

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	Cream of Cauliflower	Beef Barley	Mushroom Vegetable	Tortilla Soup	Turkey Vegetable	Cream of Tomato	Minestrone
SALAD		KFC Salad			Overnight Coleslaw		
MAIN ENTRÉE	Cod Nuggets Tartar Sauce	Turkey Burger Lettuce/Red Onion/Tomato	Ukrainian Sausage Perogies, Diced Onions, Bacon & Sour Cream	Chicken Fajita Wraps Sour Cream Salsa	Cheese Smokie/Bun Mustard/Relish	Grilled Cheese Sandwich	Chicken Caesar Salad
STARCH	Pasta Salad						
VEGETABLE		Potato Wedge			Fried Onions	Creamy Cucumber Salad	Toasty Garlic Bread (baked on the unit)
DESSERT	Diced Peaches	Diced Pears	Fruit Cocktail	Seasonal Fresh Fruit	Mandarins	Bread & Butter Pickles	Pineapple Delight
SUPPER							
MAIN ENTRÉE	Beef & Mushroom Tips	Bone in Honey Garlic Pork Rib	Swedish Meatballs	Cantonese Pork	Pan Fried Fish With Lemon Wedge	Beef Stroganoff	Breaded Pork Cutlet
STARCH	Ranch Potato	Greek Potatoes	Baked Potato (green onion, bacon bits, sour cream)	Steamed White Rice	Roasted Red Baby Potato	Egg Noodles	Swarti’s Potato
VEGETABLE	Julienne Carrots	Corn on the Cob	Montego Blend Veg	Vegetarian Spring Roll	Cauliflower/Cheese Sauce	Peas	Baked Squash
DESSERT	Cherry Mellow	Caramel Beignet	Homemade Rice Pudding	Boston Cream pie	Cheesecake with Strawberry Sauce	Vanilla Ice Cream	Homemade Apple 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 2025 CAPITALCARE NORWOOD

***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 Soup	Onion Soup	Beef Vegetable	Quinoa Vegetable Soup	Cream of Mushroom
SALAD			Salinas Salad			Marinated Vegetable Salad	
MAIN ENTRÉE	Grilled Pork Sausage	Sloppy Joe on a Bun With Cheddar Cheese	Chef’s Choice Pizza	Bangers (Beef Sausage)	Chicken Strips Honey Mustard Sauce	Grilled Reuben Sandwich ½ Sandwich	Cabbage Roll Casserole
STARCH	Potato Pancake W/Sour Cream			Mashed Potato	Tater Tots Ketchup		Garlic Bread
VEGETABLE		Potato Salad	Cherry Tomatoes	Creamed English Peas	Tossed Salad	Dill pickle Slices	Caesar Salad
DESSERT	Strawberry Watermelon	Diced Peaches	Tropical Fruit Salad	Seasonal Fresh Fruit (Banana Half)	Diced Pears	Seasonal Fresh Fruit	Fruit Ambrosia
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	BBQ Chicken Thigh	Salmon With Hollandaise Sauce (Lemon Wedge)	Red Wine Meatloaf Gravy	Sweet and Sour Chicken Balls	Corn Flake Crusted Cod	Chicken Stir Fry	Maple Glazed Baked Ham
STARCH	Baked Potato (green onion, bacon bits, sour cream)	Roasted Potatoes	Steamed Red Baby Potato	Chow Mein Noodles	Mashed Potato	Rice Pilaf	Scalloped Potatoes
VEGETABLE	Corn on the Cob	PEI Vegetable	Cauliflower	Asian Vegetable Mix	Julienne Carrots	Bistro Blend	Harvard Beets
DESSERT	Homemade Steamed Bread Pudding W/Vanilla Sauce	Rhubarb Custard Tarts	Strawberry Ice Cream	Rocky Road Brownie	Butterscotch Confetti Squares	Swiss Mocha Pudding	Coconut Crème Pie

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Assorted Sandwiches offered at Lunch and Supper

Hot and Cold Beverages offered at Breakfast, Lunch and Supper

SEASONAL RESIDENT MENU 2025 CAPITALCARE NORWOOD

***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/Sour Cream	Chicken Coconut	Tomato Macaroni	Cream of Vegetable
SALAD	Salad Greens		Bed of Lettuce				Tossed Salad
MAIN ENTRÉE	Creamed Salmon & Peas	Beef Burger Lettuce/Red Onion/Tomato/Pickles	<u>Taco Salad</u> (Seasoned Ground Beef, Shredded Cheese, Salsa, Sour Cream)	Ukrainian Sausage 1 Perogies(2), Diced Onions, Bacon & Sour Cream	Battered Homestyle Fish Tartar Sauce	Cabbage/ Noodles & Sausage	Hot Dog on a bun Ketchup/Mustard /Relish
STARCH	Dinner Bun With Margarine	Potato Salad	Tortilla Chip Garnish		Potato Wedges Ketchup		Fried Onions
VEGETABLE				Cabbage Roll (2)		Pickled Beet Salad	
DESSERT	Strawberry Delight (Jell-O/Whipped Topping)	Apple Slices	Mandarins	(Banana Half)	Diced Peaches	Seasonal Fresh Fruit	Pineapple Cloud
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Spaghetti with Meat Sauce	Cranberry Chicken Thigh	Ginger Pork	Crispy Chicken Drumstick	Pork Chop with Mushroom Sauce	Lemon Lime Chicken	Roast Turkey/Gravy Cranberry Sauce
STARCH	Garlic Bread	Steamed Rice	Chow Mein Noodles	Mashed Potatoes/Gravy	Buttered Egg Noodle	Herbed Potatoes	Mashed Potatoes (Bread Stuffing)
VEGETABLE	Parslied Cauliflower	Julienne Carrots	Stir Fry Vegetables	Kernel Corn	Peas	Broccoli	Mashed Turnips
DESSERT	Home made Blueberry cookies	Home Baked Carrot Cake with Cream cheese icing	Tapioca Pudding	Vanilla Ice Cream	Mini Assorted Donut	Homemade Chocolate Zucchini Cake	Pumpkin Pie
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SEASONAL RESIDENT MENU 2025 CAPITALCARE NORWOOD

***MENU SUBJECT TO CHANGE**

WEEK 3	MONDAY – Day 22	TUESDAY – Day 23	WEDNESDAY – Day 24	THURSDAY – Day 25	FRIDAY – Day 26	SATURDAY – Day 27	SUNDAY – Day 28
LUNCH							
SOUP	Wonton Soup	Homemade Tomato Bisque	Cabbage Roll Soup	Corn Chowder	New England Clam Chowder	Gumbo Soup	Cream of Chicken
SALAD							
MAIN ENTRÉE	Sweet & Sour Meatballs	BBQ Rib Sandwich Fried onion & Swiss Cheese	Bacon, Lettuce & Tomato Bunwich	Taco Bake (Salsa & Sour Cream)	Baked Bone in Chicken Wings	Egg Ham & Cheese on an English Muffin Topped with Hollandaise Sauce	Monte Cristo Grilled Sandwich
STARCH	Steamed Rice	Hot dog Bun for Sandwich	Tater Tots		Potato Wedges		
VEGETABLE	Vegetarian Spring Roll	Oil & Vinegar Coleslaw		Mexican Salad	Ceasar Salad	Garlic Tomato Salad	Waldorf Salad
DESSERT	Mandarins	Diced Peaches	Tropical Fruit Salad	Seasonal Fresh Fruit	Diced Pears	Seasonal Fresh Fruit	Mello Jell-o
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Pork Marengo	Beef Stir Fry	Hungarian Chicken	Ginger Beef	Mango Pineapple Cod	Chicken Picatta In Lemon Caper Sauce	Old South Pork Roast
STARCH	Buttered Egg Noodles	Steamed Noodles	Mashed Potato	Steamed Rice	Ranch Potato	Scalloped Potato	Swarti’s Potato
VEGETABLE	Corn On the Cob	Stir fry Medley	Steamed Broccoli	California Mix Veg	Montego Blend Veg	Diced Beets	Baked Squash
DESSERT	Strawberry Cookies	Lemon Bars	Homemade Peach Cake	Tiramisu Mousse	Chocolate Eclair	Strawberry Squares	Apple Pie

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Assorted Sandwiches offered at Lunch and Supper
Hot and Cold Beverages offered at Breakfast, Lunch and Supper