

WEEK 1						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Cream of Broccoli Soup	Split Pea Soup	<u>Chef's Choice</u> Soup	Curried Carrot Soup	Lentil Soup	Potato Chowder	Cream of Celery Soup
Pulled Pork Sandwich	Cheddar Apple Walnut Salad	Salad Sandwich	Quiche	Tortellini Pasta	Frittata	Tuna Sandwich
Greek Salad	Apricot Halves		Vegetable Salad	Mixed Greens Salad	Crunchy Vegetable Salad	Spinach Salad
Diced peach			Date Square	Diced Pear	Fruit Cup	Ice cream
DINNER						
Breaded Liver & Onions	Beef Stir Fry	Mustard Pork Chop	Roast Chicken Thighs	Sweet & Sour Ham	Beef Roast w. Gravy	Veal Parmigiana
Honey Dijon Vegetables	Sauteed Edamame Beans	Polenta	Steamed Broccoli	Roast Root Vegetables	Green Beans w. Roast Red Pepper	Roast Cauliflower
Potatoes, O'Brien	Herbed Rice	Poached Vegetable Medley	Paprika Potatoes	Scalloped Potato	Brown Rice	Macaroni
Cinnamon Coffee Cake	Warm Fruit Compote	Pineapple Slices	Melon Cup	Pecan Pie	Lemon Meringue Pie	Stewed Apple

Meal Notes: Prune Juice and Stewed Prunes are available at Breakfast. 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 milk is offered at Lunch and Dinner. 125 ml Assorted Juices are offered at Breakfast, Lunch and Dinner. 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.

Note: *Indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: Highview Residences

WEEK 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Mulligatawny Soup	Mushroom Soup	Beef Noodle Soup	Cream of Vegetable Soup	Chicken Gumbo	Roast Cauliflower Soup	Mixed Bean Soup
Peameal Sandwich	Garlic Butter Perogies	Turkey Club Sandwich	Ham Sandwich	Quiche, Assorted	Salmon Pasta Salad Plate	Carrot Salad
Garden Salad	Stewed Vegetables	Tossed Salad	Ranch Salad	Romaine salad		Broccoli Frittata
Butterscotch Pudding	Cinnamon Roll Bar	Chocolate Mousse	Ice Cream	Square, Assorted	Raspberry Mousse	Diced Peach
DINNER						
Spiced Tilapia	Rosemary Pork Chop	Spiced Baked Chicken Breast	Curry Chicken Thigh	Baked Haddock	Corned Beef	Pulled Pork
Roast Potatoes	Savoury Carrots	Roast Veg. of the Day	Seasoned Rice	Herbed Couscous	Boiled Parsley Potato	Brussel Sprouts
Vegetable Medley	Herb Mashed Potato	Mashed Potato	Glazed Yams	Yellow & Green Beans	Sweet n Sour Cabbage	Wild Rice
Diced Pear	Baked Apple Crisp	Fruit Cup	Melon Wedge	Cinnamon Fruit Compote	Danish	Butter Tart

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WEEK 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Tomato Basil Soup Chicken Salad Sandwich Spinach Salad Lemon Square	Cream of Carrot Chicken Harvest Salad Chocolate Mousse	<u>Chef's Choice</u> Soup Salad Sandwich	Turkey Chili Pasta Salad Fruit Cocktail	Cauliflower, Sweet Potato Soup Tuna Sandwich w. French Spread Balsamic Salad Yogurt, Asst.	Chickpea & Root Vegetable Soup Baked 4 Cheese Fusilli Roast Tomato Brownie	Butternut Squash Soup Grilled Cheese Tossed Salad Ice Cream
DINNER						
Bowtie Pasta w. Garbanzo Beans & Vegetables Marinated Mushrooms Diced Pear	Beef Bourguignon Style Brown Rice Roast Cauliflower Chocolate Coffee Cake	Salisbury Steak Beet Salad Buttered Egg Noodles Butter Tart	Pork Riblets Stewed Lentils Vegetable Medley Apricot Halves	Veal Cutlet Roast Potato Spiced Butternut Squash Apple Strudel	Battered Cod Brussel Sprouts Franconia Potatoes Warm Fruit Compote	Creamy Meatballs Risotto Roasted Vegetables Peach Slices

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WEEK 4						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Vegetable Beef Ginger Soup	Broccoli, Mushroom Strata Carrot Salad Pudding, Asst.	Pastrami Sandwich Cooked Vegetable Salad Cake of the day	Cream of Broccoli Soup	Minestrone Soup	Vegetable Barley Soup Cole Plate Ice Cream	Parsnip, Leek & Apple Soup
Turkey Sandwich			Salmon Bites	Pork Souvlaki		Chicken Curry
Country Style Tomato Salad			Cream Coleslaw Salad	Couscous		Chef's Salad
Chocolate Chip Square			Pineapple	Romaine Salad		Dessert Square, Asst.
DINNER						
Salsa Baked Tilapia	Chicken Thigh Stew w. Vegetables and Cubed Potatoes Quinoa Salad Melon Wedge	Spiced Baked Chicken Breast	Braised Pork Loin	Haddock with Curry Sauce	Veal Cutlet in Mushroom Sauce	Pork Ribette w. Honey Mustard
Basmati Rice		Roast Veg. of the Day	Lyonnaise Potato	Roast Asparagus	Quinoa Pilaf	Tomato Chili Rice
Steamed Spinach		Mashed Potato	Brussel Sprouts	Roast Potatoes	Steamed Broccoli	Corn Niblets
Fruit Cocktail		Fruit Cup	Apple Pie	Cinnamon Fruit Compote	Diced Melon	Diced Pear

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WEEK 5						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Curried Vegetable Soup Beef Slice, Sweet Potato, Asparagus Plate Pudding, asst.	Celery & Red Pepper Soup Sweet & Sour Pork Sandwich Roasted Vegetable Salad	<u>Chef's Choice</u> Soup Salad Sandwich	Vegetable Beef Soup Apple, Cheddar, Rosemary Quiche Cucumber Salad Mousse, asst.	French Onion Style Soup Ham Sandwich Chopped Ranch Salad Square, asst.	Cream of Cauliflower Omelet w. Spanish Sauce Garden Salad Ice Cream	Leek Soup Cod Nuggets Pea Salad Spiced Potato Wedges Brownie
DINNER						
Turkey Rigatoni Alfredo Pasta Caesar Salad Fruit Cup	Smokey Beef Stew Pie Sautéed Vegetable Medley Fruit Salad	Vegetarian Lasagna Mixed Greens Salad Warm Fruit Compote	Cod Stir Fry Asparagus Rice Pilaf Diced Pear	Herbed Pork Chop Spiced Butternut Squash Baked Polenta Pineapple	Apricot Chicken Bites Roasted Parsnips Paella Style Rice Peach Slices	Salisbury Steak Mixed Greens Salad Vegetable Couscous Diced Melon

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