

REGULAR WEEK AT A GLANCE
Highview Fall/Winter Menu

Fall/Winter 17

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
*Juice,Apple *Cereal,Oatmeal *Egg,Omelet Plain (1 egg) *Bread,Whole Wheat Toast Buttered	*Juice,Orange *Cereal,Cream of Wheat *Bread,Whole Wheat Toast Buttered	*Juice,Blended *Cereal,Oatmeal *Egg,Poached 2 each *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Pineapple *Cereal,Cream of Wheat *Egg,Omelet Plain *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Orange *Cereal,Oatmeal *Cheese,Cheddar *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Cranberry Cocktail *Cereal,Cream of Wheat *Egg,Boiled OS *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Apple *Cereal,Oatmeal *Egg,Scrambled *Bacon *Bread,Whole Wheat Toast Buttered *Jam
LUNCH						
*Soup,Harvest Vegetable *Fish,Cakes OS Small Portion *Salad,Coleslaw OS *Cantaloupe,Diced	*Salad,Ham Sandwich *GF Salad,Bean Four *Square,Brownie Chocolate Iced	*Soup,Cream of Mushroom *Salad,Egg Sandwich *Pudding,Chocolate	*Sandwich,Turkey Melt *Potato,French Fries *Square,Pumpkin Spice Blondies	*Soup,Minestrone *Salad,Chef's *Fruit,Cocktail Unsweetened	*Salad,Tuna Sandwich *Salad,Tossed *Pickle,Dill *Pudding,Butterscotch	*Soup,Chicken Noodle OS *Sandwich,Grilled Cheddar Cheese WW *Mandarin Orange,Sections Unsweetened
DINNER						
*Chicken,Breast Pan Seared *Sauce,Onion,Garlic and Basil *Potato,Paprika Seasoned *Mixed Vegetables-Winter Blend *Ice Cream,Sundae	*Pork,Chop Apple Cider *Potato,Baked with Sour Cream and Chives *Beets,Harvard *Pie,Lemon Meringue OS	*Casserole,Shepherd's Pie *Gravy,Brown *Squash,Acorn Maple Glazed *Cake,Carrot	*Turkey,Loaf *Gravy,Brown *Potato,Sweet Mashed Cranberry Orange *Beans,Green Buttered with Red Pepper Strips *Crisp,Apple	*Fish,Cod Dill Baked *Potato,Baked *Broccoli *Watermelon,Wedges	*Lamb,Roast *Potato,Mashed Garlic *Mixed Vegetables-Fancy Blend *Square,Date Oatmeal	*Pork,Loin Stuffed Orange Marmalade *Potato,Boiled *Turnip,Seasoned *Pie,Blueberry OS

Meal Notes: Whole Wheat Bread everyday at Lunch and Dinner. Two Crackers are served every time with soup for Lunch. 30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast. Banana or 3 prunes available everyday at Breakfast. 250 ml Milk is offered at Breakfast, 125 ml Milk is offered everyday at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are offered at Lunch & Dinner. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered everyday at every meal.

Alternative meal options available for residents upon request.

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Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY	SATURDAY	SUNDAY
BREAKFAST						
*Juice,Pineapple *Cereal,Cream of Wheat *Egg,Poached 2 each *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Orange *Cereal,Cream of Wheat *Bread,Whole Wheat Toast Buttered	*Juice,Blended *Cereal,Cream of Wheat *Egg,Scrambled *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Pineapple *Cereal,Oatmeal *Cheese,Cheddar *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Orange *Cereal,Cream of Wheat *Egg,Boiled OS *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Cranberry Cocktail *Cereal,Oatmeal *Egg,Scrambled *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Blended *Cereal,Cream of Wheat *Pancakes *Syrup,Table *Sausage,Breakfast
LUNCH						
*Soup,Vegetable Chowder *Fish,Cod Sticks OS *Salad,Tossed *Peach,Diced Unsweetened	*Salad,Cheddar Cheese Fruit and Scone Plate *Egg,Deviled *Pudding,Vanilla	*Soup,Creamy Potato and Leek OS *Salad,Salmon Sandwich *Mandarin Orange,Sections Unsweetened	*Soup,Butternut Squash Maple *Salad,Ham Sandwich *Square,Cherry Oatmeal	*Soup,Cream of Carrot *Salad,Egg Sandwich *Cantaloupe,Wedge	*Casserole,Macaroni and Three Cheese *Salad,Tomato Basil *Pudding,Chocolate	*Egg,Quiche Garden *Salad,Spinach *Mandarin Orange,Sections Unsweetened
DINNER						
*Beef,Roast *Gravy,Beef *Potato,Mashed *Mixed Vegetables-Winter Blend *Ice Cream,Sundae	*Pork,Chop Sweet Cuban *Potato,Sweet Wedges Roasted *Zucchini,Herbed Spears *Pie,Cherry OS	*Chicken,Olive and Tomato Braised *Rice,Brown *Brussels Sprouts *Cake,Carrot Iced	*Lasagna,Beef *Bread,Garlic *Salad,Tossed *Square,Brownie Chocolate Iced	*Fish,Pollock Baked 90 g *Sauce,Dill Creamy *Potato,Herb Oven Roasted *Beans,Green Seasoned *Crisp,Apple Cranberry	*Pork,Ribs Tangy Apple *Potato,Mashed *Peas,Green *Chiffon,Lemon with Blueberries	*Turkey,Roast *Stuffing,Traditional *Gravy,Poultry *Potato,Mashed *Carrots,Julienned *Cake,Chocolate HM

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Week 3

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BREAKFAST						
*Juice,Apple *Cereal,Oatmeal *Egg,Scrambled *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Orange *Cereal,Cream of Wheat *Bread,Whole Wheat Toast Buttered	*Juice,Pineapple *Cereal,Oatmeal *Egg,Boiled OS *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Cranberry Cocktail *Cereal,Cream of Wheat *Egg,Scrambled *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Apple *Cereal,Oatmeal *Egg,Poached 2 each *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Orange *Cereal,Cream of Wheat *Cheese,Cheddar *Bread,Whole Wheat Toast Buttered *Jam	*Juice,Blended *Cereal,Oatmeal *French Toast *Syrup,Table
LUNCH						
*Soup,Cream of Broccoli *Sandwich,Beef Sliced *Peach,Diced Unsweetened	*Sandwich,Grilled Cheddar Cheese WW *Salad,Tossed with Dressing *Pickle,Dill *Pudding,Butterscotch	*Soup,Garden Vegetable *Sandwich,Turkey Sliced *Square,Date Oatmeal	*Salad,Chicken Caesar *Fruit,Cocktail Unsweetened	*Soup,Pumpkin and Leek *Salad,Egg Sandwich *Pickle,Dill *Cupcake,Vanilla	*Salad,Tuna Sandwich *Salad,Tomato Country Style *Peach,Diced Unsweetened	*Egg,Quiche Lorraine *Salad,Tossed *Pudding,Chocolate
DINNER						
*Chicken,Pot Pie Homemade *Gravy,Poultry *Potato,Mashed *Mixed Vegetables-Winter Blend *Ice Cream,Sundae	*Beef,Stew Vegetable *Potato,Oven Roasted *Cauliflower,Roasted *Fruit,Cocktail Unsweetened	*Pork,Sweet and Sour *Rice,Seasoned *Peas,Green *Pie,Strawberry Rhubarb OS	*Chicken,Roast *Gravy,Poultry *Potato,Mashed *Vegetable,Roasted Fall *Custard,Baked	*Fish,Krunchie Perch OS *Sauce,Tartar 15 ml OS *Rice,Lemon Broccoli *Broccoli *Cake,Pineapple Upside Down	*Pork,Chop BBQ *Potato,Oven Roasted *Mixed Vegetables-PEI Blend *Fruit,Fresh Assorted	*Lamb,Roast *Potato,Boiled *Mixed Vegetables-Winter Blend *Pie,Apple

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Week 4

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BREAKFAST						
*Juice, Cranberry Cocktail *Cereal, Cream of Wheat *Cheese, Cheddar *Bread, Whole Wheat Toast Buttered *Jam	*Juice, Orange *Cereal, Cream of Wheat *Bread, Whole Wheat Toast Buttered	*Juice, Pineapple *Cereal, Cream of Wheat *Egg, Scrambled *Bread, Whole Wheat Toast Buttered *Jam	*Juice, Apple *Cereal, Oatmeal *Cheese, Cheddar *Bread, Whole Wheat Toast Buttered *Jam	*Juice, Orange *Cereal, Cream of Wheat *Egg, Boiled OS *Bread, Whole Wheat Toast Buttered *Jam	*Juice, Blended *Cereal, Oatmeal *Egg, Scrambled *Bread, Whole Wheat Toast Buttered *Jam	*Juice, Cranberry Cocktail *Cereal, Cream of Wheat *Egg, Omelet Plain *Bread, Whole Wheat Toast Buttered *Jam
LUNCH						
*Sandwich, Mini Sub *Salad, Mixed Greens with Dressing *Square, Nanaimo Bar OS	*Soup, Cream of Carrot *Fish, Cod Sticks OS *Salad, Coleslaw *Square, Butter Tart	*Casserole, Tuna Greek *Salad, Greek Tomato and Cucumber *Mandarin Orange, Sections Unsweetened	*Soup, Hearty Vegetable *Egg, Quiche Potato Leek *Salad, Tossed/Lite Dressing *Peach, Diced Unsweetened	*Salad, Turkey Sandwich *Salad, Pasta OS *Watermelon, Wedges	*Soup, Cream of Cauliflower *Sandwich, Grilled Cheddar Cheese WW *Pickle, Dill *Pudding, Banana	*Salad, Salmon Sandwich *Salad, Romaine with Dressing *Fruit, Fresh in Season
DINNER						
*Ham, Baked *Sauce, Mustard *Mixed Vegetables-Winter Blend *Potato, Scalloped Sweet *Ice Cream, Sundae	*Chicken, Lemon with Spinach *Potato, Mashed *Broccoli *Pie, Coconut Cream OS	*Beef, Hamburger Stroganoff *Pasta, Egg Noodles *Turnip, Seasoned *Cake, Vanilla Iced	*Pork, Sweet and Sour *Potato, Mashed *Peas, Green *Pie, Cherry	*Fish, Sole Oven Baked Breaded *Potato, Wedges *Mixed Vegetables-PEI Blend *Square, Lemonicious Bar OS	*Pork, Chop Apple Braised *Potato, Oven Roasted w/ Lemon and Paprika *Cabbage, Braised Red *Fruit, Cup Winter Unsweetened	*Chicken, Roast *Potato, Mashed Garlic *Beans, Whole Yellow and Green *Pie, Pumpkin OS *Whipped Topping OS 15 mL

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