

Week 1

June 5 – 11, June 26 – July 2, July 17 – 23, Aug 7 – 13, Aug 28 – Sept 3, Sept 25 – Oct 1, Oct 16 – 22.

	MONDAY – Day 1	TUESDAY – Day 2	WEDNESDAY – Day 3	THURSDAY – Day 4	FRIDAY – Day 5	SATURDAY – Day 6	SUNDAY – Day 7
Breakfast							
Continental Breakfast.							
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SOUP (6oz)	Chicken Rice Soup	Vegetable Soup	Minestrone Soup	Cream of Tomato Soup	Turkey Noodle Soup	Cream of Mushroom	Beef Barley Soup
SALAD (4oz)		1 st Apple Cranberry Coleslaw	Veggie Plate (cucumber coins, tomato slices)	Grilled Cheese Sandwich <i>(P: Pureed Ham)</i>	Taco Bake <i>(Rice, Taco Beef, Tomato)</i> <i>R: Shredded Lettuce in SoftShell</i> <i>ALL: Blended Salsa, Sour Cream</i>	GF Chicken Burgers Lettuce and Tomato <i>(MAB no bun)</i>	Quiche Lorraine
MAIN ENTRÉE	Battered Pollock	BBQ Beef on a Bun <i>(MAB no bun)</i>	Cold Plate • Smoked Turkey • Cheddar cheese • Croissants <i>(Mini)</i>	Dill Pickle		Seasoned Crinkle Cut Fries	Cubed Hashbrowns
STARCH	Seasoned Steak Fries	2 nd Mashed Potatoes	Cold Potato Salad	PEI Vegetables	Creamed Corn	2 nd Bistro Blend Veg	Tomato Juice
VEGETABLES (3oz)	Broccoli		Saskatoon Berries with Whip Topping <i>P: Prd Blueberry Pie Filling</i>	Mangoes	Tropical Fruit Salad	Diced Peaches	Mixed Berries & Yogurt Parfait
DESSERT (4oz)	Fruit Cocktail	Diced Pears					
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Veal Parmigiana	Roasted Chicken Breast with Rotisserie Sauce	Cheesy Macaroni n 'Beef Casserole	Baked, Savoury Chicken Thighs <i>(Boneless)</i>	1 st Tuna Melt	1 st Braised Spanish Pork Chop	Stuffed Chicken Breast <i>(Broccoli & Cheese)</i>
STARCH	Mashed Potatoes	Rice	Peas	Potato Au Gratin	2 nd Beef BBQ Riblettes <i>w/ choice: gravy or condiments on unit</i>	2 nd Sliced Turkey	Garlic Mashed Potatoes
VEGETABLES (3oz)	Pick of the Day	Diced Carrots	Neapolitan Ice Cream Sandwich	Squash	Mashed Potatoes	Yukon Gold Mashed Potatoes	Diced Carrots
DESSERTS (4oz)	Maple Mania Cake	Homemade Banana Bread		Mello Jello	California Mixed Vegetables	Broccoli	Banana Cream Pie
SANDWICH	SANDWICH	SANDWICH	SANDWICH	SANDWICH	SANDWICH	SANDWICH	SANDWICH
	Egg Salad Chicken Salad	Egg Salad Tuna Salad	Egg Salad Crab Salad	Egg Salad Sliced Cheese & Tomato	Egg Salad Shaved Ham	Egg Salad Bologna	Egg Salad Shaved Turkey & Lettuce

ALTERNATE OPTIONS: REFER TO THERAPEUTIC MENU.

MENU SUBJECT TO CHANGE

Week 2 June 12 – 18, July 3 – 9, July 24 – 30, Aug 14 – 20, Sept 4 – 17, Oct 2 – 8, Oct 23 – 29.

	MONDAY – Day 8	TUESDAY – Day 9	WEDNESDAY – Day 10	THURSDAY – Day 11	FRIDAY – Day 12	SATURDAY – Day 13	SUNDAY – Day 14
Breakfast							
Continental Breakfast							
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SOUP (6oz)	Vegetable Chowder Soup	Roasted Red Pepper Soup	Chicken Noodle Soup	Borscht Soup	Tomato Macaroni Soup	Vegetable Soup	Tuscan Bean Soup
SALAD (4oz)	Coleslaw	1 st Corn Salad	Veggie Plate (cucumber coins, tomato slices)		1 st Dilly Cucumber Salad	1 st Tossed Salad	Open Faced Hot Beef Sandwich on WW Bread
MAIN ENTRÉE	Haddock Bites Tartar Sauce	Sandwich Platter: Egg salad on dinner rolls Crab Salad on brown bread Cheese & Lettuce on multigrain bread Shaved Roast Beef & Lettuce with herb and garlic cream cheese wrap	Hot Dog on a Bun <i>Fried Onions, Ketchup, Mustard & Relish (MAB no bun)</i>	Sausage (Pork)	Sloppy Joe	GF Chicken Strips Plum Sauce	
STARCH	Seasoned Steak Fries		Baked Beans 2 nd Mashed Potato 2 nd Diced Carrots	Pyrogies Diced Onions, Bacon & Sour Cream	1 st Mashed Potatoes 2 nd Hamburger Bun	Steak Fries	Mashed Potatoes
VEGETABLES (3oz)	2 nd Green Beans	DS, M, P: Creamed Corn		Cabbage Roll	2 nd Cauliflower	2 nd Broccoli	Diced Carrots
DESSERT (4oz)	Butterscotch Ice Cream	Homemade Blueberry Tart	Homebaked Cookie (Chocolate Chip)	Diced Pears	Pineapple Delight	Mandarin Orange	Mixed Berries Parfait
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Beef Stir Fry with Teriyaki Sauce	Chicken Rotini Primavera Casserole	Battered Chicken Balls & Sweet & Sour Sauce	Salisbury Steak Gravy & Onions	1 st Roasted Chicken Breast 2 nd Baked Haddock w/ choice: Garlic Aioli, Gravy or condiments on unit	Beef Meatballs with Korean BBQ Sauce	Baked Ham with Mustard Sauce
STARCH	Steamed Rice	Cheese Biscuit	Fried Rice	Red Roasted Potatoes	Mashed Potatoes	Mashed Potatoes	2 nd choice: Chicken Breast
VEGETABLES (3oz)	Asian Mix Vegetables	California Mixed Veg	Bistro Blend Veg	Green Beans	PEI Vegetables	Buttered Peas	Creamy Scalloped Potatoes
DESSERTS (4oz)	Tropical Fruit Salad (R)	Fruit Cocktail	Fresh Fruit <i>honeydew & cantaloupe pails</i>	Chocolate Avalanche Pastry	Watermelon (R) <i>Mangoes (DS,M,P)</i>	Angel Food Cake with Strawberries and whip topping	Squash
SANDWICH	SANDWICH	SANDWICH	SANDWICH	SANDWICH	SANDWICH	SANDWICH	Lemon Meringue Pie SANDWICH
	Egg Salad Bologna	(Sandwich Platter) <i>See lunch menu</i>	Egg Salad Tuna Salad	Egg Salad Shaved Turkey & Lettuce	Egg Salad Shaved Ham	Egg Salad Beef Salad	Egg Salad Swiss Cheese & Tomato

ALTERNATE OPTIONS: REFER TO THERAPEUTIC MENU.

MENU SUBJECT TO CHANGE

Week 3 June 19 – 25, July 10 – 16, July 31 – Aug 6, Aug 21 – 27, Sept – 18 – 24, Oct 9 – 15, Oct 30 – Nov 5.

	MONDAY – Day 15	TUESDAY – Day 16	WEDNESDAY – Day 17	THURSDAY – Day 18	FRIDAY – Day 19	SATURDAY – Day 20	SUNDAY – Day 21
Breakfast							
Continental Breakfast							
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SOUP (6oz)	Lentil Soup	Southwestern Bean Chowder Soup	Cream of Broccoli Soup	Turkey Vegetable Soup	Tomato & Zucchini Soup	Cream of Potato Soup	Beef Noodle Soup
SALAD (4oz)	Coleslaw (all diets)	2 nd Color Crunch Salad	Veggie Plate (cucumber coins, tomato slices)	1 st Spinach Salad	Beef Burger on a bun Sliced Cheese Sliced Dill Pickle choice of condiments	Fish Fingers with Ranch Sauce	Chicken Caesar Salad
MAIN ENTRÉE	Pulled Pork	Cottage Cheese Cold Plate	Breaded Chicken Drumstick with Gravy	Pepperoni Pizza			Pasta Salad
STARCH	1 st Mashed Potato 2 nd Hamburger Buns	Tea Biscuit	Cold Potato Salad	Vegetarian Pizza <i>(1/2 pizza = 6 svgs)</i>	Seasonal Fresh Fruit (R) <i>DS, M, P: Pureed Strawberry with whip topping</i>	Seasoned Sweet Potato Fries	DS, M, P Green Beans i
VEGETABLES (3oz)		Peach, Pear & Watermelon	Kernel Corn <i>DS, M, P: Creamed Corn</i>	2 nd Green Beans		Buttered Peas	
DESSERT (4oz)	Fruit Cocktail	Jello	Caramel Pudding Cake	Fresh Fruit cup (R) <i>DS, M, P: Prd Blueberry Pie Filling</i>	Diced Peaches	Mandarin Orange	
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Orange Glazed Chicken Thighs	Spaghetti & Meat Sauce	Turkey Meatballs with Cranberry Sauce	Honey Garlic Beef Stir Fry	Chicken Fried Rice	Turkey Schnitzel	Roast Beef Gravy
STARCH	Rice and Lentil Pilaf	Garlic Bread	Egg Noodles	Rice Noodle	Broccoli	Mashed Potatoes	Yorkshire Pudding Garlic Mashed Potatoes
VEGETABLES (3oz)	California Mixed Veg	Buttered Peas	Diced Carrots	Asian Mix Vegetable		Churro Donuts	Pick of the Day Vegetable
DESSERTS (4oz)	Boston Cream Cake	Frozen Yogurt	Mango Coconut Parfait	Tapioca Pudding	Homemade Cheesecake <i>(resident choice of Fruit scrapers)</i>	Warm Apple Pie w/ Ice Cream	
SANDWICH	SANDWICH	SANDWICH	SANDWICH	SANDWICH		SANDWICH	SANDWICH
	Egg Salad Tuna Salad	Egg Salad Turkey Salad Bologna & Cheese	Egg Salad Crab Salad	Egg Salad Shaved Ham/Mustard/Mayo	Egg Salad Cr. Cheese & Cucumber	Egg Salad Beef Salad	Egg Salad Bologna & Cheese

ALTERNATE OPTIONS: REFER TO THERAPEUTIC MENU.

MENU SUBJECT TO CHANGE