

SEASONAL FALL WINTER RESIDENT MENU 2025 –2026 McConnell Place North

Regular Menu: Week 1 at a glance: Nov 3 - 9 Nov 24 – 30, Dec 15 – 21. Jan 5 – 11, Jan 26 – Feb 1, Feb 16 – 22, Mar 9 – 15, Mar 30 – Apr 5, Apr 20 – 26, May 11 – 17 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 Rice Soup	Tomato & Bean Bisque Soup	Italian Vegetable Soup	Vegetable Chowder	French Canadian Pea Soup	Cream of Mushroom Soup	Beef Barley Soup
SALAD	Coleslaw			Spinach Salad with Creamy Dressing			
MAIN ENTRÉE	Lemon Pepper Cod With Tartar Sauce	BBQ Beef on a Bun	Turkey Sausage	Grilled Ham & Swiss Cheese	Cod Nuggets with Tartar Sauce	Chicken Burger on bun with Shredded Lettuce, Tomato, and Condiments	Vegetarian Lasagna
STARCH		Mashed Potatoes	French Toast with Strawberry Sauce & Whip Topping / Syrup		CHOICE/YADS Chicken Strips		Dinner Bun
VEGETABLE	Sweet Potato Fries	Mexi Corn		2nd Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)	Green Beans	Mashed Potatoes	Choice Winter Mix Vegetables
DESSERT	Fruit Cocktail	Caramel Swirl Cake	Mangoes	Diced Pears	French Fries	Yellow Wax Beans	Tropical Fruit Salad
SUPPER							
MAIN ENTRÉE	Chicken Alfredo Casserole	1 st Choice Sweet & Sour Pork	Shepherd’s Pie	Seasoned Chicken Breast	Spaghetti & Meat Sauce	Breaded Veal Cutlet with Gravy	Chicken Kiev
STARCH	Vienna Bun Or Bread / Margarine	2 nd Choice Shaved Turkey		Scalloped Potatoes	Garlic Toast	Mashed Potatoes	Yukon Gold Mashed Potatoes
VEGETABLE	Buttered Broccoli	Steamed Rice	Buttered Peas	Brussel Sprouts	California Mixed Vegetables	Harvard Beets	Buttered Diced Carrots
DESSERT	Brownie	Diced Peaches	Rice Pudding	Triple Berry Crumble	Fresh Fruit Salad	Fruit Pie	Chocolate Fudge Cake
Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry, Peach medley), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Pastries). 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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Regular Menu: Week 2 at a glance: Nov 10 – 16, Dec 1 – 7, Dec 22 – 28, Jan 12 – 18, Feb 2 -8, Feb 23 – Mar 1, Mar 16 – 22, Apr 6 – 12, Apr 27 – May 3, May 18 - 24, *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	Cream of Tomato Soup	Oriental Chicken Noodle Soup	Cream of Broccoli Soup	Borscht Soup	Italian Chicken Bean Soup	Hearty Chicken Pot Pie Soup	Turkey Noodle Soup
SALAD	Creamy Coleslaw	Tossed Salad	Pork Riblet	Sausage (Pork)	Beef Hot Dog on Bun with Sauteed Onions, and condiments	Bistro (Mashed Potatoes for Blended Soup)	Grilled Chicken Strips
MAIN ENTRÉE	Fish Nuggets with choice Ranch or available condiments	Home-Style Chili with Shredded Cheese	Mashed Potato	Pyrogies with Diced Onions, Bacon, Sour Cream	2 nd Choice: Mashed Potato		Diced Carrots (1 st Choice)
STARCH					1st Choice: Yellow Waxed Beans		Caesar Salad (2 nd Choice)
VEGETABLE	Curly Fries	Dinner Bun	Kernal Corn	Rice Cabbage Roll	2 nd Choice: Baked Beans		Focaccia Bread (Mashed Potatoes 2 nd Choice)
DESSERT	Diced Pears	Home Baked Chocolate Chip Cookie	Butterscotch Ice Cream	Diced Peaches	Diced Cantaloupe	Yogurt Parfait (Mixed Berries & Yogurt)	Mandarin Orange Sections
SUPPER							
MAIN ENTRÉE	Honey Garlic Beef Stir Fry	Oven Baked Chicken	Battered Chicken Balls with Pineapple Sauce	1 st Choice: Grilled Beef Burger/Bun with Cheese, Lettuce & Tomato	1 st Choice: Pork Roast with Gravy	Mushroom Meatballs	1 st Choice: Shaved Festive Baked Ham with Choice of Brown sugar glaze or condiments
STARCH	Rice	Loaded Potato Patty	Steamed Rice	2 nd Choice: Tuna Melt	2 nd Choice: Shaved Turkey	Egg Noodles	2 nd option: Chicken Breast
VEGETABLE	Broccoli	California Mixed Veg	Asian Vegetables	Seasoned Potato Wedges	Mashed Potatoes	Buttered Squash	Cheesy Mashed Potatoes
DESSERT	Mini Donut	Fruit Cocktail	Strawberries & Rhubarb with whip topping	Whipped Turnip	Buttered Diced Carrots		Buttered Peas
				Butter Tart Bar	Warm Chocolate Banan Bread Pudding with Vanilla Sauce	Lemon Streusel Cake	Coconut Cream Pie
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Regular Menu: Week 3 at a glance : Oct 27 – Nov 2, Nov 17 – 23, Dec 8 – 14, Dec 29 – Jan 4, Jan 19 – 25, Feb 9 – 15, Mar 2 – 8, Mar 23 – 29, Apr 13 – 19m May 4 – 10, May 25 - 31
*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 Soup	Beef Noodle Soup	Heartland Bean Medley Soup	Beef Barley Soup	Loaded Baked Potato Soup	Turkeyf Vegetable Soup	Turkey Vegetable Soup
SALAD	Creamy Coleslaw	1 st Choice: Creamy Cucumber Salad		Macaroni and Cheese	Grilled Beef Burger with cheese & Shredded lettuce, sliced pickles and available condiments	Beef & Rice Casserole	Western Omelet
MAIN ENTRÉE	Beef Lasagna	Battered Pollock with Tartar Sauce	Crispy Chicken Drumsticks				
STARCH	Garlic Toast		Hot Potato Salad	Green Beans		Winter Mix Vegetables	Cubed Hashbrowns
VEGETABLE	2 nd Choice: Mashed Potato	French Fries 2 nd Choice: Diced Carrots (Dysphagia Soft, Minced, Pureed)	Kernal Corn		French Fries 2 nd Choice: Squash		Buttered Peas
DESSERT	Honeydew Melon	Fruit Cocktail	Blueberry Tart	Butterscotch Pudding	Pound Cake with Strawberry Sauce and whipped topping	Country Carrot Cake with Cream Cheese Frosting	Diced Canteloup
SUPPER							
MAIN ENTRÉE	Roasted Chicken Breast with Resident Choice of Butter Chicken Sauce, Gravy OR Condiments on unit	1 st Choice: Breaded Pork Cutlet 2 nd Choice: Sliced Turkey	Pizza Chicken & Mushroom or Vegetarian	Beef Stew	1 st Choice Salmon Fillet with Creamy Dill Sauce	Chicken Strips with Plum Sauce	Shaved Roast Beef & Gravy
STARCH	Mashed Potatoes	Mashed Potatoes	Caesar Salad 2 nd Choice: Cauliflower	Tea Biscuit	2 nd Choice: Roasted Chicken Breast with Resident Choice of Dill Sauce, Gravy OR Condiments on unit	Yukon Gold Mashed Potatoes	Garlic Mashed Potatoes
VEGETABLE	Buttered Broccoli	Peas			Spanish Rice California Mix	Italian Mix Vegetable	Yorkshire Pudding
DESSERT	Maple Mania Chocolate Cake	Tapioca Pudding	Diced Peaches	Mandarin Orange Sections	Diced Canteloup	Diced Pears	Whipped Turnips Fudgesicle
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