



Spring & Summer Menu 2019

Menu Week 1

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|--|---|---|--|
| lunch | Lentil and Green Pea Soup | Cream of Vegetable Soup | Split Pea Soup | Beef Barley Soup | Italian Wedding Soup | French Onion Soup | Corn Chowder |
| | Apple & Raisin Crepes w/ Vanilla Cinnamon Sauce, Ham Slices, Orange Wedges | Egg Salad Sandwich on a Croissant, Waldorf Salad, Orange Wedges | BBQ Pulled Pork Mini Burger, w/ Coleslaw Topping, Fries, Pickle | Mac & Cheese, Garlic Bread, Celery & Carrot Sticks | Chef Salad (Ham, Turkey, Egg, Cheese, Lettuce, Tomato, Cucumber, Dressing) w/ Dinner Roll | Crab Meat Salad Melt on Thick Brown Bread, Creamy Coleslaw, Orange Wedges | Grilled French Toast w/ Sausages, Orange Wedge |
| | Ice Cream Sundae | Fruit Jell-O | Banana | Tropical Fruit | Baked Custard | Fresh Fruit | Diced Peach |
| dinner | Iceberg Carrot Salad | Garden Salad | Tomato Flatbread w/ Balsamic Glaze | Pickled Beet Salad | Bean Salad | Caesar Salad | Cucumber in Sour Cream Salad |
| | Beef Pot Roast w/ Mashed Potatoes, Glazed Carrots | Braised Pork Chop in Tomato Sauce, Egg Noodles Pasta, Steamed Green Beans w/ Butter | Deep Fried Crispy Butterfly Prawns w/ Cocktail Sauce, Mashed Potatoes & Buttered Peas | B. B.Q. Chicken Breast , Baked Potato w/ Saur Cream, Buttered Corn | Baked Salisbury Steak w/ Gravy, Parsley Potatoes, Sauté Turnip w/ Onion | Cheese Ravioli w/ Alfredo Sauce, Green Peas, Garlic Toast | Roast Pork Loin w/ Gravy, Rice Pilaf, Mixed Vegetables |
| | Sticky Toffee Pudding | Carrot Cake | Date Square | Ice Cream Sherbet | Tiramisu Mousse | Assorted Desserts | Chocolate Fudge |

*Diabetic options available



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Menu Week 2

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|---|--|---|--|
| lunch | Vegetable Soup | Cream Of Tomato Basil Soup | Turkey Noodle Soup | Seafood Chowder | Carrot Soup | Potato Leek Soup | White Bean Soup |
| | Eggs Benedict, Hash Browns, Fruit Slices | Chicken Pot Pie w/ Gravy, Coleslaw Salad, Orange Wedges | Grilled Three Cheese Sandwich on Brown Bread, Potato Salad, Celery & Carrot Sticks | Cottage Cheese and Fruit Plate, Homemade Biscuit | Chicken Salad Sandwich on Brown Bread, Spinach Lettuce Salad, Orange Wedges | Fish & Chips w/ Fries, Cucumber Slices | Pancake w/ Syrup, Crispy Bacon, Sliced Fruit |
| | Butterscotch Ice Cream Sundae | Cherry Strudel | Fruit Square | Berry Square | Assorted Desserts | Jell-O Fruit Cup | Apple Strudel |
| dinner | Waldorf Salad | Greek Salad | Orange Beet and Spinach Salad | Caesar Salad | Four Bean Salad | Mini Sausage Roll | Spring Mix Salad |
| | Roast Turkey w/ Stuffing, Gravy, Mashed Potatoes, Brussel Sprouts | Baked White Fish w/ Butter Garlic Sauce, Roasted Potatoes, Mushed Butternut Squash | Chicken Drumsticks Chasseur w/ Rice Pilaf, Steamed Broccoli w/ honey Butter | Spaghetti and Meatballs w/ Tomato Sauce, Roasted Zucchini, Garlic Bread | Poached Salmon Fillet w/ Dill Hollandaise Sauce, Scalloped Potatoes, Buttered Green Peas | Italian Style Veal Scallop w/ Tomato Sauce, Parsley Buttered Egg Noodles Pasta, Green Beans | Baked Turkey Cutlets w/ Gravy, Mashed Potatoes, Honey Glazed Carrots |
| | Lemon Cake | Banana Pudding | Pineapple Upside Down Cake | Tapioca Pudding | Donuts | Raisin Bread Pudding | Macaroon Madness |

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Menu Week 3

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|--|---|---|--|
| lunch | Cream Of Broccoli Soup Scrambled Eggs, Pork Sausages, Brown Toast, Orange Wedges Vanilla Ice Cream Sundae | Split Peas & Ham Soup Grilled Monte Cristo Sandwich, Yam Fries, Cucumber Slices Butterscotch Pudding | Minestrone Soup Cranberry Turkey Salad Sandwich On Brown Bread, Waldorf Salad, Fruit Slices Peaches | Potato Bacon Soup BBQ Salmon on Caesar Salad, Dinner Roll Banana | Tomato Vegetable Soup Grilled Turkey w/ Bacon, Cheese on Rye Bread, Ranch Potato Salad, Pickled Beet Ice Cream Sandwich | Butternut Squash Soup Baked Beans w/ Grilled Wieners, Dinner Roll, Beet Slices Fruit Jell-O | Chicken Noodle Soup Belgian Waffle w/ Strawberry Sauce, Whipping Cream, Orange Wedges Cherry Strudel |
| | Mixed Green Salad BBQ Pork Ribs, Baked Potato w/ Sour Cream, Buttered Corn Apple Pie | Garden Salad Grilled Chicken Breast w/ Sweet Pepper Sauce, Scalloped Potatoes, Steamed Green Beans Date Square | Carrot Raisin Salad Beef Stroganoff w/ Noodles, Turnip w/ Onion & Parsley Tapioca Pudding | Vegetable Samosa Braised Pork Chop in Apple Sauce, Mashed Potatoes, Harvard Beets Assorted Dessert | Green Salad Baked White Fish with Lemon Caper Butter Sauce, Mashed Potatoes, Roma Tomato Au Gratin Nanaimo Bar | Greek Salad BBQ Roasted Chicken Legs, Steamed Potatoes, Buttered Corn Butterscotch Pudding | Caesar Salad Spaghetti w/ Meat Sauce and Parmesan Cheese, Sauté Green Peas, Garlic Bread Cheesecake |
| dinner | | | | | | | |

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Menu Week 4

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--|--|---|--|--|---|--|
| lunch | Split Peas Soup Fried Eggs w/ Crispy Bacon, Hash Brown, Tomato Wedges | Italian Wedding Soup Chicken Fingers w/ Potato Salad, Pickles Tangerine Mousse | Chicken Noodle Soup Chef Salad (Ham, Turkey, Egg, Cheese, Lettuce, Tomato, Cucumber, Dressing) Dinner Roll Banana | Vegetable Barley Soup Chicken Gyoza w/ Soya Sauce, Cucumber Coleslaw, Pickles Beet Fruit Jell-O | Cream Of Broccoli Soup Egg Salad Sandwich on Brown Bread, Carrot Raisin Salad, Orange Wedges Fruit Yogurt | Bean Bacon Soup Grilled Reuben Sandwich (Corned Beef, Cheese, Sauerkraut, Rye Bread), Coleslaw, Pickles Diced Watermelon | Sweet Corn Chowder Fruit Plate w/ Cottage Cheese, Cinnamon Bun Assorted Dessert |
| | Beet Orange Salad Glazed Ham w/ Pineapple Sauce, Scalloped Potatoes, Honey Glazed Carrots Sticky Toffee Pudding | Garden Salad with Dressing Grill Veal Scallop w/ Tomato Sauce, Parsley Buttered Noodle Pasta, Green Beans Maple Chocolate Cake | Four Bean Salad Poached White Fish Fillet w/ Shrimp and Lemon Cream Sauce, Mashed Potatoes, Tomato au Gratin Coconut Pudding | Spring Roll Sweet and Sour Beef w/ Egg noodles, Sautéed Mix Vegetable Macaroon | Potato Salad Baked Chicken Breast in Alfredo Sauce, Steamed Potatoes, Mashed Turnips & Carrots Tapioca Pudding | Caesar Salad Fettucine w/ Salmon Rose Sauce, Parmesan Cheese, Roast Zucchini w/ herbs, Garlic Bread Donuts | Tomato Flatbread w/ Balsamic Glaze BBQ Pork Loin, Roasted Garlic Potatoes, Green Beans Bread Pudding |

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Spring & Summer Menu 2019

Menu Week 5

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|--|--|---|
| Lunch | Red Lentil Soup | Beef Noodle Soup | Cream Of Vegetable Soup | Chicken Rice Soup | Garden Vegetable Soup | Mushroom Soup | Minestrone Soup |
| | Scramble Eggs, Bacon, Hash Brown, Orange Slice | Grilled Ham and Cheese Sandwich on Thick Brown Bread, Potato Salad, Cucumber Slices | Grilled Cheddar Pierogis w/ Bacon, Cheese, Sour Cream, Caesar Salad, Tomato Slices | Baked Beans w/ Grilled Wieners, Dinner Rolls, Celery & Carrots Sticks | Baked Teriyaki Chicken Caesar Salad, Garlic Bread | Spinach, Feta and Cheese Quiche, w/ Tomato and Cucumber Salad, Orange Wedges | Fruit Plate w/ Cottage Cheese, Homemade Biscuit |
| | Fresh Fruit | Fruit Jell-O | Tropical Fruit | Mini Cream Puffs | Assorted Desserts | Tiramisu Mousse | Ice Cream |
| dinner | Waldorf Salad | Baby Green Orange Salad w/ Toasted Nuts | Spring Mix Salad | House Salad | Vegetarian Spring Rolls | Pickled Beet Salad | White Cabbage Slaw |
| | Slow Roasted Beef w/ Yorkshires, Mashed Potatoes, Broccoli Au Gratin | Beef Ravioli w/ Pesto Cream Sauce, Mix Vegetables, Garlic Bread | Montreal Roasted Chicken Legs Mashed Potatoes. Green Beans | Glazed Ham w/ Apple Raisin Sauce, Scalloped Potatoes, Harvard Beets | Fried Prawns w/ Cocktail Sauce, Steamed Jasmin Rice, Sauté Cabbage | Swiss Salisbury Steak, Cream Pasta Noodle, Green Peas | Chicken Breast Stuffed w/ Broccoli & Cheese w/ gravy, Mashed Potatoes, Mixed Vegetables |
| | Lemon Cake | Chocolate Brownies | Carrot Cake | Triple Berry Square | Date Square | Custard | Donuts |

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Spring & Summer Menu 2019

Menu Week 6

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--|--|---|---|--|---|--|
| Lunch | <p>Tomato Lentil Soup</p> <p>Ham and Cheese Omelette, Hash Brown, Fruit Slices</p> <p>Fruit Yogurt</p> | <p>Cream Of Vegetable Soup</p> <p>Beef Sausage Roll w/ Gravy, Four Bean Salad, Pickle Beet</p> <p>Butterscotch Pudding</p> | <p>Navy Bean Soup</p> <p>Spinach Feta Pastry, Spring Mix Salad, Orange Wedges</p> <p>Fruit Jell-O</p> | <p>Minestrone Soup</p> <p>Teriyaki Salmon Salad, Lettuce w/ Tomato, Cucumber, Red Onion, Dressing, Dinner Roll</p> <p>Pear Halves</p> | <p>Tomato Cream Soup</p> <p>BBQ Wings, Fries, Celery & Carrots Sticks</p> <p>Assorted Desserts</p> | <p>Chicken Noodle Soup</p> <p>Cranberry Turkey Salad Sandwich on a Croissant, Beet Mandarin Nut Salad, Pickles</p> <p>Apple Strudel</p> | <p>Potato and Bacon Soup</p> <p>Hot Dog w/ Cheese & Fried Onion, Garden Salad, Orange Slices</p> <p>Banana</p> |
| | dinner | <p>Waldorf Salad</p> <p>BBQ Pork Ribs, Mashed Potatoes, Corn</p> <p>Coconut Pie</p> | <p>Baby Green, Mandarin, Nut Salad</p> <p>Braised Turkey Cutlet w/ Gravy, Steamed Potato, Broccoli Cauliflower Au Gratin</p> <p>Nanaimo Bar</p> | <p>Caesar Salad</p> <p>Seafood Fettuccine Alfredo, Buttered Green Peas, Garlic Toast</p> <p>Donuts</p> | <p>Tomato Cucumber w/ Balsamic</p> <p>Fried Chicken, Mashed Potatoes, Dill Carrots & Broccoli</p> <p>Bread Pudding</p> | <p>Vegetable Samosa</p> <p>Cabbage Rolls, Rice Pilaf, Mixed Vegetables</p> <p>Tapioca Pudding</p> | <p>Creamy Apple Slaw</p> <p>Baked Salmon Fillet w/ Dill Hollandaise Sauce, Scalloped Potatoes, Steamed Green Beans w/ Almond</p> <p>Chocolate Cake</p> |

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