

| WEEK 1  |  |   |  |   |  |  |
|---|--|---|--|---|--|--|
| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |
| <b>LUNCH</b>  |  |   |  |   |  |  |
| Italian Lentil Soup<br><br>Cold Plate<br><br>Diced peach  | Turkey Soup<br><br>Egg Salad Sandwich<br>Carrot Salad<br><br>Yogurt                                      | <u>Chef's Choice</u><br>Soup<br>Salad<br>Sandwich   | Potato Leek Soup<br><br>Turkey, Walnut,<br>Mandarin Salad<br><br>Date Square | Mushroom Soup<br><br>Greek Omelette<br><br>Mixed Greens Salad<br><br>Diced Pear   | Butternut Squash<br>Soup<br><br>Chicken Salad<br>Sandwich<br><br>Coleslaw<br><br>Strawberry Mousse | French Canadian<br>Pea Soup<br><br>Tuna Salad, Dill<br>Potatoes, Asparagus<br>Plate<br><br>Ice cream |
| <b>DINNER</b>   |  |   |  |   |  |  |
| Mustard Glazed<br>Corned Beef<br><br>Boiled Parsley<br>Potato<br><br>Asparagus<br><br>Cinnamon Coffee<br>Cake | Balsamic Pork Chop<br><br>Whipped Potato<br><br>Roasted Butternut<br>Squash<br><br>Warm Fruit<br>Compote | Garlic Chicken Breast<br><br>Zesty Risotto<br><br>Sauteed Vegetable<br>Medley<br><br>Pineapple Pieces | Veal Ragout<br><br>Cilantro Couscous<br><br>Steamed Spinach<br><br>Melon Cup | Pork Souvlaki w.<br>Fruit Sauce<br><br>Quinoa Pilaf<br><br>Green Beans w.<br>Caramelized Onion<br><br>Lemon Meringue<br>Pie | Beef Stir Fry<br><br>Fried Rice<br><br>Herbed Zucchini<br><br>Pecan Pie                            | Turkey, Paprikash<br><br>Lemony Orzo<br><br>Mixed Vegetables<br><br>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                  |
| <b>LUNCH</b>                  |                             |                        |                         |                        |                             |                         |
| Curried Cream Corn Soup       | Mushroom Soup               | Chicken Soup           | Cream of Vegetable Soup | Carrot Ginger Soup     | French Onion Soup           | Garden Vegetable Soup   |
| Ham Sandwich w. Seasoned Mayo | Garlic Butter Perogies      | Battered Cod           | Ham Sandwich            | Quiche, Assorted       | Sausage & Beans Casserole   | Grilled Cheese Sandwich |
| Four Bean Salad               | Romaine Salad with Dressing | French Fries           | Ranch Salad             | Beet Salad             | Mixed Greens Balsamic Salad | Vegetable Salad         |
| Ice Cream, Asst.              | Cinnamon Roll Bar           | Coleslaw               | Ice Cream               | Square, Assorted       | Raspberry Mousse            | Sorbet                  |
| <b>DINNER</b>                 |                             |                        |                         |                        |                             |                         |
| Baked Chicken                 | Roast Beef                  | Spiced Baked Pork Chop | Curry Chicken Thigh     | Baked Tilapia          | Shepherd's Pie              | Pork Souvlaki           |
| Roast Potatoes                | Cumin Carrots               | Stewed Veg. of the Day | Vegetable Cous Cous     | Roast Baby Potatoes    | Summer Vegetable Medley     | Parslied Cauliflower    |
| Broccoli                      | Herb Mashed Potato          | Lentils                | Mint Peas               | Steamed Spinach        | Garlic Bread                | Brown Rice              |
| Stewed Fruit                  | Melon                       | Fruit Cup              | Diced Peach             | Cinnamon Fruit Compote | Danish                      | Butter Tart             |

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| WEEK 3   |  |  |   |  |   |   |
|--|--|--|---|--|---|---|
| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
| <b>LUNCH</b>   |  |  |   |  |   |   |
| Cream of Broccoli Soup<br><br>Turkey Potato Dill Salad and Asparagus Plate<br><br>Lemon Square | Hearty Vegetable Soup<br><br>Chicken Berry Salad<br><br>Tiramisu Mousse                          | <u>Chef's Choice</u><br>Soup<br>Salad<br>Sandwich                                    | Cream of Celery Soup<br><br>Macaroni & Cheese Casserole<br><br>Spinach Salad<br><br>Ice Cream | Roasted Red Pepper Cream Soup<br><br>Hamburger<br><br>Creamy Cucumber Salad<br><br>Yogurt, Asst. | Split Pea Soup<br><br>Chicken Pot Pie<br><br>Brussel Sprouts<br><br>Brownie | Curried Root Vegetable Soup<br><br>Grilled Cheese<br><br>Tossed Salad<br><br>Pineapple Pieces |
| <b>DINNER</b>  |  |  |   |  |   |   |
| Tapenade Crusted Baked Fish<br><br>Franconia Potato<br><br>Sautéed Zucchini<br><br>Diced Pear  | Mandarin Pork<br><br>Pineapple Fried Rice<br><br>Vegetable Stir Fry<br><br>Chocolate Coffee Cake | Salisbury Steak<br><br>Romanoff Potato<br><br>Ginger Honey Carrot<br><br>Butter Tart | Pork & Vegetable Stew<br><br>Green Peas<br><br>Stewed Lentils<br><br>Spicy Fruit Compote      | Athenian Chicken<br><br>Scalloped Potato<br><br>Spiced Butternut Squash<br><br>Apple Strudel     | Beef Lasagna<br><br>Caesar Salad<br><br>Apricot Halves                      | Steak and Broccoli Stir Fry<br><br>Buttered Egg Noodles<br><br>Pecan Pie                      |

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| WEEK 4                                   |                              |                              |                           |                           |                       |                             |
|--|------------------------------|------------------------------|---------------------------|---------------------------|-----------------------|-----------------------------|
| MONDAY                                   | TUESDAY                      | WEDNESDAY                    | THURSDAY                  | FRIDAY                    | SATURDAY              | SUNDAY                      |
| <b>LUNCH</b>                             |                              |                              |                           |                           |                       |                             |
| Cream of Vegetable Soup                  | Mushroom, Dijon & Dill Soup  | Chicken Gumbo Soup           | Cream of Cauliflower Soup | Mediterranean Lentil Soup | Cream of Carrot Soup  | Four Bean Soup              |
| Pasta with Garbanzo Beans and Vegetables | Chicken Sandwich             | Herbed Egg Frittata          | Turkey Sandwich           | Chicken Skewer            | Cole Plate            | Turkey Goddess Curry Salad  |
| Tossed Salad                             | Garden Salad with Dressing   | Bean & Bell Pepper Salad     | Mixed Greens Salad        | Couscous                  | Dessert Square, Asst. | Chilled Cucumber Dill Salad |
| Date Square                              | Mousse, Asst.                | Diced Pear                   | Ice Cream                 | Red Beet Salad            |                       | Cantaloupe                  |
| <b>DINNER</b>                            |                              |                              |                           |                           |                       |                             |
| Cod Fish Masala                          | Apricot Glazed Pork Souvlaki | Italian Roast Chicken Breast | Beef Stroganoff           | Salmon Loin               | Chicken Casserole     | Honey Garlic Pork Chop      |
| Greek, Loaded Roast Potato               | Seasoned Rice                | Poached Carrots and Parsnips | Rotini                    | Risotto                   | Quinoa "Pilaf"        | Scalloped Potato            |
| Steamed Spinach                          | Brussel Sprouts              | Mashed Potato                | Carrot Salad              | Roast Asparagus           | Roast Broccoli        | Glazed Root Vegetable       |
| Fruit Cocktail                           | Melon Wedge                  | Coffee Cake                  | Cinnamon Fruit Compote    | Butter Tart               | Asst. Cake            | Diced Pear                  |

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