

Capital Care Adult Duplexes
Fall \ Winter Menu 2023 - 2024

WEEK 1

Regular Menu WEEK 1 Nov 20 - 26, Dec 11 -17, Jan 1-7, Jan 22 - 28, Feb 12 -18, Mar 4 -10, Mar 25 -31, Apr 15 -21, May 6 -12, May 27 – June 2 Menu Subject to Change

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Continental Breakfast							
L u n c h	<i>Entrée</i>	Pasta Alfredo with Crab or Chicken & Foccacia Bread	Hamburger Soup Assorted Sandwiches	Cream of Potato & Leek Soup (Dry Mix) Grilled Ham & Cheese Sandwich & Pickle slice	French Toast with Syrup & Country Sausages	Cod Nuggets with Tartar sauce & Steak Fries	Chicken Burger on bun with Mayonaise & Pickle slice	Sloppy Joes on Hamburger Bun
	<i>Vegetable</i>	Caesar Salad	Tossed Salad	Spinach Salad	Mango Slices	Asian Coleslaw	Shredded Lettuce and diced tomatoes	Tossed Salad
	<i>Dessert</i>	Tropical Fruit Salad (Canned)	Pudding	Diced Pears	Yogurt	Ice Cream Sundae	Mandarine Orange (Canned or Fresh when available)	Mixed Berries
S u p p e r	<i>Entrée</i>	Pork Chop in Mushroom Gravy with Boiled Potatoes	Honey Garlic Chicken Thighs with Fried Rice	Meatloaf with Gravy Scalloped Potato	Chicken Pot Pie (purchased) with Tea Biscuit	Spaghetti & Meat Sauce & Garlic Toast	Sweet and Sour Pork with steamed rice	Roast Turkey with gravy & Mashed Potato
	<i>Vegetable</i>	Kernel Corn	Winter Mix (Broccoli & Cauliflower)	Whipped Turnips	Peas	California Mixed Veg	Oriental Vegetable	Julienne Carrots
	<i>Dessert</i>	Lemon Buttermilk Cake	Fresh Fruit (Canteloup)	Cheese Cake with Fruit Topping	Home Made Dessert	Diced Peaches	Fuit Pie (purchased)	Chocolate Fudge Cake

Sandwich : Egg Salad, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad, Crab Salad

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Week 2

Regular Menu WEEK 2		Nov 27 -Dec 3, Dec 18 -24, Jan 8 -14, Jan 29 -Feb 4, Feb 19 -25, Mar 11-17, Apr 1 -7, Apr 22 -28, May 13 -19						Menu Subject to Change
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Continental Breakfast							
L u n c h	Entrée	Beef Burger or Fish Burger with French Fries	Cheesy Macaroni and Beef Casserole	Chicken Noodle Soup Pizza Buns (Burger Buns, pasta sauce, ham, shredded Mozza cheese)	Tomato Soup Grilled Cheese	Philly Steak Sandwich with Swiss Cheese (Use Shaved Roast Beef) on a Grilled Hot Dog Bun	Soft Tacos or Taco Salad ground beef, soft taco shell, shredded cheese,sour cream and salsa	Omelet with Salsa & Sour Cream & Hash Browns
	Vegetable	Coleslaw	Tossed Salad	Caesar Salad	Spinach Salad	Carrot and Celery Sticks	Shredded Lettuce and Tomatoes	Mixed Berries
	Dessert	Date Square (Purchased)	Pudding	Fruit Cocktail	Diced Peaches	Home Baked Cookie	Diced Pears	Yogurt
S u p p e r	Entrée	Chicken Cordon Blue Roasted Potatoes	Salisbury Steak with Gravy and Mashed Potatoes	Battered Chicken Balls with Pineapple Sauce & Herbed Rice	Beef Stoganoff with Egg Noodles	Garlic Sausage with Perogies/ sour cream and Cabbage Rolls	Meat Lasagna Garlic Toast	Baked Ham with Scallop Potatoes
	Vegetable	Mixed Vegetables	Julienne Carrots	Oriental Vegetables	Peas	Cucumber Salad	Pick of the Day	Kernal Corn
	Dessert	Fruit Cocktail	Strawberries & Rhubarb	Ice Cream	Fruit Crisp	Fresh Fruit Cup (Pail)	Vanilla 2 Bite Cupcake (purchased)	Pumpkin Pie

Sandwich : Egg Salad,Tomato & Lettuce,Peanut Butter & Jam, Peanut Butter & Banana,Sliced Cheese & Tomato, Tuna Salad

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Week 3

Regular Menu WEEK 3		Dec 4-10, Dec 25 -31, Jan 15 -21, Feb 5 -11, Feb 26 -Mar 3, Mar 18 -24, Apr 8 - 14, Apr 29 – May 5, May 20 -26.						Menu subject to Change
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Continental Breakfast							
L u n c h	<i>Entrée</i>	Baked Beans & Weiners with Biscuit	Cream of Vegetable Soup with Assorted Sandwiches including Tuna or Crab on croissants	Crispy Chicken Drumsticks Hash Brown Potatoes	Smoked Turkey with Wild Rice Soup Macaroni & Cheese	Beef Burger on a Bun with Steak Fries.	Beef & Turkey Meatball Sub (Meatballs, pasta sauce, mozzarella cheese on a hotdog bun)	Bacon/Lettuce & Tomato Sandwiches
	<i>Vegetable</i>	Cucumber Salad	Asian Coleslaw	Niblet Corn or (Corn on the Cob)	Tossed Salad	Assorted Vegetable Platter	Garden Salad	Strawberries & Whipped Topping (Frozen)
	<i>Dessert</i>	Diced Peaches	Mango Slices	Rice Krispie Squares (Purchased)	Diced Pears	Fresh Fruit (Melon)	Fruit Cocktail	Yogurt
S u p p e r	<i>Entrée</i>	Fish Wings or Breaded Chicken Tenders Home Fries & Tartar Sauce	Swedish Meatballs on Mashed Potatoes	BBQ Pork Riblet with baked potato and fixings green onions, bacon bits,sour cream)	Beef Stew with Home Baked Vienna Bun	Roasted Salmon Fillet or Chicken Breast and Herbed Rice	Chicken Strips with Plum Sauce & Steak Fies	Roast Beef with Gravy and Mashed Potato & Yorkshire Pudding
	<i>Vegetable</i>	Caesar Salad	Julienne Carrots	Tossed Salad	Green Beans	California Mixed Vegetables	Italian Mixed Vegetables	Turnips
	<i>Dessert</i>	Home Baked Cookie	Pound Cake with Strawberry Sauce	Mandarine Orange (Canned or fresh when available)	Home Made Baking	Sorbet	Caramel Vanilla Swirl Cake (Purchased)	Cream Pie

Alternate Options:
Sandwich : Egg Salad,Tomato & Lettuce,Peanut Butter & Jam, Peanut Butter & Banana,Sliced Cheese & Tomato, Tuna Salad