

STRATHCONA SEASONAL REGULAR RESIDENT MENU 2021-22

Regular Menu: Week 1 at a glance

June 24-30, July 22-28, Aug. 19-25, Sept. 16-22, Oct. 14-20

*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	Hearty Bean Medley Soup	Minestrone Soup	Chicken Noodle Soup	Homemade Tomato Bisque Soup	Clam Chowder Soup	Roasted Red Pepper Soup	Beef Vegetable Soup	
SALAD	<u>Assorted Sandwich & Wrap Platter:</u> Tuna Salad, Turkey, Shaved Beef/Shredded/Lettuce/Mustard, Egg Salad, Ham	<u>Chef Salad:</u> Tomato, Cucumber, Cheese, Lettuce, Ham, Egg (Choice of Dressing)	Waldorf Salad	Tossed Salad	Pickled Beet Salad	Egg Ham & Cheese Melt on ½ English Muffin with Hollandaise Sauce	Chicken Caesar Salad	
MAIN ENTRÉE		Baked Croissant with Margarine	Bacon Lettuce & Tomato Bunwich	(Mushroom Crostini) Sautéed Mushroom & Onion with Cream Cheese on Garlic Bread	<u>Burger of the Day:</u> 1-Beef Burger 2-Chicken Burger with Lettuce, Tomato, Onion & Cheese Slice Ketchup, Relish, Mustard		Oven Baked Garlic Bread	
STARCH		Diced Peaches	Fried Potato Chippers	Fruit Cocktail	Steak Fries		Garlic Tomato Salad	Pineapple Cloud
VEGETABLE		Homemade Potato Salad			Banana			
DESSERT		Diced Pears						
SUPPER								
MAIN ENTRÉE	1-BBQ Bone in Rib 2-Honey Garlic Rib OR Beef Pot Pie	Swedish Meatballs OR Chicken Oscar (Breast) (Crab & Hollandaise Sauce)	Salisbury Steak with Beef Gravy OR Garlic Parmesan Chicken (Thigh)	Breaded Pork Chop OR Roast Beef with Gravy	Grilled Garlic Sausage OR Herb Roasted Chicken Drumstick Perogies (Bacon, Onion, Sour Cream) Cabbage Roll with Tomato Sauce	Steamed Lemon Pepper Haddock with Lemon Wedge OR Beef & Macaroni Casserole	Roast Turkey with Stuffing & Cranberry Sauce	
STARCH	Baked Potato (Sour Cream, Bacon Bits, Green Onion)	Scalloped Potatoes	Mashed Potatoes	Fingerling Potato		Oven Roasted Potatoes	Mashed Potatoes	
VEGETABLE	Peas	Diced Carrots	Brussel Sprouts	Cauliflower with Cheese Sauce		Green Beans	Brown Sugar Turnips	
DESSERT	Homemade Carmel Apple Cake	Tapioca Pudding	Chocolate Crepes with Whipped Cream	Oven Baked Cherry Crisp	Ice Cream Dixie 1-Vanilla, 2-Butterscotch, 3-Chocolate, 4-Strawberry	Angel Food Cake with Strawberries & Topping	Pumpkin Tarts with Whipped Cream	
Assorted Sandwiches offered at Lunch and Supper Dessert Cart offered at Lunch and Supper Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper								

STRATHCONA SEASONAL REGULAR RESIDENT MENU 2021-22

Regular Menu: Week 2 at a glance

July 1-7, July 22-28, Aug. 19-25, Sept. 16-22, Oct. 14-20

*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	Irish Potato Chowder Soup	Mulligatawny Soup	Borscht Soup	Navy Bean Soup	Vegetable Soup	Chicken Mushroom Soup	Beef Barley Soup
SALAD		Mexican Salad	BLT Salad	Salinas Salad	Creamy Coleslaw	Mixed Greens	Tossed Salad
MAIN ENTRÉE	Baby Shrimp Salad	Taco Bake (Salsa & Sour Cream)	Beef Dip Sandwich with Au Jus	Grilled Pork Sausage	Homemade Fish & Chips Tartar Sauce	Ruben Sandwich	Lazy Cabbage Rolls
STARCH	Cheese Tea Biscuit			Potato Pancake with Sour Cream	Lemon Wedge	Gourmet Onion Rings	Oven Baked Croissant
VEGETABLE						Dill Pickle Spear	
DESSERT	Mandarin Orange Sections	Jell-O	Vanilla Pudding	Banana	Steak Fries Ketchup Diced Peaches	Diced Pears	Fruit Cocktail
SUPPER							
MAIN ENTRÉE	Chicken Picatta (Breast) OR South Style Pork (Gravy on the Side)	Crispy Chicken Drumstick OR Liver & Onions	1-Sweet & Sour Pork Bites 2-Honey Garlic Pork Bites OR Baked Sole Filet with Lemon Wedge	1-Spaghetti & Meat Sauce 2-Spaghetti Meatballs OR Lemon Lime Chicken (Drumstick)	Roasted Chicken Thigh with Mushroom Sauce on the side OR Cabbage, Noodles & Sausage	Homemade Beef Stew OR Octoberfest Sausage with Mustard	Festival Baked Ham OR Asian Glazed Salmon
STARCH	Scalloped Potatoes	Mashed Potato		Oven Baked Garlic Bread	Mashed Potatoes	Brioche Dinner Bun with Margarine	Cheesy Mashed Potatoes
VEGETABLE	Baked Squash	Creamed Corn	Steamed Rice Cauliflower	Broccoli	Green Beans with Sautéed Onions	Sunrise Mix Vegetable	Crinkle Cut Carrots with Dill
DESSERT	Swiss Mocha Pudding	Apple Caramel Tart with Ice Cream	Lemon Cream Cake	Creamy Cheesecake 1-Blueberry 2-Cherry 3-Strawberry	Tiramisu Mousse	Oven Baked Apple Crisp	Steamed Bread Pudding with Vanilla Sauce
Assorted Sandwiches offered at Lunch and Supper Dessert Cart offered at Lunch and Supper Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper							

STRATHCONA SEASONAL REGULAR RESIDENT MENU 2021-22

Regular Menu: Week 3 at a glance

June 10-16, July 8-14, Aug. 5-11, Sept. 2-8, Sept. 30 - Oct. 6, Oct. 28 - Nov. 3

*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 Mushroom Soup	Split Pea Soup	Cabbage Roll Soup	Cream of Carrot Soup	Wonton Soup	Harvest Vegetable Soup	Cream of Tomato Soup
SALAD	Tossed Greens	<u>Taco Salad:</u> Taco Chips, Ground Beef, Cheddar Cheese, Tomato, Lettuce, Cucumber, Green Onion, Salsa & Sour Cream	1-Chicken Melt 2-Tuna Melt 3-Crab Melt	<u>Cold Plate:</u> Ham Slice Cheddar Cheese Slice Potato Salad	1 - Chicken Fried Rice 2 – Shrimp Fried Rice	Bangers (Beef Sausage)	Tossed Salad
MAIN ENTRÉE	Baked Crab Macaroni & Cheese	Pineapple Coleslaw	Oven Baked Croissant	Pork Spring Roll with Plum Sauce	Mashed Potato	Grilled Cheese Sandwich	Pickle Spear
STARCH							
VEGETABLE							
DESSERT	Butterscotch Pudding	Diced Pears	Diced Peaches	Banana	Vanilla Greek Yogurt	Fruit Cocktails	Mandarins
SUPPER							
MAIN ENTRÉE	Home-Style Chili with Shredded Cheese OR Roast Pork with Onions & Gravy	Beef Stroganoff OR Butter Chicken (Sauce on the Side)	Baked Sundried Tomato Pork Chop OR Homemade Beef Lasagna	Cream Cheese Shrimp & Mushroom Linguini OR Chicken Parmesan (Bread)	Honey Garlic Pork Cutlet OR Lemon Pepper Baked Haddock	Ginger Beef OR Creamy Shrimp With Peaches	Roast Beef Yorkshire Pudding Gravy/Horseradish OR Glazed Pork Kabob
STARCH	Corn Fritters	Egg Noodles	Oven Roasted Parisienne Potato	Oven Baked Cheese Bread	Schwarties Potato	Steamed Rice	Mashed Potatoes
VEGETABLE	Cauliflower	Peas	Broccoli & Cheese Sauce	Caesar Salad	Julienne Carrots	Stir Fry Vegetables	Fall Vegetable Medley
DESSERT	Homemade Cranberry Orange Cookies	Peach Dump Cake	Rice Pudding	Chocolate Zucchini Cake	Rhubarb Custard Tart	Oven Baked Blueberry Fruit Stick	Hot Apple Pie Ala Mode with Ice Cream
Assorted Sandwiches offered at Lunch and Supper Dessert Cart offered at Lunch and Supper Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper							

STRATHCONA SEASONAL REGULAR RESIDENT MENU 2021-22

Regular Menu: Week 4 at a glance

June 17-23, July 15-21, Aug. 12-18, Sept. 9-15, Oct 7-13

*MENU SUBJECT TO CHANGE

WEEK 4	MONDAY – Day 22	TUESDAY – Day 23	WEDNESDAY – Day 24	THURSDAY – Day 25	FRIDAY – Day 26	SATURDAY – Day 27	SUNDAY– Day 28
LUNCH							
SOUP	Mushroom Barley Soup	Corn Chowder Soup	Chicken Gumbo Soup	Hamburger Soup	Butternut Squash Soup	Cream of Vegetable Soup	Tomato Macaroni Soup
SALAD	Marinated Coleslaw	1-Hot Beef Sandwich on Bread	Mini All Beef Hot Dog (Large LH) Ketchup, Relish, Mustard Fried Onions	1- Mushroom Quiche 2-Quich Lorraine 3-Broccoli & Cheese Quiche	Assorted Pizza (Vegetable OR Chef's Choice)	Crab Cake with Hollandaise Sauce/Lemon Wedge	Spinach Mandarin Salad
MAIN ENTRÉE	Boneless Chicken Wings	2-Hot Turkey sandwich on Bread with Gravy	Baked Beans	Marinated Vegetable Salad	Cucumber & Tomato Slices	Tossed Greens	Chicken Strips with Plum Sauce
STARCH	<u>Choice of Sauce:</u> Plain, BBQ, Plum, Honey Mustard, Sweet & Sour	Greek Salad (Feta Cheese on the side (LH))	Jell-O	Fruit Cocktail	Banana	Mandarins	Steak Fries Ketchup
VEGETABLE	Gourmet Onion Rings	Diced Peaches					Watermelon
DESSERT	Diced Pears						
SUPPER							
MAIN ENTRÉE	Homemade Savory Meatloaf with Gravy on the side	Pork Bites with Pineapple Sauce (on the side) OR BBQ Chicken Thigh	Stir Fry with Vegetable & Sauce 1-Beef 2-Chicken Broccoli, Cauliflower, Carrot, Mushrooms, Onions, Red Pepper	Mediterranean Turkey Sausage OR Beef Shepard's Pie	Corn Flake Crusted Haddock OR Maple Ginger Chicken	Pork Schnitzel OR Beef & Mushroom Tips	Hungarian Chicken Sauce on the side OR Plain Baked Haddock Loin with Lemon Wedge
STARCH	Steamed Salmon with Mango Chutney (on the side)	Parsley Steamed Potato	<u>Sauces:</u> Sweet & Sour OR Szechuan Thai Pad (LH) Steamed Noodles	Mashed Potato	Steamed Rice	Egg Noodles	Cheesy Mashed Potato
VEGETABLE	Ranch Potato	Sautéed Mushrooms		Pick of the Day Vegetable	Green Beans	Diced Carrots	Broccoli Crowns
DESSERT	Harvard Beets Homemade Banana Cake	Black Forest Torte	Strawberry Cream Cheese Fruit Stick	Homemade Blueberry Cookies	Homemade Butter Tarts	Chocolate Pudding Cake	Lemon Meringue Pie
Assorted Sandwiches offered at Lunch and Supper Dessert Cart offered at Lunch and Supper Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper							