

SEASONAL RESIDENT MENU 2022 – 2023 CAPITALCARE NORWOOD

Regular Menu: Week 1 at a Glance DATES: Sept 19, Oct 10 & 31, Nov 21, Dec12, Jan 2 & 23, Feb 13, Mar 6 & 27, Apl 17, May 8 & 29, June 19, July 10 & 31, Aug 21, Sept 1*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	Tomato Juice	Beef Barley	Mushroom Vegetable	Tortilla	Turkey Vegetable	Cream of Tomato	Minestrone
SALAD	Apple Coleslaw	Asian Salad	Salinas Salad	Tomato and Cucumber Salad	Shredded Lettuce	Celery and Carrot Sticks Ranch Dip	Grilled Chicken Caesar Salad
MAIN ENTRÉE	Assorted Sandwich Platter Turkey/ Bologna/ Egg	Chicken Pancit Noodles	Chef's Choice Pizza	Chicken Fajita Wraps with Sour Cream and Salsa	Beef Burger on a Bun with Mustard/Relish	Grilled Ham and Cheese Sandwich	
STARCH	Salad/ Sliced Cheese & Tomato	Vegetarian Spring Roll			Potato Salad		Toasty Garlic Bread (Baked on the Neighbourhoods)
VEGETABLE		Oriental Mixed Vegetables	Cherry Tomatoes	Mexi-Corn	Lettuce/Red Onion/ Tomato/Pickles	Bread & Butter Pickle Slice	
DESSERT	Seasonal Fresh Fruit	Diced Pears	Fruit Cocktail	Seasonal Fresh Fruit	Apricots	Seasonal Fresh Fruit	Strawberry Rhubarb
SUPPER							
MAIN ENTRÉE	Beef & Macaroni Casserole	Bone In BBQ Pork Ribs	Corned Beef with Mustard	Cantonese Pork	Sole Fillet with Dill Sauce	Beef Stroganoff	Pork Loin in Creamy Garlic and Tarragon Sauce
STARCH		Greek Potatoes	Parsley Boiled Potato	Steamed White Rice	Roasted Red Potatoes	Egg Noodles	Buttered Rotini Pasta
VEGETABLE	Julienne Carrots	Broccoli	Braised Cabbage	Pick of the Day	Cauliflower and Cheese Sauce	Summer Peas	New England Vegetables
DESSERT	Angel Food Cake/Strawberries & Whip Topping	Apple Turnover	Homemade Rice Pudding	Boston Cream Cake	Cheesecake with Strawberry Sauce	Chocolate Ice Cream	Homemade Cherry Crisp

Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Scone). Selections will vary by day.
 Assorted Sandwiches offered at Lunch and Supper
 Hot and Cold Beverages offered at Breakfast, Lunch and Supper

SEASONAL RESIDENT MENU 2022 – 2023 CAPITALCARE NORWOOD

Regular Menu: Week 2 at a Glance DATES: Sept 26, Oct 17, Nov 7 & 28, Dec 19, Jan 9 & 30, Feb 20, Mar 13, Apr 3 & 24, May 15, June 5 & 26, July 17, Aug 7 & 28, Sept 18 *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	Country Harvest Vegetable	Chicken Noodle	Bean Medley	Cabbage Roll	Beef Vegetable	Cream of Potato & Leek	Cream of Mushroom
SALAD	Ham Salad Plate	Coleslaw	Citrus Salad	Chef Salad	Tossed Salad	Marinated Vegetable Salad	Beef Lasagna
MAIN ENTRÉE	Shredded Lettuce Sliced Ham Sliced Cheddar Cheese	Cheese Smokie with Bun/Mustard/Relish	Macaroni and Cheese	Lettuce/Tomato/ Cucumber/Shredded Cheese Diced Ham & ½ Boiled Egg	Chicken Strips with Honey Mustard Sauce		Garlic Bread
STARCH	Pasta Salad Crackers			Fresh Baked Croissant	Tater Tots with Ketchup	Grilled Reuben Sandwich	Caesar Salad
VEGETABLE	Sweet Pickles	Fried Sweet Onions	Stewed Tomato		Italian Vegetables	Dill Pickle Slices	
DESSERT	Seasonal Fresh Fruit	Diced Peaches	Tropical Fruit Salad	Seasonal Fresh Fruit	Diced Pears	Seasonal Fresh Fruit	Fruit Ambrosia
SUPPER							
MAIN ENTRÉE	BBQ Chicken Drumsticks	Asian Glazed Salmon	BBQ Meatloaf	Sweet and Sour Chicken Balls	Southern Style Haddock Fillet	Chicken Stir Fry	Orange Glazed Baked Ham
STARCH	Baked Potato (Green Onion, Bacon Bits, Sour Cream)	Roasted Potatoes	Mashed Potatoes	Chow Mein Noodles	Rice Pilaf	Green Onion Cake	Scalloped Potatoes
VEGETABLE	Corn on the Cob	Scalloped Tomatoes	Cauliflower	Oriental Vegetable Mix	Julienne Carrots	Sunrise Vegetables	Brussel Sprouts
DESSERT	Blueberry Strudel (Baked on the Neighbourhoods)	Homemade Butter Tarts	Strawberry Ice Cream	Poke Cake W/ Whipped Topping	Date Square	Raspberry Mousse	Lemon Meringue Pie
Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Scone). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Hot and Cold Beverages offered at Breakfast, Lunch and Supper							

SEASONAL RESIDENT MENU 2022 - 2023 CAPITALCARE NORWOOD

Regular Menu: Week 3 at a Glance DATES: Oct 3 & 24, Nov 14, Dec 5 & 26, Jan 16, Feb 6 & 27, Mar 20, Apr 10, May 1 & 22, June 12, July 3 & 24, Aug 14, Sept 4 & 25, *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 Broccoli	Chicken Rice Soup	Cream of Carrot	Borscht with Sour Cream	Chicken Coconut	Tomato Macaroni	Roasted Red Pepper
SALAD		Greek Salad	Bed of Lettuce	Spring Mix Salad	Waldorf Salad	Kale Salad	Catalina Parmesan Salad
MAIN ENTRÉE	<u>Cold Plate</u> Cottage Cheese Tropical Fruit Salad Bed of Lettuce	Salmon Burger with Lettuce/Tartar Sauce	<u>Taco Salad</u> Seasoned Ground Beef, Shredded Cheese, Salsa, Sour Cream	Ukrainian Sausage	Battered Home-style Fish with Tartar Sauce	Vegetable and Cheese Frittata	Hot Dog on a Bun Ketchup/Mustard/Relish
STARCH	Slice of Banana Loaf	Sweet Potato Fries and Garlic Aioli	Tortilla Chip Garnish	Cabbage Roll Perogies Bacon and Sour Cream	Shoestring Fries and Ketchup	Focaccia Bread	Fried Onions
VEGETABLE				Diced Onions	Julienne Carrots	Pick of the Day	Baked Beans
DESSERT	Strawberry Delight	Seasonal Fresh Fruit	Diced Pears	Seasonal Fresh Fruit	Diced Peaches	Seasonal Fresh Fruit	Pineapple Cloud
SUPPER							
MAIN ENTRÉE	Spaghetti with Meatballs and Sauce	Chicken Adobo	Ginger Pork	Crispy Chicken Drumstick	Pork Chop with Mushroom Sauce	Caribbean Chicken	Roast Turkey Gravy/ Cranberry Sauce
STARCH		White Steamed Rice	Chow Mein	Mashed Potatoes and Gravy	Egg Noodle	Herbed Potatoes	Mashed Potatoes
VEGETABLE	Parslied Cauliflower	Green Beans	Stir Fry Vegetables	Kernel Corn	Fried Sauerkraut	Zucchini	PEI Medley Vegetables
DESSERT	Home Baked Cookie	Rice Krispie Square	Tapioca Pudding	Vanilla Ice Cream Bar	Strawberry Bismark Donut	Triple Fudge Cake	Banana Cream Pie

Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Scone). Selections will vary by day.
 Assorted Sandwiches offered at Lunch and Supper
 Hot and Cold Beverages offered at Breakfast, Lunch and Supper