

***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	Mushroom Vegetable	Alphabet	Beef Barley	Cream of Broccoli	Chicken Noodle	Creole	Beef Vegetable
SALAD	Mixed Greens	Coleslaw	Tossed Salad	Crunchy Salad	Garden Salad	Pickled Beets	Caesar Salad
MAIN ENTRÉE	Beef Wieners & Beans	Cod Nuggets Tartar Sauce	Grilled Cheese Sandwich	<u>Cold Plate:</u> Shaved Ham Swiss Cheese Tomato Slice Bread & Butter Pickles Vienna Bun	Taco Bake with Salsa & Sour Cream	Chicken Strips with choice of Plum Sauce or Honey Mustard Sauce	Vegetable Lasagna
STARCH	Warm Biscuit	French Fries	Dill Pickle			Picnic Ranch Potato Salad	Garlic Bread
VEGETABLE							
DESSERT	Mandarin Orange Sections	Ice Cream Novelty	Diced Peaches	Coconut Cream Pudding	Mandarin Orange Sections	Fresh Fruit	2 Bite Chocolate Brownie
SUPPER							
MAIN ENTRÉE	Bombay Chicken	Spaghetti & Meatballs	Homemade Meatloaf with Glaze	Chicken Parmigiana	Pubhouse Battered Fish Tartar Sauce or Turkey Pot Pie	Sweet & Sour Pork or Salisbury Steak with Gravy	Chicken Kiev
STARCH	Steamed Rice	Garlic Bread	Scalloped Potatoes	Rotini Noodles	French Fries	Steamed Rice	Mashed Potatoes
VEGETABLE	California Mixed Vegetables	Caesar Salad	Italian Mixed Vegetables	Sunrise Mixed Vegetables	Apple Coleslaw	Stir Fry Vegetables	Dilled Julienne Carrots
DESSERT	Home Baked Cookie	Cherry Mallow Dessert	Fruit Crumble	Pineapple Upside Down Cake	Jamaican Jewel	Lemon Poppy Seed Cake	Strawberry Rhubarb Pie
Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper							

***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	Alphabet	Cream of Mushroom	Tomato Zucchini	Vegetable	Bean Medley	Cream of Tomato	Beef Noodle
SALAD	Garden Salad	Tossed Salad	Mixed Greens	Tossed Salad	Carrot/ Raisin Slaw	Tossed Salad	
MAIN ENTRÉE	“BLT” Sandwich Bacon, Lettuce, Tomato	Pizza: Choice of Ham & Pineapple or Cheese	Creamy Macaroni & Cheese	Picnic Chicken	Alaskan Battered Fish Tartar Sauce	Grilled Cheese Sandwich	Chicken Caesar Salad
STARCH			Garlic Bread	Mashed Potato Salad	French Fries	Dill Pickle	Garlic Stick
VEGETABLE	French Fries			Garden Peas			
DESSERT	Diced Peaches	Mandarin Orange Sections	Pineapple Cloud	Fresh Fruit	Tropical Ambrosia	Diced Peaches	Peanut Butter Confetti Square
SUPPER							
MAIN ENTRÉE	Beef Meatballs with Gravy	Chicken Adobo	BBQ Pork Riblet or Garden Omelet	Corned Beef with Braised Cabbage	Chicken Stir Fry	Salisbury Steak with Onion Gravy	Baked Ham with Pineapple Glaze or Beef Cabbage Roll
STARCH	Mashed Potatoes	Steamed Rice	Baked Potato Sour Cream, Bacon, Chives	Roasted Potatoes	Steamed Noodles	Mashed Potatoes	Scalloped Potatoes
VEGETABLE	French Cut Green Beans	Sunrise Mixed Vegetables	Kernel Corn & Peas		Stir Fry Vegetables	Italian Mixed Vegetables	French Cut Green Beans
DESSERT	Ice Cream Novelty	Home Baked Cookie	Rice Pudding	Applesauce Cake	Assorted Danishes	Caramel Vanilla Swirl Cake	Lemon Meringue Pie
Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper							

***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	Roasted Red Pepper	Corn Chowder	Italian Chicken	Mediterranean Vegetable	Borscht	Hearty Lentil	Turkey Noodle
SALAD	Spring Fever Salad	Tossed Salad	Garden Salad	Mixed Greens	Tossed Salad	Spinach Salad	Tossed Salad
MAIN ENTRÉE	Beef Hot Dog on a Bun	Cold Plate Shaved Turkey Croissant	Rueben Sandwich	BBQ Chicken	Garlic Sausage	Beef Burger on a Bun with choice of Cheese, Grilled Onions, Lettuce, Condiments	Pork Sausages
STARCH	Fried Onions	Picnic Ranch Potato Salad	Dill Pickle	Greek Macaroni Salad	Pyrogies		Belgian Waffle with Strawberry Sauce and Whipped Topping
VEGETABLE		Bread & Butter Pickles			Diced Onions, Bacon & Sour Cream		
DESSERT	Diced Pears	Mandarin Orange Sections	Strawberry Bavarian Cream	Diced Peaches	Rice Cabbage Roll	Ice Cream Sundae	Fresh Fruit
SUPPER							
MAIN ENTRÉE	Baked Pasta & Meat Sauce	Fish & Chips or Meatballs with Gravy	Old South Pork or Garden Omelet	Teriyaki Beef	Lemon Dill Salmon or Macaroni& Cheese	Grilled Chicken Breast	Roast Beef with Horseradish & Gravy
STARCH	Garlic Bread		Mashed Potatoes	Steamed Rice	Favourite Herbed Potatoes	Swarties Potatoes	Mashed Potatoes
VEGETABLE	Mixed Greens	Coleslaw	Mexi Corn	Stir Fry Vegetables	Italian Mixed Vegetables	Sunrise Mixed Vegetables	Julienne Carrots
DESSERT	Tiramisu Mousse	Peach Cake	Home Baked Cookie	Lemon Tart	Mini Donut	Cocoa Deep Chocolate Cake	Coconut Cream Pie
Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper							