

# FALL / WINTER RESIDENT MENU 2023 -2024 – CAPITALCARE DICKINSFIELD

Regular Menu: Week 1 at a glance 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

WEEK 1	MONDAY – Day 1	TUESDAY – Day 2	WEDNESDAY – Day 3	THURSDAY – Day 4	FRIDAY – Day 5	SATURDAY – Day 6	SUNDAY– Day 7
LUNCH							
SOUP	Chicken Rice Soup	Tomato & Bean Bisque Soup	Beef Barley Soup	Vegetable Chowder	French Canadian Pea Soup	Cream of Broccoli Soup	Italian Vegetable Soup
SALAD	Coleslaw			Spinach Salad with Poppy seed Dressing	Gluten Free Cod Nuggets With Tartar Sauce	Chicken Burger on bun with Lettuce & Tomato and Condiments	Meat Lasagna
MAIN ENTRÉE	Lemon Pepper Cod With Tartar Sauce	Salisbury Steak with Gravy	Turkey Sausage	Grilled Ham & Swiss Cheese	<b>CHOICE Program: Chicken Strips</b>		Garlic Toast
STARCH		Mashed Potatoes	French Toast With Strawberry Sauce & Whip Topping/Syrup	2nd Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)	Seasoned Steak Fries		Winter Mix Veg
VEGETABLE	Sweet Potato Fries	Buttered Carrots			Green Beans	Italian Mix	
DESSERT	Fruit Cocktail	Rice Pudding	Mango Yogurt Parfait	Diced Pears	Vanilla Oreo Cheesecake	Diced Peaches	Honeydew
SUPPER							
MAIN ENTRÉE	Chicken Alfredo Casserole	1 <sup>st</sup> Choice Sweet & Sour Pork	Meatloaf with Gravy	Seasoned Chicken Breast	Spaghetti & Meat Sauce	Pork Cutlet Baked in Mushroom Sauce	Chicken Kiev
STARCH	Vienna Bun Or Bread / Margarine	2 <sup>nd</sup> Choice Turkey Meatballs	Herb Red Roasted Potatoes	Scalloped Potatoes	Garlic Toast	2 <sup>nd</sup> Choice: Shaved Turkey	Yukon Gold Mashed Potatoes
VEGETABLE	Buttered Broccoli	Steamed Rice	Cauliflower with cheese sauce	Paradiso Blend Vegetable	California Mixed Vegetables	Mashed Potatoes	Diced Carrots
DESSERT		Squash				Yellow Waxed Beans	
	2 Bite Brownies	Diced Peaches	Home Baked Cookie (Peanut Butter)	Cherry Crisp	Cantaloupe	2 Bite Cupcake	Chocolate Fudge Cake
Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry, Peach medley), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Pastries). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper							

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Regular Menu: Week 2 at a glance      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

WEEK 2	MONDAY – Day 8	TUESDAY – Day 9	WEDNESDAY – Day 10	THURSDAY – Day 11	FRIDAY – Day 12	SATURDAY – Day 13	SUNDAY– Day 14
LUNCH							
SOUP	Lentil Soup	Oriental Chicken Noodle Soup	Cream of Mushroom Soup	Borscht Soup	Italian Chicken Bean Soup	Bean & Vegetable Bisque	Turkey Noodle Soup
SALAD	Fish Fingers with choice Ranch or available condiments	Coleslaw	Cucumber Salad	Pork Sausage	Roasted Chicken (Thighs & Drumsticks)	Grilled Cheese Sandwich	Grilled Chicken Caesar Salad
MAIN ENTRÉE	Seasoned Steak Fries	Home-Style Chili with Shredded Cheese	Pork BBQ Riblet	Pyrogies with Diced Onions, Bacon, Sour Cream	Mashed Potato		Garlic Toast
STARCH	Squash	Corn Muffin	Curly Fries	Rice Cabbage Roll	Julienne Carrots	Broccoli	
VEGETABLE	Mandarin Oranges		2nd Choice: Creamed Corn (Dysphagia Soft, Minced, Pureed)	Diced Peaches	Fresh Fruit in Season	Yogurt Parfait (Mixed Berries & Yogurt)	Fruit Cocktail
DESSERT		Butterscotch Ice Cream	Jello with whip topping				
SUPPER							
MAIN ENTRÉE	Beef Stroganoff	Oven Baked Chicken (Breast)	Battered Chicken Balls with Pineapple Sauce	1 <sup>st</sup> Choice: Beef Burger/Bun	1 <sup>st</sup> Choice: Pork Cutlet in Dijon Mustard Sauce	Beef and Macaroni Casserole	1 <sup>st</sup> Choice: Shaved Festive Baked Ham with Choice of Brown sugar glaze or condiments
STARCH	Egg Noodles	Cheesy Baked Barley	Steamed Rice	2 <sup>nd</sup> Choice: Fish Burger/Bun with choice of condiment	2 <sup>nd</sup> Choice Chicken Pot Pie	Buttered Squash	2 <sup>nd</sup> option: Chicken Breast
VEGETABLE	Buttered Peas	Brussel Sprouts	Oriental Vegetables	Seasoned Potato Wedges	Steamed Rice		Cheesy Mashed Potatoes
DESSERT	Date Square	Strawberries & Rhubarb with whip topping	Fruit Cocktail	Whipped Turnip	Green Beans	Lemon Buttermilk Cake	Buttered Peas
				Butter Tart	Warm Chocolate Banana Bread Pudding with Vanilla Sauce		Peach Pie with Ice Cream
Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry, Peach Medley), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Pastry). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper							

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Regular Menu: Week 3 at a glance :

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

WEEK 3	MONDAY – Day 15	TUESDAY – Day 16	WEDNESDAY – Day 17	THURSDAY – Day 18	FRIDAY – Day 19	SATURDAY – Day 20	SUNDAY– Day 21
LUNCH							
SOUP	Cream of Cauliflower Soup	Beef Noodle Soup	Loaded Baked Potato Soup	Heartland Bean Medley Soup	Chicken Noodle Soup	Beef Vegetable Soup	Turkey Vegetable Soup
SALAD	Open faced Hamburger Sandwich ( Slice Bread, Burger Patty topped with Gravy)	1 <sup>st</sup> Choice: Creamy Cucumber Salad	Crispy Chicken Drumsticks	Chicken Pot Pie	Beef Burger with cheese & lettuce and available condiments	Three Cheese Macaroni	Garden Omelet
MAIN ENTRÉE		Battered Pollock with Tartar Sauce	Mashed Potato	Buttered Peas	Seasoned Straight-Cut Fries	Winter Mix Vegetables	Hash Browns
STARCH		Seasoned Steak Fries	Italian Mixed Veg		Squash		
VEGETABLE	2 <sup>nd</sup> Choice: Mashed Potato	2 <sup>nd</sup> Choice: Diced Carrots (Dysphagia Soft, Minced, Pureed)	Chocolate Tart	Tropical Fruit Salad	Caramel Vanilla Swirl Cake	Country Carrot Cake with Cream Cheese Frosting	Buttered Peas
DESSERT	Kernel Corn						Mixed Berries Parfait
SUPPER							
MAIN ENTRÉE	Roasted Chicken Breast with Resident Choice of Butter Chicken Sauce, Gravy OR Condiments on unit	1 <sup>st</sup> Choice: Pork Stew 2 <sup>nd</sup> Choice: Sliced Turkey	Pizza Bacon Mushroom & Vegetarian Caesar Salad	Szechuan Beef Rice Bowl (Beef Strips, Green Cabbage)	1 <sup>st</sup> Choice: Roasted Chicken Breast with Resident Choice of Honey Mustard Sauce, Gravy OR Condiments on unit	Chicken Strips with Plum Sauce	Shaved Roast Beef & Gravy
STARCH	Mashed Potato	Dinner Bun	2 <sup>nd</sup> Choice: Cauliflower (Dysphagia Soft, Minced, Pureed)	Rice	2 <sup>nd</sup> Choice: Honey Mustard Salmon Fillet	Yukon Gold Mashed Potatoes	Garlic Mashed Potatoes
VEGETABLE	Harvard Beets	Fall Medley Mix			Spanish Rice	Italian Mix Vegetable	Yorkshire Pudding
DESSERT	Home Baked Cookie (Chocolate Chip)	Apple Turnovers (Bake on Unit)	Mangoes	Pound Cake with Cherry Fruit Sauce and whip topping	California Mix Diced Pears	Cantaloupe	Whipped Turnips Banana Cream Pie
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