

SEASONAL MENU 2025/26  
CAPITALCARE RESIDENTS' MENU

WEEK I	MONDAY Day 1 Dec 1, 22, Jan 12, Feb 2, 23, Mar 16, Apr 6, 27, May 18	TUESDAY Day 2 Dec 2, 23, Jan 13, Feb 3, 24, Mar 17, Apr 7, 28, May 19	WEDNESDAY Day 3 Dec 3, 24, Jan 14, Feb 4, 25, Mar 18, Apr 8, 29, May 20	THURSDAY Day 4 Dec 4, 25, Jan 15, Feb 5, 26, Mar 19, Apr 9, 30, May 21	FRIDAY Day 5 Dec 5, 26, Jan 16, Feb 6, 27, Mar 20, Apr 10, May 1, 22	SATURDAY Day 6 Dec 6, 27, Jan 17, Feb 7, 28, Mar 21, Apr 11, May 2, 23	SUNDAY Day 7 Dec 7, 28, Jan 18, Feb 8, Mar 1, 22, Apr 12, May 3, 24
<b>BREAKFAST</b>	<b>9:00 – 10:00</b>						
JUICE	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
HOT CEREAL	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax (Cocoa) Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal
PROTEIN	Scrambled Egg	Poached Egg Bacon	Hard Boiled Egg Diced Hashbrowns	Omelet	Scrambled Egg Sausage	Poached Egg	Hard Boiled Egg Bacon
STARCH	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
<b>LUNCH</b>	<b>12:30 – 1:30</b>						
SOUP	Roasted Red Pepper	Chicken Noodle	Beef Barley	Corn Chowder	Creole Chicken Gumbo	Moroccan Vegetable	Beef & Zucchini
SALAD	Marinated Vegetable Salad	Pickled Beet Salad	Garden Salad	Vegetable Sticks Ranch Dip	Coleslaw	Creamy Cucumber Salad	Bean Salad
MAIN ENTRÉE	Chicken Pancit	Grilled Cheese Sandwich	Garlic Sausage  Perogies Diced Onions, Bacon Bits, Sour Cream	Chicken Pot Pie	Cod Nuggets Tartar Sauce	Monte Cristo Sandwich	Assorted Sandwiches Egg Salad Crab Salad on Croissant Shaved Turkey, Lettuce, Cheese & Mayo on a wrap
STARCH					Steak Fries		
VEGETABLES	Asparagus	Bread & Butter Pickles	Parsley Steamed Carrots		Sunrise Vegetables		
DESSERT	Tropical Fruit Salad	Jello (Alternate Flavours)	Mandarin Orange	Seasonal Fresh Fruit	Diced Pears	Fruit Cocktail	Diced Peaches
<b>SUPPER</b>	<b>5:00 – 6:00</b>						
MAIN ENTRÉE	Chili	Stuffed Sole 2 <sup>nd</sup> option – Chicken Breast	Champagne Chicken	Beef Lasagna	Chicken Curry	Shepherd's Pie	Baked Ham Pineapple Sauce 2 <sup>nd</sup> option – Chicken Breast w/pineapple sauce
STARCH	With loaded baked potato (Sour cream, shredded cheese, chives)	Lyonnaise Potatoes	Mashed Potatoes		Rice		
VEGETABLES	Corn on the Cob	Peas	Broccoli	Pick of the Day	Roasted Root Vegetables	Buttered Crinkle Cut Carrots	Swarties Potatoes  Green Beans Fruit Pie (Alternate Flavours)
DESSERT	Long John Donut	Strawberry Pudding	Mocha Mousse Cake	Mini Danish	Tapioca Pudding	Date Square	
<b>SANDWICHES</b>							
	Chicken Salad Egg Salad Peanut Butter and Jam	Shaved Ham, Cheese & Mustard Tuna Salad Egg Salad	Shaved Turkey, Lettuce, Tomato Egg Salad Peanut Butter and Jam	Egg Salad Sliced Cucumber with Herb & Garlic Cream Cheese Crab Salad	Shaved Ham, Swiss Cheese & Mustard Egg Salad Peanut Butter and Jam	Tuna Salad Chicken Salad Egg Salad	Crab Salad on Croissant Egg Salad Shaved Turkey, Cheese & Mayo

SUBJECT TO CHANGE

SEASONAL MENU 2025/26  
CAPITALCARE RESIDENTS' MENU

WEEK II	MONDAY Day 8 Nov 17, Dec 8, 29, Jan 19, Feb 9, Mar 2, 23, Apr 13, May 4, 25	TUESDAY Day 9 Nov 18, Dec 9, 30, Jan 20, Feb 10, Mar 3, 24, Apr 14, May 5, 26	WEDNESDAY Day 10 Nov 19, Dec 10, 31, Jan 21, Feb 11, Mar 4, 25, Apr 15, May 6, 27	THURSDAY Day 11 Nov 20, Dec 11, Jan 1, 22, Feb 12, Mar 5, 26, Apr 16, May 7, 28	FRIDAY Day 12 Nov 21, Dec 12, Jan 2, 23, Feb 13, Mar 6, 27, Apr 17, May 8, 29	SATURDAY Day 13 Nov 22, Dec 13, Jan 3, 24, Feb 14, Mar 7, 28, Apr 18, May 9, 30	SUNDAY Day 14 Nov 23, Dec 14, Jan 4, 25, Feb 15, Mar 8, 29, Apr 19, May 10, 31
<b>BREAKFAST</b>	<b>9:00 – 10:00</b>						
JUICE	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
HOT CEREAL	Rolled Oats with Flax (Cocoa) Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal
PROTEIN	Omelet	Scrambled Egg Bacon	Poached Egg Diced Hashbrowns	Hard Boiled Egg	Omelet Sausage	Scrambled Egg	Poached Egg Bacon
STARCH	Toast/Muffin	Toast/Muffin/Bagel	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
<b>LUNCH</b>	<b>12:30 – 1:30</b>						
SOUP	Creamy Sausage Gnocchi	Minestrone Soup	Broccoli & Cheese	Tomato Soup	Loaded Baked Potato Soup	Alphabet Lentil Soup	Hamburger Soup
SALAD	Vegetable Sticks Ranch Dip	Tossed Salad	Apple Cranberry Coleslaw	Pickled Beet Salad	Marinated Vegetable Salad	Vegetable Sticks Ranch Dip	Tossed Salad
MAIN ENTRÉE	Chicken Tenders w/ home made Honey Mustard Sauce	Quiche (ham, cheese, broccoli) with Cheese Sauce	Chili Cheese Dogs	BBQ Chicken Pizza or Veggie Supreme (red onion, diced red and green peppers, mushroom, sliced olives)	Lemon Pepper Cod With Tartar Sauce	Chicken Wings	Reuben Slider
STARCH	Roasted Potatoes	Broccoli	Sauerkraut	Honeydew	Greek Rice Pilaf	Seasoned Crinkle Fries	Tropical Fruit Salad
VEGETABLES			Seasonal Fresh Fruit		Peas	Mandarin Orange Sections	
DESSERT	Diced Pears	Fruit Cocktail			Diced Peaches		
<b>SUPPER</b>	<b>5:00 – 6:00</b>						
MAIN ENTRÉE	BBQ Pork Ribs w/ Barbs Sauce 2 <sup>nd</sup> option – Stuffed Chicken Breast Baked Potato Sour Cream, Green Onions Coleslaw (Reg) Zucchini (DS, Minced, Pureed)	Beef Stroganoff Egg Noodles Beets	Hawaiian Chicken Thighs Rice Green Beans	Corned Beef Honey Mustard Mashed Potatoes Braised Cabbage	Creamy Mushroom Pork 2 <sup>nd</sup> option – Chicken Breast w/mushroom sauce Garlic Baby Potatoes Sunrise Vegetables	Beef & Vegetable Stir Fry Chow Mein	Roast Turkey Gravy Cranberry Sauce Mashed Potatoes Dressing
STARCH		Buttertart Square	Vanilla Cream Puffs	Apple Strudel	Saskatoon Rhubarb Crisp	Chocolate Cream Pie	Bistro Mixed Vegetables
VEGETABLES							Tiramisu
DESSERT	Ice Cream Dixie						
<b>SANDWICHES</b>							
	Chicken Salad Egg Salad Peanut Butter & Jam	Shaved Ham, Cheese & Mustard Tuna Salad Egg Salad	Shaved Turkey, Lettuce, Tomato Egg Salad Crab Salad	Egg Salad Sliced Cucumber with Herb & Garlic Cream Cheese Crab Salad	Shaved Ham, Swiss Cheese & Mustard Egg Salad Peanut Butter and Jam	Tuna Salad Chicken Salad Egg Salad	Salmon Salad Egg Salad on Croissant Shaved Turkey, Cheese & Mayo

SUBJECT TO CHANGE

SEASONAL MENU 2025/26  
CAPITALCARE RESIDENTS' MENU

WEEK III	MONDAY Day 15 Nov 24, Dec 15, Jan 5, 26, Feb 16, Mar 9, 30, Apr 20, May 11	TUESDAY Day 16 Nov 25, Dec 16, Jan 6, 27, Feb 17, Mar 10, 31, Apr 21, May 12	WEDNESDAY Day 17 Nov 26, Dec 17, Jan 7, 28, Feb 18, Mar 11, Apr 1, 22, May 13	THURSDAY Day 18 Nov 27, Dec 18, Jan 8, 29, Feb 19, Mar 12, Apr 2, 23, May 14	FRIDAY Day 19 Nov 28, Dec 19, Jan 9, 30, Feb 20, Mar 13, Apr 3, 24, May 15	SATURDAY Day 20 Nov 29, Dec 20, Jan 10, 31, Feb 21, Mar 14, Apr 4, 25, May 16	SUNDAY Day 21 Nov 30, Dec 21, Jan 11, Feb 1, 22, Mar 15, Apr 5, 26, May 17
<b>BREAKFAST</b>	<b>9:00 – 10:00</b>						
JUICE	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
HOT CEREAL	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal Pancake Hard boiled Egg	Cream of Wheat with Flax (Cocoa) Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Poached Egg	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal
PROTEIN	Scrambled Egg		Omelet Bacon			Hardboiled Egg Sausage	Scrambled Egg
STARCH	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Mini Cinnamon Bun		Toast/Muffin	Toast/Muffin
<b>LUNCH</b>	<b>12:30 – 1:30</b>						
SOUP	Pasta Fagioli	Chicken Noodle Soup	French Canadian Pea Soup	Butternut Squash	Country Vegetable	Lasagna Soup	Cream of Mushroom
SALAD	Greek Salad	Caesar Salad	Vegetable Sticks Ranch Dip	Pickled Beet Salad	Garden Salad	Bean Salad	Tossed Salad
MAIN ENTRÉE	Persian Chicken Breast with Tzatziki Sauce		Crispy Chicken Drumstick	Sloppy Joes on a Bun	Mexican Fish	Ham & Hash Casserole	Assorted Sandwich Platter Shaved Turkey, Lettuce, Cheese & Mayo on a wrap Tuna Salad Egg Salad on croissant
STARCH	Lemon & Herb Potatoes		Parmesan Potato Wedges		Mexican Rice		
VEGETABLES	New England Blend		Seasonal Fresh Fruit	Tropical Fruit Salad	Kernal Corn	Roasted Brussels Mix	
DESSERT	Mandarin Oranges	Diced Peaches			Diced Pears	Diced Apricots	Mangos
<b>SUPPER</b>	<b>5:00 – 6:00</b>						
MAIN ENTRÉE	Spaghetti & Meatballs	Lemon Salmon 2 <sup>nd</sup> option – Lemon Chicken Dill Sauce Roasted Fingerling Potatoes	Meatloaf Mashed Potatoes	Chicken Alfredo Pasta California Blend	Cheeseburger in BBQ Sauce w/ lettuce, tomato, onion, cheese Potato Salad Baked Beans	Chicken Balls w/ Pineapple Sauce Steamed Rice Stir Fry Medley	Liver 2 <sup>nd</sup> option – Sliced Roast Beef Gravy Mashed Potatoes Roasted Carrots
STARCH	Garlic Bread	Broccoli	Buttered Peas	Mini Cupcakes	Lemon Buttermilk Cake	Ice Cream Sandwich (alternate: Vanilla and Neapolitan)	Coconut Cream Pie
VEGETABLES	Pick of the Day Vegetable	Cinnamon Sugar Donut Hole	Deep N Delicious Chocolate Cake				
DESSERT	Two Bite Brownies						
<b>SANDWICHES</b>							
	Chicken Salad Egg Salad Peanut Butter & Jam	Shaved Ham, Cheese & Mustard Tuna Salad Egg Salad	Shaved Turkey, Lettuce, Tomato Egg Salad Peanut Butter and Jam	Egg Salad Sliced Cucumber with Herb & Garlic Cream Cheese Crab Salad	Shaved Ham, Swiss Cheese &Mustard Egg Salad Peanut Butter and Jam	Tuna Salad Chicken Salad Egg Salad	Turkey, Cheese & Mayo on Croissant, Tuna Salad Egg Salad