

***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	Vegetable Beef Barley	Cream of Mushroom	Country Vegetable	Cream of Tomato	Minestrone	Chicken Noodle	French Onion
SALAD	Apple Coleslaw	Tossed Salad	Garden Salad	Mixed Greens Salad	Coleslaw	Spring Fever Salad	Caesar Salad
MAIN ENTRÉE	Battered Pollock with Tartar Sauce	Turkey Meatballs Cranberry Sauce or Gravy	Beef Taco Bake Salsa & Sour Cream	Grilled Cheese Sandwich	Chicken Burger (lettuce, tomato, red onion)	Quiche Lorraine or Broccoli & Cheese Quiche	Beef Tortellini with Alfredo Sauce
STARCH	Steak Fries	Mashed Potatoes		Dill Pickle			
VEGETABLE		French Cut Green Beans			Sweet Potato Fries	Hash Browns	Garlic Bread
DESSERT	Ice Cream Sandwich	Diced Peaches	2 Bites Brownies	Fruit Cocktail	Mandarin Orange Sections	Buttertart Bar	Fresh Fruit
SUPPER							
MAIN ENTRÉE	Baked Pasta with Meat Sauce	BBQ Beef Rib	Crispy Chicken	Honey Garlic Pork or Ginger Beef	Lemon Dill Garlic Salmon Fillet or Roast Beef with Gravy	Veal Cutlet with Gravy	Roast Turkey with Gravy Dressing
STARCH	Garlic Bread	Baked Potato Sour Cream, Green Onions, Bacon Bits	Potato Salad	Steamed Rice	Favourite Herbed Potatoes	Mashed Potatoes	Mashed Potatoes
VEGETABLE	Caesar Salad	Cream Style Corn Mixed Greens	Diced Beets Buffet Salad	Stir Fry Mixed Vegetables Garden Greens	Eurogold Mixed Vegetables Spinach Salad	California Mixed Vegetables Chick Pea Salad	Julienne Carrots Mixed Greens
DESSERT	Tiramisu Mousse	Mini Cupcakes	Coconut Cream Pudding	Cherry Mallow Dessert	Home Baked Cookies	Ice Cream Novelty	Strawberry Rhubarb Pie

Breakfast Menu consists of the following items: Juice (Apple, Orange, and 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

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SPRING/ SUMMER RESIDENT MENU 2025 – CAPITALCARE LAURIER HOUSE LYNNWOOD

Regular Menu: Week 3 at a glance

June 16-22, July 7-13, July 28-Aug 3, Aug 18-24, Sept 8-14, Sept 29-Oct 5

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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	Chicken Noodle	Cream of Mushroom	French Onion	Country Vegetable	Chicken Rice	Tomato Bisque	Italian Wedding
SALAD	Spring Fever Salad	Tossed Salad	Mixed Greens	Cucumber Salad	Coleslaw	Garden Salad	
MAIN ENTRÉE	Beef Burger on a Bun (cheese, lettuce, tomato)	Cold Plate Shaved Ham Shaved Turkey Croissant Pasta Salad	Chicken Fingers Plum Sauce	Garlic Sausage	Pub House Battered Cod Tartar Sauce	Beef Dip with Au Jus	Turkey Sausages
STARCH			Potato Salad	Pyrogies Diced Onions, Sour Cream, Bacon	Steak Fries		Belgian Waffle with Fruit Sauce and Whipped Topping
VEGETABLE	Onion Rings			Rice Cabbage Roll			
DESSERT	Fruit Cocktail	Home Baked Cookies	Fresh Fruit	Diced Peaches	Ice Cream Novelty	Mandarin Orange Sections	Fresh Fruit Salad
SUPPER							
MAIN ENTRÉE	Lemon Baked Cod or Macaroni & Cheese	Spaghetti & Meatballs	Beef Stew	BBQ Chicken	Pizza Vegetarian or Ham & Pineapple	Chicken Souvlaki Tzatziki Sauce	Pineapple Glazed Ham or Meat Lasagna
STARCH	Herbed Rice	Garlic Bread	Vienna Bun	Swarties Potatoes		Steamed Rice	Scalloped Potatoes
VEGETABLE	Peas Tomato Corn Salad	Caesar Salad	French Cut Green Beans Tossed Salad	Peas Garden Salad	Mixed Greens	Greek Salad	California Mixed Vegetables Tossed Salad
DESSERT	Boston Cream Cake	Ice Cream Sundae	Tangerine Mousse	Cream Puffs	Razzleberry Parfait	Cocoa Deep Chocolate Cake	Lemon Meringue Pie

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