

Summer/Fall Menu

WEEK 1/5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 A.M.	Snack						
Lunch 12:00 P.M.	Carrot Soup Chicken Pot Pie House Salad	7 Vegetable Soup Beef Rib Balsamic Salad	Pork & Beans Soup Chicken Nuggets Mixed Bean Salad	Lentil Soup Quiche French Dressed House Salad	Chicken, Vegetable Soup Battered fish Cole Slaw	Tomato Soup Grilled Cheese Garden Salad	Beef & Onion Soup Ham/Turkey Sandwich Potato Salad
Dessert	Diced peach	Diced Pear	Pineapple Pcs	Apricot halves	Fruit & Yogurt	Jello	Fruit Salad
2:00 P.M. (approx.)	Snack						
Dinner 5:00 P.M.	Mediterranean Salmon Risotto Roast Broccoli	Braised Pork Roast Herbed Potatoes Stewed Carrots	Nicoise Salad <i>Eggs Tuna/Salmon Beans Potato Etc.</i>	Chicken Breast Pasta in Garlic Sauce Poached Veggies	Corned Beef Garlic Mashed Potato Roasted Root Vegetables	Baked Mac n Cheese w. Chicken Veggie stir fry	Sausage Roast potato Steamed Veg Medley
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Cake square	Pie	Coffee Cake
7:00 P.M. (approx.)	Snack						

Meal Notes: 125 ml Fruit Yogurt is offered as an alternative choice to egg, cheese or peanut butter at Breakfast. 250 ml Milk is offered at Breakfast. 125 ml Assorted Juices are offered at Breakfast and Snack. Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal. Two crackers are served at lunch with Soup.

Personal Touch

Special care is taken to ensure residents' personal diet requirements and preferences are catered to at every meal. Substitutions are made to accommodate textures, allergies, medical conditions and likes and dislikes.

Alternative Menu Choices

Oatmeal, Toast, Sandwich, Vegetable/Chicken broth, Eggs Yogurt and Fresh Fruit are always available by request.

Substitutes

Availability may necessitate menu substitutions.

Summer/Fall Menu

WEEK 2/5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 A.M.	Snack						
Lunch 12:00 P.M.	Cream of Broccoli Soup Frittata Balsamic Salad	Roast Red Pepper Soup Meatballs Greek Salad	Chicken & Rice Soup Tuna Combination Salad	Carrot Soup Chicken Balls Artichoke Salad	Zucchini & Greens Soup Quiche House Salad	Mushroom Soup Chicken Salad Sandwich Potato Salad	Soup w. Chicken Deli Sandwich Coleslaw
Dessert	Diced peach	Diced Pear	Pineapple Pcs	Apricot halves	Fruit & Yogurt	Jello	Fruit Salad
2:00 P.M. (approx.)	Snack						
Dinner 5:00 P.M.	Sausage Risotto Steamed Veg Medley	Roast Chicken Breast Polenta New England Veg	Lasagna Italian Veg Mix Side Salad Garlic Bread	Pulled Pork Boiled Potato Salad Roast Broccoli	Salmon Steamed Cauliflower Mashed Potato	Curry Chicken Thigh Spanish Rice Carrots	Corned Beef Side Pasta Steamed Carrots
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Cake square	Pie	Coffee Cake
7:00 P.M. (approx.)	Snack						

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Substitutes

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WEEK 3/5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 A.M.	Snack						
Lunch 12:00 P.M.	Beef & Onion Soup Ham/Pastrami Sandwich Poached Veg. Mix	Minestrone Chicken strips Potato Salad	Garlic Potato Soup Battered Fish Side Salad	Chicken & Veg Soup Chef's Salad	Lentil Soup Chicken Pot Pie Garden Salad	Creamed Corn Soup Mixed Bean Salad Turkey Sandwich	Squash Soup Frittata Balsamic Fruits & Veggies
Dessert	Diced peach	Diced Pear	Pineapple Pcs	Apricot halves	Fruit & Yogurt	Jello	Fruit Salad
2:00 P.M. (approx.)	Snack						
Dinner 5:00 P.M.	Mac & Cheese Artichoke Salad Roast Pepper Salad	Pulled Pork Mashed Potato Roasted Veggies	Chicken Breast Basil Risotto Steamed Veggie Medley	Hot dog Crispy Fries Cole Slaw	Salmon Polenta Poached Vegetables	Beef Lasagna Cheesy garlic bread Caesar salad	Chicken Salad Sandwich Coleslaw Beet salad
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Cake square	Pie	Coffee Cake
7:00 P.M. (approx.)	Snack						

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Summer/Fall Menu

WEEK 4/5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 A.M.	Snack						
Lunch 12:00 P.M.	Cream of Broccoli Soup Battered Fish Ranch Salad	Chicken & Rice Soup Quiche Potato Salad	Meatballs w Tomato Sauce Polenta Side salad	Mushroom Soup Chicken Salad Sandwich Steamed veggie mix.	Roast Red Pepper Soup Cold Plate	Beef & Onion Soup Balsamic Salad Egg salad Sandwich	Chicken Noodle Soup Pastrami Sandwich Garden Salad
Dessert	Diced peach	Diced Pear	Pineapple Pcs	Apricot halves	Fruit & Yogurt	Jello	Fruit Salad
2:00 P.M. (approx.)	Snack						
Dinner 5:00 P.M.	Curry Chicken Thigh Carrots Rice	Sausage Boiled Potato Salad Green Beans	Shredded Pork Fresh Herb Pesto Fusilli Roast Vegetables	Nicoise Salad Eggs Tuna/Salmon Beans Potato +++	Beef Rib Mashed potato Stewed veggies	Chicken Breast Side Pasta Poached Veggies	Salmon Spanish Rice Sweet Peas
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Cake square	Pie	Coffee Cake
7:00 P.M. (approx.)	Snack						

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WEEK 5/5

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10:00 A.M.	Snack						
Lunch 12:00 P.M.	Cream of Broccoli Soup Salmon Salad Sandwich Potato Salad	Carrot Soup Deli Sandwich Cooked Veg. Salad	Potato Soupe Quiche House Salad	Root Veg Soup French Toast Casserole Sweet Corn	Cream of Cauliflower Soup Mac & Cheese Coleslaw	Squash Soup Stir Fry Chicken and Veggies	Mushroom Soup Chicken Balls Garden Salad
Dessert	Diced peach	Diced Pear	Pineapple Pcs	Apricot halves	Fruit & Yogurt	Jello	Fruit Salad
2:00 P.M. (approx.)	Snack						
Dinner 5:00 P.M.	Sausage Mashed Potato Roast Veggies	Chicken Breast Pasta Side Salad	Corned Beef Polenta Cauliflower	Pulled Pork Roast potatoes Poached Mixed Veg.	Chicken Thigh Risotto Green Beans	Hot dog Fries Side Salad	Lasagna "Caesar Salad" Garlic Bread
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Cake square	Pie	Coffee Cake
7:00 P.M. (approx.)	Snack						

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