

FALL WINTER RESIDENT MENU 2020 - 2021

Regular Menu: Week 1 at a glance

Dec 2-8, Dec 23-29, Jan 13-19, Feb 3-9, Feb 24-Mar 1, Mar 16-22, Apr 6-12, Apr 27-May 3, May 18-24

*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 Wild Rice	Roasted Red Pepper	Beef Barley	Cream of Vegetable	French Canadian Pea	Cream of Tomato	Butternut Squash
SALAD	Coleslaw	Tossed Salad	Caesar Salad	Garden Salad	Pickled Beet Salad	Bean Salad	Caesar Salad
MAIN ENTRÉE	Tomato Basil Pork Gravy	Tater Tot Casserole	Assorted Sandwiches	Sausage Link	Steamed Salmon with Teriyaki Sauce	Grilled Cheese Sandwich	Pizza Bun
STARCH	Scalloped Potatoes			Potato Pancake	Roasted Parisian Potato		
VEGETABLE	Diced Turnips	Northwest Mixed Vegetables	Dill Pickle	French Style Green Beans	Carrots and Peas	Bread and Butter Pickles	Yellow Beans
DESSERT	Cinnamon Apple Slices or Fresh Fruit	Diced Peaches or Fresh Fruit	Diced Pears or Fresh Fruit	Nana's Banana Cake or Fresh Fruit	Ice Cream or Fresh Fruit	Mello Jello or Fresh Fruit	Diced Pears or Fresh Fruit
SUPPER							
MAIN ENTRÉE	Mushroom and cheese Haddock Bake	Lemon Lime Chicken	Salisbury Steak with Gravy	Hungarian Chicken	Beef and Mushroom Pot Pie with Gravy	Pot Roast with Gravy	Roast Turkey with Gravy Cranberry Sauce
STARCH	Ranch Potato	Brioche Dinner Roll Mashed Potatoes	Mashed Potatoes	Mashed Potatoes		Mashed Potatoes	Mashed Potatoes Dressing
VEGETABLE	Peas	Broccoli and Cauliflower	Corn	Pick of the Day	Diced Squash	Julienne Carrots	Harvard Beets
DESSERT	Cocoa Deep Chocolate Cake	Caramel Vanilla Swirl Cake	Apple Crisp with Whipped Topping	Pumpkin Mousse	Chocolate Fudge Cake	Tapioca Pudding	Caramel Pudding

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
 Hot and Cold Beverages offered at Breakfast, Lunch and Supper

FALL WINTER RESIDENT MENU 2020 – 2021

Regular Menu: Week 2 at a glance

Dec 9-15, Dec 30-Jan 5, Jan 20-26, Feb 10-16, Mar 2-8, Mar 23-29, Apr 13-19, May 4-10, May 25-31

*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	Onion	Turkey Vegetable	Cream of Broccoli	Chicken Noodle	Cream of Potato	Borscht	Hamburger Soup
SALAD	Tossed Salad	Mixed Greens	Tossed Salad	Coleslaw	Mixed Greens	Tossed Salad	Tossed Salad
MAIN ENTRÉE	Beef Stroganoff	Hot Beef Sandwich with Gravy	Chicken Strips with Plum Sauce	Coconut Fish with Lemon/Tartar Sauce	Grilled Liver or Roast Beef	Garlic Sausage	Assorted Sandwiches
STARCH	Egg Noodles		Fries	Mashed Potatoes	Mashed Potatoes	Perogies	
VEGETABLE	4 Way Mixed Vegetable	Broccoli and Cheese Sauce	Italian Mixed Vegetables	French Style Green Beans	Dilled Carrots	Rice Cabbage Roll Casserole	
DESSERT	Coconut Cream Pie or Fresh Fruit	Diced Peaches or Fresh Fruit	Diced Peaches/Pears or Fresh Fruit	Mandarin Orange Sections or Fresh Fruit	Fruit Cocktail or Fresh Fruit	Diced Pears or Fresh Fruit	Diced Pears or Fresh Fruit
SUPPER							
MAIN ENTRÉE	Roast Pork with Gravy	BBQ Pineapple Chicken	Pasta with Meatballs	Cranberry Chicken Thighs	Honey Garlic Pork (2 nd Floor: Spring Rolls/Plum Sauce)	Corned Beef with Gravy	Baked Ham with Pineapple Sauce
STARCH	Swarties Potatoes	Mashed Potatoes	Brioche Bun	Steamed Potatoes	Rice Pilaf	Baked Potato Sour Cream and Green Onions	Scalloped Potatoes
VEGETABLE	Braised Cabbage	Brussel Sprouts	Peas	Parslied Cauliflower	Oriental Mixed Vegetables	Corn	California Mixed Vegetables
DESSERT	Date Square	Tiramisu Mousse	Lemon Meringue Pie	Pecan Streusel Cake	Boston Cream Cake	Yogurt with Berries	Pumpkin Pie with Whipped Topping

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
 Hot and Cold Beverages offered at Breakfast, Lunch and Supper

FALL WINTER RESIDENT MENU 2020 – 2021

Regular Menu: Week 3 at a glance

Dec 16-22, Jan 6-12, Jan 27-Feb 2, Feb 17-23, Mar 9-15, Mar 30-Apr 5, Apr 20-26, May 11-17, June 1-7

*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 with Cheese	Beef Noodle	Country Vegetable	Cream of Mushroom	Tomato Bisque	Alphabet Lentil	Clam Chowder
SALAD	Mixed Greens	Apple Cranberry Coleslaw	Tossed Salad	Crunchy Salad	Mixed Greens	Tomato and Cucumber Salad	Tossed Salad
MAIN ENTRÉE	Mini Hot Dog with Diced Onions Baked Beans	Leek Parmesan Bistro	Crispy Chicken Sweet Potato Fries	Meatloaf	Pork Souvlaki	Beef Lasagna	Assorted Sandwich/ Croissant Platter
STARCH			Kernel Corn	Mashed Potatoes	Mashed Potatoes	Garlic Bread	
VEGETABLE	Sauerkraut	Peas		Mixed Vegetable	PEI Vegetables	Green Beans	
DESSERT	Stewed Strawberries/Rhubarb or Fresh Fruit	Home Baked Cookie Or Fresh Fruit	Diced Peaches or Fresh Fruit	Fresh Fruit in Season	Jello or Fresh Fruit in Season	Fruit Cocktail or Fresh Fruit	Diced Peaches or Fresh Fruit
SUPPER							
MAIN ENTRÉE	Moroccan Chicken with Gravy	Shepherd's Pie with Gravy	Parsley Salmon Filet Dill Sauce/Lemon Wedge	Roman chicken	Mushroom Chicken Breast	BBQ Ribs	Roast Beef With Gravy
STARCH	Parslied Potatoes	Broccoli	Roasted Potatoes	Parmesan Potato Wedges	Mashed Potatoes or Rice	Baked Potato Sour Cream/Green Onions	Mashed Potatoes
VEGETABLE	Brussel Sprouts		Sunrise Mixed Vegetables	Harvard Beets	Italian Mixed Vegetables	Butternut Squash	California Mixed Vegetables
DESSERT	Assorted Loaves	Cheesecake with Blueberry Sauce	Swiss Mocha Pudding	Cinnamon Bun Cake	Banana Cream Pie	Chocolate Silk Truffle Bar	Vanilla Pudding with Whipped Topping

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

Hot and Cold Beverages offered at Breakfast, Lunch and Supper