



Spring & Summer 2020

Menu Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
lunch	<p>Italian Wedding Soup</p> <p>Fried Eggs W/ Crispy Bacon & Hashbrowns</p> <p>Ice Cream Sandwich</p>	<p>Vegetable Noodle Soup</p> <p>Sausage Roll w/ Gravy, Four Bean Salad, Beets</p> <p>Diced Peaches</p>	<p>Red Lentil Soup</p> <p>Grilled Monte Cristo Sandwich, Waldorf Salad, Fruit Slices</p> <p>Mini Cream Puff</p>	<p>Cream of Vegetable Soup</p> <p>Chicken Burger w/ Fries, Pickles</p> <p>Jell-O Cups</p>	<p>Cream of Tomato Soup</p> <p>B.B.Q Salmon on Caesar Salad, Dinner Roll, Lemon Wedges</p> <p>Fruit Yogurt</p>	<p>Minestrone Soup</p> <p>Fruit Plate w/ Cottage Cheese & homemade Biscuit</p> <p>Donuts</p>	<p>Squash Bisque</p> <p>Grilled French Toast w/ Crispy Bacon & Cheese, Fruit Slice</p> <p>Tropical Fruit</p>
dinner	<p>Carrots Raisin Salad</p> <p>Beef Pot Roast w/ Mash Potatoes, Buttered Green Beans</p> <p>Black Forest Cake</p>	<p>Green Salad</p> <p>Roast B.B.Q Chicken Legs w/ Mash Potatoes, Mix Vegetables</p> <p>Tapioca Pudding</p>	<p>Creamy Coleslaw</p> <p>Turkey Shepherd's Pie W/ Gravy, Roasted Zucchini</p> <p>Rhubarb Stew</p>	<p>Chicken Dumpling</p> <p>Deep Fried Battered Fish w/ Lemon Wedge, Roast Nugget Potatoes, Green Peas</p> <p>Nanaimo Bar</p>	<p>Garden Salad</p> <p>Swiss Meatballs w/ Pasta Noodles, Green Beans</p> <p>Assorted Desserts</p>	<p>Tomato Cucumber Salad</p> <p>Braised Pork Chop w/ Apple Sauce, Mashed Potatoes, Harvard Beets</p> <p>Butterscotch Pudding</p>	<p>Beet & Onion Salad</p> <p>Baked Chicken Breast Stuffed w/ Cheese & Broccoli, Mashed Potatoes, Steamed Carrots</p> <p>Carrot Cake</p>

*Diabetic options available



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Menu Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
lunch	Split pea Soup	Salmon Chowder	Chicken Noodle Soup	Potato Leek Soup	Carrot Soup	Cream of Mushroom	Cream of Mushroom
	Scrambled Eggs w/ Sausages & HashBrown, Orange Wedge	Chicken Wings w/ Honey Garlic Sauce, Coleslaw, Celery, Carrot Sticks	Chef Salad (Ham, Turkey, Cucumber, Dressing w/ Dinner Roll)	Eggs Benedict w/ Tossed Salad Fruit Slices	Grilled Ham & Cheese Sandwich on Brown Bread, Potato Salad	Egg Salad Sandwich on Croissant, Waldorf Salad, Beets	Egg Salad Sandwich on Croissant, Waldorf Salad, Beets
	Vanilla Ice Cream w/ Caramel Sauce	Diced Pears	Lemon Mousse	Banana w/ Strawberry Sauce	Strawberry Mousse	Fruit Jell-O	Fruit Jell-O
dinner	Creamy Coleslaw	Orange, Beet and Spinach Salad	Garlic Naan Bread	Greek Salad	Tossed Salad	House Salad	Tomato Cucumber Salad
	B.B.Q. Pork Ribs, Baked Potatoes w/ Sour Cream, Buttered Corn	Swiss Salisbury Steak w/ Mashed Potatoes, Green Peas	Roasted Lemon Chicken Legs, Potato Nuggets, Mix Vegetables	Spaghetti Meat Sauce w/ Parmesan Cheese, Garlic Toast, Sautéed Spinach w/ Onion	Roasted Pork Loin w/ Gravy, Steamed Potato, Glazed Carrots	Grilled Seasoned Salmon w/ Lemon Pepper Spices, Mashed Potatoes, Steamed Turnips	Baked Meat Lasagna w/ Mix Vegetables, Garlic Toast
	Lemon Pie	Date Square	Assorted Dessert	Chocolate Fudge	Rice Pudding	Vanilla Cake	Donuts

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Menu Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
lunch	Lentil Soup Cheese Omelet w/ Ham, Brown Toast, Fruit Slice Strawberry Ice Cream	Italian Wedding Soup Baked Chicken Strips w/ Potato Salad, Beets Pears	Potato Bacon Soup Baked Mac & Cheese, Garlic Toast, Tomato Wedge Assorted Dessert	Cream of Tomato Soup Grilled Cheese Sandwich on Sourdough Bread, House Salad, Orange Wedge Ice Cream Sandwich	Minestrone Soup Grilled Chicken on Caesar Salad, Garlic Toast Watermelon	Cream of Spinach Soup Baked Beans w/ Grilled Wieners & Dinner Roll Orange Wedge Jell-O Cup	Chicken & Rice Soup Belgium Waffles w/ Whipped Cream, Sausages, Fruit Slice Apple Strudel
	Orange Beet & Spinach Salad Stuffed Roast Turkey w/ Gravy, Mashed Potatoes, Brussel Sprouts Boston Cream Pie	Mini Sausage Roll Braised Beef w/ Mashed Potatoes, Green Beans Carrots Cake	Caesar Salad Baked Boneless Chicken Thigh w/ Honey Garlic Sauce, Steamed Nugget Potatoes, Mix Vegetables Icing Orange Cake	Coleslaw w/ Corn Deep Fried Torpedo Prawns w/ Cocktail Sauce, White Rice Roasted Zucchini Lemon Mousse	Spring Roll Sweet Pork W/ Asian Noodles, Glazed Carrots Tapioca Pudding	Garden Salad Cabbage Rolls w/ Mashed Potatoes, Green Peas Pineapple Upside Cake	Greek Salad Seasoned Fried Chicken, Roasted Nugget Potatoes, Mix Vegetables Date Square

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Menu Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
lunch	Navy Bean Soup Grilled Monte Cristo Sandwich, Carrots & Raisins Salad Ice Cream Assorted	Corn Chowder Beef Pot Pie w/ Gravy, Garden Salad, Beets Butterscotch Pudding	Split Peas & Ham Soup Grilled Chicken & Cheese Sandwich on Ciabatta Bread, Creamy Coleslaw, Cucumber Fruit Yogurt	Salmon Chowder Beef Cheeseburger w/ Garden Salad, Pickles Fruit Jell-O	Beef Barley Soup Chef Salad (Ham, Turkey, Egg, Cheese, Lettuce, Tomato, Cucumber, Dressing) w/Dinner Roll Watermelon	Vegetable Noodle Soup Pancake w/ Syrup & Maple Glazed Ham Apple Strudel	Cream of Squash & Carrot Soup Egg Salad Sandwich, Potato Salad, Orange Wedge Tropical Fruit
	Mixed Green Salad Baked Ham W/ Apple Raisin Sauce, Scalloped Potatoes, Harvard Beets Sticky Toffee Pudding	Waldorf Salad Beef Ravioli w/ Pesto Cream Sauce, Sautéed Spinach, Garlic Bread Nanaimo Bar	Chicken Dumpling Fish & Chips w/ Roasted Carrots, Lemon Wedge Berry Square	Tomato Cucumber Salad Roasted Chicken Leg w/ Teriyaki Sauce, Mashed Potatoes, Green Beans Bread Pudding	Beet Onion Salad Roasted B.B.Q. Pork Loin, Baked Potato w/ Sour Cream, Corn Tapioca Pudding	Bean Salad Seasoned Grilled Salmon w/ Lemon Pepper Spices, Scalloped Potatoes, Broccoli Maple Chocolate Cake	Garden Salad Baked Chicken Cordon Blue, Steamed Nugget Potatoes, Mix Vegetables Cheesecake

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Menu Week 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Red Lentil Soup	Cream Of vegetables Soup	Chicken Noodle Soup	Minestrone Soup	Cream of Tomato Soup	French Onion Soup	Split Peas Soup
	Eggs Benedict w/House Salad, Fruit Slice	Grilled Cheese Sandwich on Sourdough Bread w/ Caesar Salad, Tomato Wedge	Egg Salad Sandwich on Brown Bread, Potato Salad, Orange Wedge	Fruit Plate w/ Cottage, Homemade Biscuit	Beef Burger w/ Fries, Pickles	Chicken Salad Sandwich on Brown Bread, House Salad, Fruit Slice	Cheese Pizza w/ Green Salad
	Ice Cream Sandwich	Mini Cream Puff	Lemon Mousse	Fruit Jell-O	Tiramisu Mouse	Fruit Yogurt	Diced Peach
dinner	Waldorf Salad	Carrots, Coconut Coleslaw	Spring Roll	Tomato Cucumber Salad	Garden Salad w/ Dressing	Garlic Naan Bread	Creamy Apple Slaw
	Roast Beef w/ Yorkshire Pudding w/ Gravy, Mashed Potatoes, Green Peas	Cabbage Roll w/ Steamed Potatoes, Buttered Squash	Braised Pork w/ Sweet Sauce, Steamed Jasmin Rice, Mix Vegetables	Grilled Chicken Breast marinade w/ garlic Herbs, Roasted Nugget Potatoes, Broccoli	Beef Ravioli w/ Alfredo Sauce, Garlic Bread, Steamed Zucchini	Deep Fried Torpedo Prawns w/Cocktail Sauce, Mashed Potatoes, Roasted Carrots	Swiss Salisbury Steak w/ Scalloped Potatoes, Green Peas
	Lemon Short Cake	Assorted Dessert	Pineapple Upside-down Cake	Macaroon Madness	Apple Crumble	Nanaimo Bar	Rice Pudding

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Menu Week 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	Cream of Broccoli Cheddar Soup Belgian Waffle w/ Whipped Cream, Berries Sauce Cherry Strudel	Beef Barley Soup Crab Cake w/ Tarter Sauce, Potato Salad, Fruit Vanilla Mousse	Potato Bacon Soup Beef Chilli w/ Cheese Dinner Roll, Orange Wedge Tangerine Mousse	Vegetable Barley Soup Garlic Shrimp on House Salad & Dinner Roll Assorted	Corn Chowder Seasoned Chicken Wings, Fries, Beets Banana w/ Strawberry Sauce	Lentil Soup Crab Salad Melt on English Muffin, Creamy Apple Coleslaw, Carrot & Celery Sticks Tropical Fruit Salad	Cream of Mushroom Soup Pancake w/ Maple Syrup & Glazed Ham, Fruit Slice Fruit Yogurt
	Iceberg & Carrot Salad B.B.Q. Ribs, Mashed Potatoes, Roasted Carrots Boston Cream Pie	Carrot & Raisin Salad Fried Chicken, Roasted Nugget Potatoes, Green Beans Triple Berry Crumble	Italian Flat Bread Fettucine Meat Ball w/ Tomato Sauce & Parmesan Cheese, Steamed Zucchini, Garlic Vanilla Cake	Beet Orange Salad Braised Beef w/ Pasta Noodles, Mix Vegetables Chocolate Brownies	Creamy Coleslaw Steamed Salmon Fillet w/ Bearnaise Sauce, Mashed Potatoes, Buttered Steamed Broccoli Pineapple Upside-Down Cake	Spanakopita Baked Turkey Schnitzel w/ Gravy, Scalloped Potatoes, Green Peas Banana Pie	Mixed Green Salad Baked B.B.Q. Chicken Breast, Roasted Garlic Nugget Potatoes, Mixed Vegetables Bread Pudding
dinner							

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