

Spring & Summer Menu

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.	Turkey Vegetable Soup	Tomato Soup	Zucchini Soup	Potato Soup	Cream of Cauliflower Soup	Beef Onion Soup	Carrot Soup
	Cod Bites	Frittata	Pizza	Chicken Caesar Salad	Turkey Sandwich	Chicken Stir Fry	Grilled Cheese
	Coleslaw	Balsamic Salad	Garden Salad		House Salad	Mandarin Salad	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.	Chicken Parm	Baked Chicken Breast	Shepherd's Pie	Parmesan Crusted Salmon	Slow Braised Beef Roast	Pulled Pork	Turkey Meatloaf
	Garlic Pasta & Vegetable Bake	Risotto	Sweet Peas & Corn	Wild Rice	Mashed Potato	Roast Potatoes	Sweet Mashed Potato
		Zucchini		Steamed Vegetable Medley	Roast Root Veg	Poached Veg. Mix	Savoury Legumes
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.

Spring & Summer Menu

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.	Veggies & Rice Soup	Roast Pepper Soup	Coconut Soup	Confit Garlic & Potato Soup	Squash Soup	Cream of Mushroom Soup	Kale Soup
	Chicken Salad Sandwich	Chicken Balls	Battered Fish	Frittata	Tuna Sandwich	BBQ Beef Ribette	Cold Plate
	Balsamic Salad	Beet Salad	Macaroni Salad	Garden Salad	Roast Pepper Salad	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.	Cabbage Rolls	Lemon Chicken Breast	Meatballs & Pasta in Tomato Sauce Side Salad	Fish Filet	Chili Garlic Bread Small Side Salad	Sweet & Sour Chicken Thigh	Beef Stroganoff Bake Braised Root Veg
	Cooked Veg Medley	Roast Veggies		Steamed Vegetables		Roast Potato	
		Mashed Potato		Wild 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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Spring & Summer Menu

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.	Beef & Veg Soup Chicken Fingers w. Plum Sauce Potato Salad	Mixed Root Vegetable Soup Taco Salad w. Chicken	Minestrone Beef Ribette Warm Vegetable Salad	Tomato Soup Quiche Balsamic Salad	Cream of Broccoli Soup Greek Pasta Salad with Chicken	Cauliflower and Mixed bean soup Grilled Cheese House Salad	Vegetable Soup Fish & Chips 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.	Pulled Pork Mashed Italian Vegetable Medley	Fusili Bolognese Caesar Salad	Tuna Casserole Roast Cauliflower	Roast Chicken Breast Wild Rice Mixed Veggies	Southwest Turkey & Blackbean Casserole	Shepherd's Pie Roast Root Veg	Chicken Thigh Bake with Potato & Mixed Veggies
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Rice Pudding	Pie	Coffee Cake
7:00 P.M. (approx.)	Snack						

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	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.	Roast Pepper Soup Sweet & Sour Meatballs Mandarin Salad	Soup of the day Personal Pizza Raspberry Vinaigrette Salad	Split Pea Soup Quiche Fresh Salad	Chicken & Veg Soup Egg Salad Sandwich House Salad	Beef & Potato Soup Chicken Fingers Green Salad w. Apples	Lentil Soup Cold Plate	Chicken Soup Deli 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.	Roast Fish Filet Green Beans Wild Rice	Chili Garlic Bread Fries	Chicken Breast Garlic Pasta Roast Carrots	Sweet Potato Shepherd's Pie New England Vegetable Mix	Cod Bites Roast Potato Coleslaw	Roast Beef Mashed Potato & Root Vegetables	Lemon Chicken Herbed Rice Sweet Peas
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Cake square	Pie	Coffee Cake
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WEEK 5/5

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<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.	Beef Onion Soup Mediterranean Salmon Beet Salad	Carrot Soup Quiche Peach Salad	Kale Soup Italian Pasta Salad with Chicken	Coconut Soup Battered Fish Coleslaw	Root Vegetable Soup Chicken Salad Sandwich Mixed Bean Salad	Beef Veg Soup Baked Tilapia House Salad	Mushroom Soup Grilled Cheese Balsamic 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 and Chick Peas Couscous/Rice	Lemon Chicken, Broccoli & Wild Rice	Pineapple Pulled Pork Mashed Potato Roast Vegetable Medley	Pizza Casserole Roast Pepper Salad	Cabbage Roll Steamed Veg	Chicken & Mushroom Casserole Herbed Green Beans	Turkey Roast Potatoes Braised Root Vegetables
Dessert	Cake square	Danish/Tart	Coffee Cake	Ice Cream	Rice Pudding	Pie	Coffee Cake
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