

*Fall & Winter*

*WEEK 1/5*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast is served daily at each resident's leisure based on their individual preferences</i>							
10:00 A.M.	Snack						
Lunch 12:00 P.M.	Lentil Soup Cabbage Rolls Garden Salad	Minestrone Soup Quiche Apple Salad	Curried Carrot Soup Battered Fish Creamy Coleslaw	Mixed Root Vegetable Soup Beef Ribette Carrot Salad	Potato and Confit Garlic Soup Egg Salad Sandwich	Kale Soup Grilled Cheese House Salad	Mushroom Soup Chicken "Stir-Fry" Macaroni 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.	Chicken Fusilli Casserole Roast Cauliflower	Baked Chicken Breast Wild Rice Savoury Carrots	Turkey Lasagna New England Veggie Mix	Mediterranean Salmon Mashed Potato Italian Vegetable Medley	Roast Chicken Thigh Rice Mixed Veggies	Pulled Pork Polenta Sweet Peas	Chili Garlic Bread Green Beans
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Rice Pudding	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.

*Fall & Winter*

*WEEK 2/5*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast is served daily at each resident's leisure based on their individual preferences</i>							
10:00 A.M.	Snack						
Lunch 12:00 P.M.	Parsnip Soup Chicken Balls House Salad	Tomato Soup Frittata Peach Salad	Squash Soup Cod Bites Mandarin Salad	Mixed Bean Soup Salisbury Steak Garden Salad	Stew Vegetable Soup Cold Plate	Vegetable Soup Deli Sandwich Potato Salad	Broccoli Nutmeg Soup Chicken Salad Sandwich Cucumber 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.	Tomato Meatballs & Penne  Poached Carrots	Roast Chicken Thigh Risotto  Steamed Kale Mix	Shepherd's Pie  Mixed Beans	Parmesan Crusted Salmon  Polenta  Root Vegetable Medley	Baked Chicken Breast  Fusilli & Italian Veggie Mix	Roast Sausage and Broccoli  Wild Rice	Roast Beef & Potatoes  Mixed Poached Vegetables
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.

*Fall & Winter*

*WEEK 3/5*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast is served daily at each resident's leisure based on their individual preferences</i>							
10:00 A.M.	Snack						
Lunch 12:00 P.M.	Cream of Vegetable Soup Cabbage Rolls Macaroni Salad	Mushroom Soup Quiche Garden Salad	Minestrone Soup Battered Fish Carrot Salad	Lentil Soup Beef Ribette Pasta Salad	Carrot Soup Egg Salad Sandwich House Salad	Cream of Cauliflower Soup Grilled Cheese Beet Salad	Kale Soup Chicken "Stir-Fry" Mandarin 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.	Chicken Fusilli Casserole New England Vegetable Mix	Herbed Chicken Breast Fresh Basil Risotto Stewed Vegetables	Beef Lasagna Roast Cauliflower	Mediterranean Salmon Wild Rice Sweet Peas	Chicken Thigh Mashed Garlic Potato Italian Mixed Veggies	Pulled Pork Roast Potatoes and Root Vegetables	Chili Fries Steamed Veggies
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Rice Pudding	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.

*Fall & Winter*

*WEEK 4/5*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast is served daily at each resident's leisure based on their individual preferences</i>							
10:00 A.M.	Snack						
Lunch 12:00 P.M.	"French Onion Soup" Chicken Balls Potato Salad	Cream of Broccoli Soup Frittata Chickpea Salad	Potato Soup Battered Fish Ranch Salad	Tomato Basil Soup Salisbury Steak Greek Salad	Lentil Soup Cold Plate	Chicken Vegetable Soup Deli Sandwich Garden Salad	Roast Pepper Soup Chicken Salad Sandwich House 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.	Meatballs & "Rose" Penne Mixed Beans	Roast Chicken Thigh Polenta Poached Carrots	Shepherd's Pie Roast Kale Mix	Parmesan Crusted Salmon Green Beans Mashed Sweet Potato	Chicken Breast Roast Potatoes Steamed Italian Vegetable Medley	Sausage Pasta And Veggie Bake	Beef Roast Wild Rice Herbed Veggie Mix
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.

*Fall & Winter*

*WEEK 5/5*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast is served daily at each resident's leisure based on their individual preferences</i>							
10:00 A.M.	Snack						
Lunch 12:00 P.M.	Minestrone Soup	Carrot Soup	Cauliflower & Mixed Bean Soup	Beef Vegetable Soup	Lentil Soup	Chicken Soup	Kale Soup
	Cabbage Rolls	Quiche	Cod Bites	Beef Ribette	Egg Salad	Grilled Cheese	Chicken "Stir-Fry"
	Beet Salad	House Salad	Macaroni Salad	Garden Salad	Spinach Salad	Roast Pepper Salad	Carrot 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.	Chicken Fusilli Casserole	Chicken Breast	Lasagna	Mediterranean Salmon	Chicken Thigh	Pulled Pork	Turkey Chili
	New England Vegetables	Fries	Roast Italian Veg	Creamy Polenta	Squash Risotto	Mashed Potato	Garlic Bread
		Stew Veggie Mix		Poached Root Vegetables	Sweet Peas	Kale Veggie Mix	Roast Cauliflower
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Rice Pudding	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.