

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
BREAKFAST	9:00 – 10:00						
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
LUNCH	12:30 – 1:30						
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	Chicken Pot Pie	Cod Nuggets Tartar Sauce	Monte Cristo Sandwich	Assorted Sandwiches Egg Salad
STARCH			Perogies Diced Onions, Bacon Bits, Sour Cream		Steak Fries		Crab Salad on Croissant Shaved Turkey, Lettuce, Cheese & Mayo on a wrap
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
SUPPER	5:00 – 6:00						
MAIN ENTRÉE	Chili	Stuffed Sole 2 nd option – Chicken Breast	Champagne Chicken	Beef Lasagna	Chicken Curry	Shepherd's Pie	Baked Ham Pineapple Sauce
STARCH	With loaded baked potato (Sour cream, shredded cheese, chives)	Lyonnaise Potatoes	Mashed Potatoes		Rice		2 nd option – Chicken Breast w/pineapple sauce
VEGETABLES	Corn on the Cob	Peas	Broccoli	Pick of the Day	Roasted Root Vegetables	Buttered Crinkle Cut Carrots	Swarties Potatoes
DESSERT	Long John Donut	Strawberry Pudding	Mocha Mousse Cake	Mini Danish	Tapioca Pudding	Date Square	Green Beans Fruit Pie (Alternate Flavours)
SANDWICHES							
	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
BREAKFAST	9:00 – 10:00						
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
LUNCH	12:30 – 1:30						
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		Lemon Pepper Cod With Tartar Sauce	Chicken Wings	Reuben Slider
STARCH	Roasted Potatoes			BBQ Chicken Pizza or Veggie Supreme (red onion, diced red and green peppers, mushroom, sliced olives)	Greek Rice Pilaf	Seasoned Crinkle Fries	Tropical Fruit Salad
VEGETABLES		Broccoli	Sauerkraut		Peas		
DESSERT	Diced Pears	Fruit Cocktail	Seasonal Fresh Fruit	Honeydew	Diced Peaches	Mandarin Orange Sections	
SUPPER	5:00 – 6:00						
MAIN ENTRÉE	BBQ Pork Ribs w/ Barbs Sauce 2 nd option – Stuffed Chicken Breast	Beef Stroganoff	Hawaiian Chicken Thighs	Corned Beef Honey Mustard	Creamy Mushroom Pork 2 nd option – Chicken Breast w/mushroom sauce	Beef & Vegetable Stir Fry	Roast Turkey Gravy
STARCH	Baked Potato	Egg Noodles	Rice	Mashed Potatoes	Garlic Baby Potatoes	Chow Mein	Cranberry Sauce
VEGETABLES	Sour Cream, Green Onions Coleslaw (Reg)	Beets	Green Beans	Braised Cabbage	Sunrise Vegetables		Mashed Potatoes
DESSERT	Zucchini (DS, Minced, Pureed) Ice Cream Dixie	Buttertart Square	Vanilla Cream Puffs	Apple Strudel	Saskatoon Rhubarb Crisp	Chocolate Cream Pie	Dressing
SANDWICHES							Bistro Mixed Vegetables
	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
BREAKFAST	9:00 – 10:00						
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	Cream of Wheat with Flax (Cocoa) 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	Rolled Oats with Flax Choice of Cold Cereal
PROTEIN	Scrambled Egg	Hard boiled Egg	Omelet Bacon	Poached Egg	Hardboiled Egg Sausage	Scrambled Egg	Omelet Bacon
STARCH	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Mini Cinnamon Bun	Toast/Muffin	Toast/Muffin	Toast/Muffin
LUNCH	12:30 – 1:30						
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
STARCH	Lemon & Herb Potatoes		Parmesan Potato Wedges		Mexican Rice		Tuna Salad
VEGETABLES	New England Blend				Kernal Corn	Roasted Brussels Mix	Egg Salad on croissant
DESSERT	Mandarin Oranges	Diced Peaches	Seasonal Fresh Fruit	Tropical Fruit Salad	Diced Pears	Diced Apricots	Mangos
SUPPER	5:00 – 6:00						
MAIN ENTRÉE	Spaghetti & Meatballs	Lemon Salmon <i>2nd option – Lemon Chicken</i>	Meatloaf	Chicken Alfredo Pasta	Cheeseburger in BBQ Sauce w/ lettuce, tomato, onion, cheese	Chicken Balls w/ Pineapple Sauce	Liver <i>2nd option – Sliced Roast Beef</i>
STARCH	Garlic Bread	Dill Sauce Roasted Fingerling Potatoes	Mashed Potatoes		Potato Salad	Steamed Rice	Gravy
VEGETABLES	Pick of the Day Vegetable	Broccoli	Buttered Peas	California Blend	Baked Beans	Stir Fry Medley	Mashed Potatoes Roasted Carrots
DESSERT	Two Bite Brownies	Cinnamon Sugar Donut Hole	Deep N Delicious Chocolate Cake	Mini Cupcakes	Lemon Buttermilk Cake	Ice Cream Sandwich <i>(alternate: Vanilla and Neapolitan)</i>	Coconut Cream Pie
SANDWICHES							
	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

SUBJECT TO CHANGE