



Spring & Summer 2017

Menu Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
lunch	Tomato Rice Soup Chicken Skewers Tzatziki Sauce w/ Spinach Salad Vanilla Ice Cream	Mushroom Soup Egg Melt on Kaiser Bun w/ Cucumber Dill Salad Triple Berry Crumble	Lentil Soup Shrimp Croissant w/ Garden Greens Lemon Loaf	Corn Chowder Hot Dog w/ Potato Wedges Chocolate Mousse	Chicken Noodle Soup Mexican Egg Frittata w/ Tomato & Onions Date Square	Leek & Potato Soup Ham & Cheese Sandwich on Whole Wheat w/ Apple Slaw Diced Melon	Navy Bean Soup Grilled French Toast w/ Breakfast Sausage Ice Cream Sandwich
	Vegetable Spring Rolls Baked Veal Parmigiana w/ Linguine Pasta Cauliflower Tapioca Pudding	Carrot Raisin Salad Beef Stir Fry w/ Herbed Rice Rhubarb Stew	Caesar Salad Braised Pork Chop w/ Rosemary Potato & Grilled Zucchini Meringue Pie	Asiago Bread Montreal Spiced Chicken w/ Potato Lyonnaise & Steamed Carrots French Cream Cheesecake	Tossed Salad Turkey Stew w/ Roast Potato & Green Beans Cinnamon Fruit Compote	Four Bean Salad Baked Cod Fish w/ Mash Potato & Mixed Vegetable Iced Chocolate Cake	Marinated Beet Salad Baked Glazed Ham Scalloped Potato Steamed Carrots Apricot Halves
dinner							

*Diabetic options available



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Menu Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
lunch	Cream of Asparagus Soup Hawaiian Pizza w/ Iceberg Lettuce Salad Butterscotch Pudding	Clam Chowder Grilled Corned Beef Sandwich on Whole Wheat w/ Green Pepper Slaw Tropical Salad	Beef Barley Western Style Quiche Tossed Salad Fresh Bananas	Hungarian Goulash Grilled Chicken on Caesar Salad Garlic Toast Nanaimo Bar	Cream of Broccoli Grilled Beef Burger Potato Salad Tangerine Mousse	Minestrone Turkey Dijon Salad on Mini Ciabatta Bun w/ Coleslaw Peach Cobbler	Butternut Squash Ham & Cheese Omelette Garden Salad Slice Cantaloupe
	Greek Salad Beef Bourguignon Stew w/ Basmati Rice Turnip Poached Pear	Mixed Green Salad Spaghetti w/ Meatballs w/ Buttered Corn Banana Pie	Veg Samosa BBQ Roast Pork Loin w/ Steamed Buttered Parsley Potatoes Carrot Cake	Mixed Green & Mandarin Orange Salad Shepherd's Pie w/ Roasted Vegetables Sticky Toffee Pudding	Waldorf Salad Veal Stew Ranch-Style Potato Chocolate Brownie	Spring Mix Salad Citrus Tilapia Roast Sweet Potato Rice Pudding	Baby Spinach & Beet Salad Roast Beef w/ Yorkshire Pudding, Mashed Potato & Steamed Green Bean Assorted Desserts
dinner							

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Menu Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
lunch	Carrot & Ginger Soup	Chicken & Mushroom Chowder	Split Pea Soup	Broccoli & Cheese Soup	Chicken Gumbo Soup	Cream of Cauliflower	Italian Wedding Soup
	Poached Eggs Benedict w/ Hash Browns	Baked Macaroni & Cheese Garlic Toast	Grilled Monte Cristo Sandwich w/ Potato Wedges	Sliced Roast Beef Sandwich w/ Dijon Mayo Garnish	Beef Lasagna w/ Greek Salad, & Garlic Focaccia Bread	Grilled Philly Cheese Steak Sandwich w/ Creamy Coleslaw	Pancakes w/ Syrup & Bacon Orange Slices
	Ice Cream Sundae	Chocolate Eclair	Apricots in Pear Juice	Greek Baklava Pastry	Lemonicious Square	Buttertart Square	Raspberry Mousse
dinner	Tossed Salad	Cucumber Yogurt Salad	Tomato, Basil, and Red Onion Salad	Marinated Mushroom Salad	Tossed Salad	Caesar Salad	Stuffed Mushroom
	Grilled Salisbury Steak w/ Gravy, Roast Potato & Mixed Vegetables	Grilled Pork Schnitzel w/ Mushroom Gravy, Parsley Potato, & Sautéed Spinach	Chicken & Sausage Penne Pasta w/ Tomato Sauce w/ Dinner Roll & Glazed Carrots	Slow-Cooked Lamb Stew w/ Roast Potato & Steamed Vegetable	Fried Chicken w/ Mashed Potato, & Puréed Parsnip	Fillet of Sole w/ Almonds, Mashed Potatoes, & Snow Peas	Roast Turkey w/ Stuffing, Gravy, Mashed Potato, & Brussel Sprouts
	Bread Pudding	Apple Pie	Tiramisu Mousse	Strawberry & Rhubarb Pie	Apple Crumble	Pumpkin Pie	Cheesecake

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Menu Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
lunch	Borscht	Vegetable Barley Soup	Beef Vegetable Soup	Cream of Mushroom	Chicken Rice Soup	Squash Bisque	Red Manhattan Chowder
	Scrambled Eggs With Ham & Fruit Salad	Corned Beef Sandwich on Marble Rye w/ Sauerkraut	Egg Salad Sandwich w/ Three Bean Salad Garnish	Quiche Lorraine w/ Garden Salad & Pickles	Fish & Chips w/ Coleslaw	Savoury Turkey Burger On a Pretzel Bun w/ Fries & Tomato & Onion Salad	Belgian Waffles & Berry Sauce w/ Whipped Cream & Sautéed Sausages
	Strawberry Ice Cream	Frozen Peach Yogurt	Tropical Fruit	Caramel Custard	Apricot Slices	Fruit Trifle	Watermelon Slices
dinner	Chicken Wings	Mediterranean Salad	Seasoned Flatbread	Apple Coleslaw	Garden Greens	Caesar Salad	Tossed Salad
	Meatloaf w/ Gravy & Mashed Potato	Butter Chicken w/ Basmati Rice & Naan Bread	Sweet & Sour Pork w/ Mashed Potato & Butternut Squash	Garlic Roasted Chicken Thigh w/ Baked Potato & Corn	Spaghetti w/ Tomato Meat Sauce	Baked Salmon Filet w/ Hollandaise Sauce	Beef Pot Roast w/ Mashed Potato & Steamed Vegetables
	Vegetable Medley	Orange & Ginger Carrots	Strawberry Shortcake	Diced Honeydew	Steamed Cauliflower	Parsley Potato & Asparagus	Fresh Fruit
	Chocolate Mousse	Apple Strudel			Assorted Desserts	Apple & Cranberry Crisp	

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Menu Week 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Mulligatawny Soup Fruit Plate w/ Cottage Cheese & Cranberry Bun Vanilla Ice Cream	Cream of Cauliflower Potato Skin w/ Bacon, Chives, & Sour Cream Vanilla Caramel Cake	Garden Vegetable Soup BBQ Beef Ribette on Hoagie Bun w/ Iceberg Lettuce Salad & Dill Pickle Assorted Yogurts	Tomato Vegetable Soup West Coast Turkey Chili w/ Dinner Rolls & Beets Fruit Salad	Navy Bean Soup Grilled Monte Cristo Sandwich w/ Yam Fries Watermelon Slices	Potato & Bacon Soup Chicken Strips w/ Dipping Sauce & Coleslaw Pound Cake	Broccoli & Cheddar Soup Variety of Cheeses w/ Fruit Plate & Cinnamon Bun Pear Slices
	Garden Salad Swedish Meatballs w/ Mashed Potato, Cream Corn & Vegetables Tropical Fruit	Orange, Beet, and Spinach Salad Baked Sweet Tomato Chicken Breast w/ Grilled Seasoned Vegetables Sliced Peaches	Green Salad w/ Almond & Pear Penne Pasta w/ Beef Strips & Garlic Bread Sugar Pie	Tuscan Greens Salad Hungarian Cabbage Rolls w/ Steamed Potato & Vegetables Apricots	Caesar Salad Beef Pot Roast w/ Mashed Potatoes, Glazed Carrots & Peas Rice Pudding	Arugula, Beet, & Bacon Salad Baked Teriyaki Salmon w/ Roast Potato, Parsnip Purée, & Vegetables Blueberry Crisp	Spring Rolls Chicken Curry w/ Mango Stir Fry Fried Rice & Glazed Carrots Coconut Cream Pie

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Menu Week 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Caribbean Chicken Soup Fried Eggs w/ Bacon Slices, Hash Browns, & Orange Wedges Date Squares	Carrot & Ginger Soup Fish Cakes w/ Waldorf Salad Apple Strudel	Cream of Chicken Soup Egg Salad on a Croissant w/ Cucumber Salad Butterscotch Ice Cream	Sweet Potato & Onion Soup Chicken á la King w/ Mixed Green Salad & Dinner Rolls Tropical Fruit	French Onion Soup Deli Meats Sandwich On Rye Bread w/ Potato Salad Vanilla Carmel Cake	Beef Vegetable Soup Grilled Chicken on Caesar Salad w/ Crostini Cheese Cake	Cream of Celery Soup Scrambled Egg w/ Savory Sausage, Hash Brown & Orange Slices Vanilla Mousse
	BBQ Steak Night Buffet Open Seating 4:30pm - 6pm Assorted Salads Assorted Savory Treats Assorted Desserts *Chef's Choice	Apple, Zucchini Coleslaw Pork Chop w/ Apple Cider Sauce & Steamed Nugget Potatoes Chocolate Cream Pie	Creamy Pea Salad Spaghetti Bolognese w/ Garlic Bread & Steamed Broccoli Lemon Cream Pie	Italian Summer Salad Grilled Beef Skewers w/ Greek Potatoes & Buttered Peas Cherry Strudel	Tossed Salad Grilled Bavarian Veal w/ Mashed Potatoes & Steamed Mixed Vegetables Strawberry Rhubarb Crisp	Coleslaw Salad Hawaiian Cod Filet w/ Sweet Roast Potato, & Steamed Cauliflower Boston Cream Pie	Spinach, Tomato, Basil Salad Fruit Plate w/ Cottage Cheese & Dinner Roll Apple Crumble
dinner							

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