



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>Minestrone Soup</p> <p>Baked Honey Garlic Salmon w/ Garden Salad & Crostini</p> <p>Jell-O Cups</p>	<p>Cream of Tomato Soup</p> <p>Chicken Burger w/ Fries, Pickles</p> <p>Fruit Yogurt</p>	<p>Vegetable 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/ Mashed Potatoes, Buttered Green Beans</p> <p>Black Forest Cake</p>	<p>Green Salad</p> <p>Roast B.B.Q Chicken Legs w/ Mashed Potatoes, Mix Vegetables</p> <p>Tapioca Pudding</p>	<p>Creamy Coleslaw</p> <p>Deep Fried Battered Fish w/ Lemon Wedge, Roast Nugget Potatoes, Green Peas</p> <p>Rhubarb Stew</p>	<p>Chicken Dumpling</p> <p>Turkey Shepherd's Pie w/ Gravy, Roasted Zucchini</p> <p>Nanaimo Bar</p>	<p>Garden Salad</p> <p>Swiss Meatballs w/ Pasta Noodles, Green Beans, Garlic Bread</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>

*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	French Onion Soup
	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	Hot Dog w/ Onion & Cheese, Yam Fries, Pickles
	Vanilla Ice Cream w/ Caramel Sauce	Diced Pears	Lemon Mousse	Banana w/ Strawberry Sauce	Strawberry Mousse	Fruit Jell-O	Tropical Fruit
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	Salmon Blanquette (Stew) w/ Mushrooms ,Potatoes & Dinner Roll	Spaghetti Meat Sauce w/ Parmesan Cheese, Garlic Toast, Sautéed Spinach w/ Onion	Roasted Pork Loin w/ Gravy, Steamed Potato, Glazed Carrots	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	Minestrone 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	Italian Wedding 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
dinner							

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

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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	Tomato & Rice 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	Grilled Chicken Wrap w/ Cheese, bacon & onions Potato Salad, Orange Wedge	Beef Burger w/ Fries, Pickles	Fruit Plate w/ Cottage, Homemade Biscuit	Chicken Salad Sandwich on Brown Bread, House Salad, Fruit Slice	Grilled Ham & Cheese Sandwich w/ Green Salad
	Ice Cream Sandwich	Mini Cream Puff	Lemon Mousse	Fruit Jell-O	Tiramisu Mousse	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 Hot dog w/ Onion & Cheese, Waldorf Salad, Pickles Vanilla Mousse	Potato Bacon Soup Beef Chilli w/ Cheese Dinner Roll, Orange Wedge Assorted	Vegetable Barley Soup Garlic Shrimp on House Salad & Dinner Roll Tangerine Mousse	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
	Creamy Pear Slaw B.B.Q. Ribs, Mashed Potatoes, Roasted Carrots Boston Cream Pie	Tossed Salad Grilled White Fish w/ Butter Garlic Sauce, Mashed Potatoes, Butternut Squash Triple Berry Crumble	Veggie Samosa Fried Chicken Roasted Nugget Potatoes, Green Beans Vanilla Cake	Beet Orange Salad Baked Veal w/ Gravy Scalloped Potatoes, Sauté Peas Chocolate Brownies	Iceberg, Carrots Salad Fettucine Meat Ball w/ Tomato Sauce & Parmesan Cheese, Steamed Zucchini, Garlic Bread 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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