



WEEK 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Assorted Juice Hot Oatmeal Hard Boiled Egg Fresh Grapes Dark Bran Muffin	Assorted Juice Hot Oatmeal Scrambled Eggs Fresh Banana Whole Wheat Toast	Assorted Juice Cream of Wheat Cheddar Cheese Egg Bites Cantaloupe Whole Wheat Toast	Assorted Juice Hot Oatmeal Hard Boiled Egg Fresh Orange Wedges Whole Wheat Toast	Assorted Juice Hot Oatmeal Scrambled Eggs Fresh Grapes Whole Wheat Toast	Assorted Juice Cream of Wheat Hard Boiled Egg Fresh Banana French Toast with Syrup	Assorted Juice Hot Oatmeal Ham & Swiss Egg Bites Honeydew English Muffin
LUNCH	Mushroom Cream Soup	Minestrone Soup	Lentil Soup	Split Pea Soup	Creamy Chicken Soup	Carrot and Red Lentil Soup	Vegetable Florentine Soup
	BBQ Pulled Pork on a Whole Wheat Bun Creamy Coleslaw	Tuna Noodle Casserole Barley and Corn Salad	Cheese Tortellini with Marinara Green Beans	Breaded Chicken Tenders with Plum Sauce Rosemary Potato Wedges PEI Mixed Vegetables (Green Beans, Yellow Beans, Baby Carrots) Pear Wedges	Coconut Curry Baked Sole Seven Grain Rice Blend Garden Salad with Balsamic Dressing	Cheese Pizza Caesar Salad Cinnamon Applesauce	Farmers Sausage Perogies with Sour Cream Braised Red Apple Cabbage Fruit Cocktail (Peaches, Pears, Grapes, Pineapple, Cherries)
	Pineapple Tidbits	Mango Applesauce	Mandarin Oranges		Diced Peaches	<u>Alternate Choice</u>	<u>Alternate Choice</u>
	<u>Alternate Choice</u> Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich	Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich
DINNER	Chicken Congee Rotini Pasta with Vegetable Bolognese Sauce Garlic Breadstick Winter Mix Vegetables (Broccoli & Cauliflower)	Chicken Congee Chicken Parmesan Bake Bistro Blend Vegetables (Green & Wax Beans, Orange & Yellow Carrots)	Chicken Congee Beef Pepper Steak Steamed Seasoned Potatoes Sliced Carrots	Chicken Congee Creamy Red Pepper Basa Steamed Jasmine Rice Italian Mixed Vegetables (Carrots, zucchini, cauliflower, beans, zucchini, red pepper)	Chicken Congee Apple Cider Pork Loin with Mustard Gravy Mashed Potatoes Sunrise Mixed Vegetables (Yellow and Orange Carrots, Green Beans)	Chicken Congee Shanghai Beef Stir Fry Ginger Fried Rice	Chicken Congee Braised Beef with Gravy Mashed Potatoes Peas and Carrots
	Banana Pudding	Trifle Poke Cake	Vanilla Pudding	Peach Mousse	Coconut Cream Pie	Spiced Cake with Cream Cheese Frosting	Lemon Poppyseed Cookie
	<u>Alternate Choice</u> Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich	<u>Alternate Choice</u> Assorted Sandwich

^Water, Juice, Milk, Coffee, Tea are served at all meals. Whole Wheat Bread, Peanut Butter, Jam, Yogurt and Fresh Fruit are available at all meals
Therapeutic diets (Minced, Pureed, Thickened Fluids) receive the same menu items in their appropriate texture. Vegetarian and Gluten Free options are available for all meals

Spring Summer 2024 Menu (Regular Menu)



WEEK 2							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Assorted Juice Hot Oatmeal Scrambled Eggs Fresh Banana Whole Wheat Toast	Assorted Juice Cream of Wheat Turkey Sausage Egg Bites Fresh Grapes Whole Wheat Toast	Assorted Juice Hot Oatmeal Scrambled Eggs Orange Wedges Whole Wheat Toast	Assorted Juice Hot Oatmeal Hard Boiled Egg Honeydew Dark Bran Muffin	Assorted Juice Cream of Wheat Mushroom Egg Bites Fresh Banana Whole Wheat Toast	Assorted Juice Hot Oatmeal Scrambled Eggs Fresh Orange Wedges Whole Wheat Toast	Assorted Juice Hot Oatmeal Hard Boiled Egg Apple Wedges Blueberry Lemon French Toast
LUNCH	Smokey Tomato and Harissa Soup Egg and Spinach Wrap Tater Tot Potatoes Creamy Coleslaw Pineapple Tidbits <u>Alternate Choice</u> Assorted Sandwich	Chicken Noodle Soup Vegetable Chili Herb Tea Biscuit Tropical Fruit Salad (Red & Yellow Papaya, Guava, Pineapple) <u>Alternate Choice</u> Assorted Sandwich	Navy Bean Soup Fish Cakes with Tartar Sauce Yukon Gold Mashed Potatoes Italian Veg Mix (Carrots, zucchini, cauliflower, beans, zucchini, red pepper) Cherry Applesauce <u>Alternate Choice</u> Assorted Sandwich	Lentil Soup Macaroni and Cheese Broccoli & Cauliflower Apricot Halves <u>Alternate Choice</u> Assorted Sandwich	Carrot and Parsnip Soup Breaded Perch Rosemary Potato Wedges Green & Wax Beans Diced Pears <u>Alternate Choice</u> Assorted Sandwich	Italian Wedding Soup Pepperoni Pizza Fiesta Chickpea Salad (chickpeas, diced pepper, cucumber, red onion, lime dressing) Diced Cantaloupe <u>Alternate Choice</u> Assorted Sandwich	Cream of Celery Soup Boneless Chicken Wings Potato Salad Garden Salad with French Dressing Diced Peaches <u>Alternate Choice</u> Assorted Sandwich
DINNER	Chicken Congee Vegetable Herb Basa Brown Rice Yellow Beans Mini Cream Puffs <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Pork Chop with Mushroom Gravy Mashed Potatoes Sliced Carrots Tapioca Pudding <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Parmesan Meatballs with Marinara Spaghetti Green Beans Vanilla Ice Cream <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Chicken with Rotisserie Sauce Chive Mashed Potatoes Green Peas Banana Cake <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Penne in Spinach Alfredo Pasta Steamed Broccoli Tangerine Mousse <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Beef Lentil Meatloaf Mashed Potatoes Butternut Squash Date Square <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Apple Mustard Pork Loin Steamed Seasoned Potatoes Roasted Garlic Zucchini Carrot Cake with Cream Cheese Icing <u>Alternate Choice</u> Assorted Sandwich

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WEEK 3							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Assorted Juice Cream of Wheat Vegetable Scrambled Eggs Honeydew Whole Wheat Toast	Assorted Juice Hot Oatmeal Hard Boiled Egg Bacon Fresh Banana Whole Wheat Toast	Assorted Juice Hot Oatmeal Creamy Yogurt Fresh Grapes Dark Bran Muffin	Assorted Juice Cream of Wheat Cheddar Cheese Egg Bite Fresh Orange Wedges Whole Wheat Toast	Assorted Juice Hot Oatmeal Scrambled Eggs Cantaloupe Whole Wheat Toast	Assorted Juice Hot Oatmeal Hard Boiled Egg Fresh Banana Oatmeal Pancakes Pancake Syrup	Assorted Juice Cream of Wheat Chive Egg Bites Fresh Grapes Whole Wheat Toast
LUNCH	Cream of Broccoli Soup Stuffed Pepper Casserole (Beef & Rice) Butternut Squash Cinnamon Baked Apple Slices <u>Alternate Choice</u> Assorted Sandwich	Egg Drop Soup Three Cheese Quiche Baked Savory Potatoes Marinated Cucumber Salad Pineapple Tidbits <u>Alternate Choice</u> Assorted Sandwich	Cream of Mushroom Soup Corned Beef Egg Hash (Egg, corned beef, diced potatoes, peppers) Garden Salad with Zesty Italian Dressing Peach Applesauce <u>Alternate Choice</u> Assorted Sandwich	Vegetable Soup Chicken and Vegetable Pot Pie Tarts Harvard Beets Fruit Cocktail <u>Alternate Choice</u> Assorted Sandwich	Sweet Potato Soup Chicken BLT Entrée Salad with Ranch Dressing Diced Pears <u>Alternate Choice</u> Assorted Sandwich	Chicken Noodle Soup Macaroni and Cheese Caesar Salad Diced Peaches <u>Alternate Choice</u> Assorted Sandwich	Spring Vegetable Chowder Vegetable Lasagna Greek Salad Cherry Compote <u>Alternate Choice</u> Assorted Sandwich
DINNER	Chicken Congee Pasta Penne Primavera Garlic Breadstick Steamed Broccoli Blondie Square <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Beer Battered Haddock with Tartar Mashed Potatoes Green Peas Neapolitan Ice Cream <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Honey Mustard Ribs Mashed Potatoes Sunrise Mix Vegetables (Yellow and Orange Carrots, Green Beans) Pineapple Upside Down Cake <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Tex-Mex Black Bean Quinoa Casserole Cauliflower Lemon Square <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Salisbury Steak with Mushroom Gravy Mashed Potatoes Julienne Carrots Raspberry Jello Whip <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Apple Onion Pork Loin Spiced Mashed Sweet Potato Corn Tangerine Mousse <u>Alternate Choice</u> Assorted Sandwich	Chicken Congee Sweet and Sour Chicken Brown Rice Diced Turnip Apple Peach Crisp <u>Alternate Choice</u> Assorted Sandwich

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WEEK 4							
Monday		Tuesday		Wednesday		Thursday	
Friday		Saturday		Sunday			
BREAKFAST	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Hot Oatmeal	Hot Oatmeal	Cream of Wheat	Hot Oatmeal	Hot Oatmeal	Cream of Wheat	Hot Oatmeal
	Hard Boiled Egg	Cheddar Egg Bites	Bacon	Scrambled Eggs	Chive Egg Bite	Poached Egg	Hard Boiled Egg
	Fresh Banana	Fresh Orange Wedges	Diced Cantaloupe	Fresh Grapes	Fresh Banana	Honeydew	Fresh Orange Wedges
LUNCH	Whole Wheat Toast	Whole Wheat Toast	Cinnamon French Toast Bake	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Waffle with Syrup
	Minestrone Soup	Carrot Soup	Cream of Celery Soup	Lentil Soup	Butternut Squash Soup	Italian Wedding Soup	Three Sisters (Bean) Soup
	Chicken Nuggets with Plum Sauce	Spinach and Mushroom Penne	Garden Vegetable Pizza	Grilled Cheese Sandwich on Whole Wheat	Turkey Chili	Mediterranean Chicken Salad Plate	Pork Chow Mein
	Savoury Diced Potatoes	Alfredo	Caesar Salad	Garden Salad with French Dressing	Tea Biscuit	(Chicken, Chickpeas, Tomato, Olives with Herb Dressing)	(Pork Loin, Chow Mein, Noodles, Veg Mix)
DINNER	Sliced Carrots	Butternut Squash				Focaccia Slice	
	Apricot Halves	Cherry Applesauce	Fruit Cocktail (Peaches, Pears, Grapes, Pineapple, Cherries)	Peach Crisp	Pineapple Tidbits	Apricot Halves	Fruit Cocktail (Peaches, Pears, Grapes, Pineapple, Cherries)
	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>
	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich
DINNER	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee
	Beef Potato Stew	Mediterranean Pork Loin	Beef Cabbage Rolls	Pineapple Curry Basa	Honey Garlic Pork Chop	Swedish Meatballs	Roasted Turkey with Gravy
	Dinner Roll	Mashed Potatoes	Green Peas	Steamed Rice	Mashed Potato	Savoury Diced Potatoes	Mashed Potatoes
	Green Beans	Harvard Beets		Broccoli Florets	Bistro Vegetable Mix (Green & Wax Beans, Orange & Yellow Carrots)	Butternut Squash	Peas and Carrots
DINNER	Strawberry Mousse	Date Square	Strawberry Poke Cake	Cheesecake	Coconut Rice Pudding	Lemon Mousse	Peach Buckle
	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>	<u>Alternate Choice</u>
	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich	Assorted Sandwich

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