

Oct 23-29, Nov 13-19, Dec 4-10, Dec 25-31, Jan 15-21, Feb 5-11, Feb 26-Mar 3, Mar 18-24, Apr 8-14, Apr 29-May 5, May 20-26

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 Rice Soup	Country Vegetable	Minestrone	Corn Chowder	Cream of Mushroom	Butternut Squash	Beef Vegetable
SALAD	Mixed Greens Salad	Garden Salad	Tossed Salad	Mixed Greens	Carrot & Raisin Salad	Pickled Beet Salad	Garden Salad
MAIN ENTRÉE	Pasta Alfredo with Shrimp	Homestyle Chili with Shredded Cheese	Pyrogies Diced Onion, Bacon Bits, Sour Cream	Rueben Sandwich	Battered Pollock with Tartar Sauce	Chicken Fillets with Plum Sauce	Creamy Macaroni & Cheese
STARCH		Vienna Bun/ Margarine			French Fries	Mashed Sweet Potatoes	
VEGETABLE		Peas	Beef Cabbage Roll	Sliced Dill Pickle		Green Beans	Peas
DESSERT	Fruit Cocktail	Lemon Pudding	Mandarin Orange Sections	Diced Pears	Fresh Fruit	Tropical Ambrosia	Mandarin Orange Sections
SUPPER							
MAIN ENTRÉE	Ginger Beef	Crispy Chicken	Meatloaf with Gravy	Chicken a la King	Baked Pasta with Meat Sauce	Pork Riblet or BBQ Beef Riblet	Roast Turkey with Gravy Cranberry Sauce
STARCH	Steamed Rice	Swarties Potatoes	Mashed Potatoes	Biscuit	Garlic Bread	Baked Potato Chives, Bacon Bits, Sour Cream	Mashed Potatoes
VEGETABLE	Stir Fry Vegetables	California Mixed Vegetables	Cream Style Corn	Eurogold Mixed Vegetables	Caesar Salad	Broccoli & Cauliflower with Cheese Sauce	Julienne Dilled Carrots
DESSERT	Jello	Home Baked Cookies	Chocolate Fudge Cake	Mini Donuts	Tiramisu Mousse	Ice Cream Novelty	Strawberry Rhubarb Pie

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
Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper

FALL / WINTER RESIDENT MENU 2022 -2023 – LAURIER HOUSE LYNNWOOD

Regular Menu: Week 2 at a glance

Oct 30-Nov 5, Nov 20-26, Dec 11-17, Jan 1-7, Jan 22-28, Feb 12-18, Mar 4-10, Mar 25-31, Apr 15-21, May 6-12, May 27-June 2

*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 Vegetable	Beef Noodle	French Onion	Cream of Tomato	Italian Wedding	Minestrone	Beef Vegetable
SALAD	Overnight Coleslaw	Garden Salad	Tossed Salad	Mixed Greens	Tossed Salad	Spinach Salad	Garden Salad
MAIN ENTRÉE	Crunchy Perch with Tartar Sauce	Grilled Chicken Breast	Shepherd's Pie with Gravy	Grilled Ham & Cheese Sandwich	Ultimate Fish Stick with Tartar Sauce	Western Omelet or Garden Omelet with Salsa	Turkey Schnitzel with Gravy
STARCH	Mashed Potatoes	Garlic Mashed Potatoes		Sliced Dill Pickle	Yam Fries		Mashed Potatoes
VEGETABLE	Eurogold Mixed Vegetables	California Mixed Vegetables	Green Beans			Potato Patties	California Mixed Vegetables
DESSERT	Buttertart Bar	Fruit Cocktail	Home Baked Cookies	Mandarin Orange Sections	Ice Cream Dixie	Apple Strudel	Fruit Salad
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	<u>Pizza</u> Choice of Ham & Pineapple or Vegetarian	Corned Beef & Cabbage	Sweet & Sour Chicken Balls	Steak & Mushroom Pot Pie with Gravy	Bombay Chicken Breast	Beef Lasagna	Festive Baked Ham or Roast Beef with Gravy
STARCH		Roasted Potatoes	Fried Rice Spring Roll Fortune Cookie		Steamed Rice	Garlic Bread	Scalloped Potatoes
VEGETABLE	Crunchy Salad	Tossed Salad	Stir Fry Vegetables	California Mixed Vegetables	Eurogold Mixed Vegetables	Caesar Salad	Peas
DESSERT	Diced Pears	Bread Pudding with Caramel Sauce	Jello	Tapioca Pudding	Fresh Fruit	Crepe Brule	Pumpkin Pie

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Assorted Sandwiches offered at Lunch and Supper
Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper

FALL / WINTER RESIDENT MENU 2022 -2023 – LAURIER HOUSE LYNNWOOD

Regular Menu: Week 3 at a glance **Oct 16-22, Nov 6-12, Nov 27–Dec 3, Dec 18-24, Jan 8-14, Jan 29-Feb 4, Feb 19-25, Mar 11-17, Apr 1-7, Apr 22-28, May 13-19, June 3-9** *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	Italian Wedding	Beef Noodle	Turkey Vegetable	Tomato Bisque	Cream of Vegetable	Beef Barley
SALAD	Tossed Salad	Coleslaw	Spinach Salad	Garden Salad	Cucumber Salad	Mixed Greens	Garden Salad
MAIN ENTRÉE	Beef Hot Dog with Fried Onions	Cod Nuggets with Tartar Sauce	<u>Sandwich Platter</u> Choice of Shaved Turkey, Lettuce & Mayo Wrap, Egg Salad, Crab Salad	Broccoli & Cheese Frittata	Chicken Kabob with Tzatziki Sauce	Beef Burger on a Bun (shredded lettuce, cheese & tomato)	Pork Sausages
STARCH							
VEGETABLE	Baked Beans	Steak Fries		Mini Croissant	Steamed Rice	Onion Rings	Belgian Waffle with Fruit Sauce & Whipped Topping
DESSERT	Home Baked Cookies	Diced Pears	Ice Cream Novelty	2 Bite Chocolate Brownie	Home Baked Cookies	Fresh Fruit	Mandarin Orange Sections
SUPPER							
MAIN ENTRÉE	Cranberry Quarter Chicken	Beef Meatballs with Gravy	Pork Tenderloin with Applesauce or Garden Vegetable Pattie	Homemade Beef Stew	Parsley Salmon with Lemon Dill Sauce or Beef Lasagna	Mustard Glazed Chicken Thighs	Roast Beef with Gravy
STARCH	Mashed Potatoes	Egg Noodles	Baked Potato Chives, Bacon Bits, Sour Cream	Baked Biscuit	Roasted Potatoes	Mashed Potatoes	Garlic Mashed Potatoes
VEGETABLE	Brussel Sprouts	Parslied Julienne Carrots	Diced Squash	Green Beans	Italian Mixed Vegetables	Eurogold Mixed Vegetables	Diced Turnips
DESSERT	Rice Pudding	Date Square	Mandarin Orange Sections	Warm Fruit Crisp	Cream Puffs	Caramel Vanilla Swirl Cake	Banana Cream Pie

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Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper