Fries



DEWHURST MENU



WEEK 4	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast							
BREAKFAST STATION 1	Omelette	Omelette	Omelette	Omelette	Omelette	Omelette	Omelette
BREAKFAST STATION 2	French Toast	Waffle	Crepe	Crepe	Pancakes	Overnight Oats	Crepe
BREAKFAST	Made to order Breakfast, Hot and Cold Cereals, Full Hot Breakfast, Omelettes, Hard boiled and scrambled Eggs						
Lunch							
LUNCH STATION 1	Omelette	Omelette	Quesadilla	Stir-Fry	Nacho	Stir-Fry	Pokebowl
LUNCH STATION 2	French Toast	Waffle	Pasta	Crepe	Pasta	Poutine	Pasta
MEAT	WEEK-END BRUNCH 		Chicken & Broccoli Casserole	Braised Beef Ragu	Korean Pork Bowl	Fiesta Lime Chicken	Beef Stew
VEGAN			Chana Masala	Artichoke, Spinach, & Rice Casserole	Crabless Crab Cake	Black Bean Stew	Dal Tarka
VEGETARIAN			Vegetable Blend	Mixed Vegetables	Braised Mushroom Enchilada	Bomba di Riso	
VEGETABLE			Garlic Bread	Egg Noodles	Sauteed Broccoli & Garlic	Kalebanzo Mixed Vegetables	
SOUP 1			Chicken & Vegetable Orzo Soup	Cream of Mushroom	Chicken & Corn Chowder	Winter Squash	White Rice
SOUP 2			Chunky Broccoli Soup	French Onion Soup	Garden Vegetable Soup	Red Quinoa	Seafood Chowder
	Soup of the day	Soup of the day					Tuscan Kale & Bean Soup
Dinner							
DINNER STATION 1	Stir-Fry	Stir-Fry	Thai Soup	Stir-Fry	Stir-Fry	Savory Crepe	Stir-Fry
DINNER STATION 2	Pasta	Pasta	Pasta	Chicken Shawarma	Sub Station	Pasta	Gyro Shawarma
MEAT	Pork Eggroll	BBQ Roasted Turkey	Maple Glazed Salmon	Turkey Tetrazzini	Yankee Pot Roast	Chinese Roast Pork	Texas BBQ Chicken
VEGAN	Vegan Poutine	Spaghetti Squash & Black Bean Sofrito	Quinoa & Mushroom Stuffed Peppers	Cauliflower & Coconut Quinoa Bowl	Tofu Char Siu	Shittake & Scallion Sob Noodles	Moussaka Casserole
VEGETARIAN	Vegetable Spring Roll		Godzilla Tofu Poke Bowl		Four Cheese Creamy Mac	Vegetable Wellington	Almond, Rice, & Mushroom Risotto
VEGETABLE	Asian Vegetable Blend	Broccoli Romanesco	Green Beans	Zucchini & Tomatoes	Parslied Baby Carrots	Baby Bok Choy	Broccoli
STARCH	Vegetable Fried Rice	Whipped Fresh Potatoes	Red & White Quinoa		Mashed Potatoes	Jasmine Rice	Four Cheese Mashed Potatoes



DEWHURST MENU



WEEK 5

Breakfast

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST STATION 1	Omelette	Omelette	Omelette	Omelette	Omelette	Omelette	Omelette
BREAKFAST STATION 2	French Toast	Waffle	Crepe	Crepe	Pancakes	Overnight Oats	Crepe

BREAKFAST Made to order Breakfast, Hot and Cold Cereals, Full Hot Breakfast, Omelettes, Hard boiled and scrambled Eggs

Lunch

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH STATION 1	Omelette	Omelette	Stir-Fry	Pasta	Nacho	Stir-Fry	Pokebowl
LUNCH STATION 2	French Toast	Waffle	Quesadilla	Crepe	Pasta	Poutine	Pasta

WEEK-END BRUNCH



	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
MEAT	WEEK-END BRUNCH		Shrimp Mac 'n' Cheese	BBQ Pulled Pork Sandwich	Chicken Pot Pie	Soft Beef Tacos	Rosemary & Buttermilk Chicken
VEGAN	WEEK-END BRUNCH		Vegetable & Barley Casserole	Bangkok Black Bean Bowl	Tequila Lime Roasted Vegetable Stew	Crispy Cauliflower Tacos	Coconut Curry Tofu
VEGETARIAN	WEEK-END BRUNCH					Barley Risotto with Mushrooms	
VEGETABLE	WEEK-END BRUNCH		Broccoli Florets	Carolina Slaw	Country Kitchen Vegetable	Cilantro & Jalapeno Slaw	Californian Mixed Vegetables
STARCH	WEEK-END BRUNCH		Garlic Bread	Potato Chippers Fries	Vol au Vent Pastry	Lemon Rice	Moroccan Couscous
SOUP 1	Soup of the day	Soup of the day	Chunky Tomato Soup	Latin Three Bean Barley Soup	Simple Curried Carrot Soup	Italian Wedding Soup	New England Clam chowder
SOUP 2			Cheeseburger Soup	Chicken & Rice Soup	Potato Soup with Kale	Split Pea Soup	Minestrone Soup

Dinner

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
DINNER STATION 1	Stir-Fry	Stir-Fry	Stir-Fry	Stir-Fry	Sub Station	Savory Crepe	Stir-Fry
DINNER STATION 2	Pasta	Pasta	Chicken Shawarma	Thai Soup	Pasta	Pasta	Gyro Shawarma

MEAT	Maple Frizzled Ham	London Broil Beef	Greek Lemon Chicken Thigh	Meat Lasagna	Crispy Baked Pork Chop	Savory Baked Chicken	Battered Fish
VEGAN	Casablanca Vegetable Stew	Vegan Chow Mein	Penne alla Carbonara Style	Tuscan Chickpea & Tomato Stew	Quinoa & Kale Stuffed Sweet Potato	Veggie Burrito Bowl	Breaded Eggplant with Red Pepper Sauce
VEGETARIAN	Vegetarian Cabbage Rolls			Vegetable Lasagna			
VEGETABLE	Green Peas	Steamed Baby Carrots	Roasted Plum Tomatoes	Roasted Corn	Mixed Vegetables	Steamed Corn	Creamy Cilantro Cole Slaw
STARCH	Scalloped Potatoes	Roasted Potato Wedges	Wild rice		Baked Potato	Yellow Rice	French Fries