

***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 | Mushroom Vegetable | Alphabet | Beef Barley | Cream of Broccoli | Chicken Noodle | Creole | Beef Vegetable |
| SALAD | Mixed Greens | Coleslaw | Tossed Salad | Crunchy Salad | Garden Salad | Pickled Beets | Caesar Salad |
| MAIN ENTRÉE | Beef Wieners & Beans | Cod Nuggets Tartar Sauce | Grilled Cheese Sandwich | <u>Cold Plate:</u> Shaved Ham Swiss Cheese Tomato Slice Bread & Butter Pickles Vienna Bun | Taco Bake with Salsa & Sour Cream | Chicken Strips with choice of Plum Sauce or Honey Mustard Sauce | Vegetable Lasagna |
| STARCH | Warm Biscuit | French Fries | Dill Pickle | | | Picnic Ranch Potato Salad | Garlic Bread |
| VEGETABLE | | | | | | | |
| DESSERT | Mandarin Orange Sections | Ice Cream Novelty | Diced Peaches | Coconut Cream Pudding | Mandarin Orange Sections | Fresh Fruit | 2 Bite Chocolate Brownie |
| SUPPER | | | | | | | |
| MAIN ENTRÉE | Bombay Chicken | Spaghetti & Meatballs | Homemade Meatloaf with Glaze | Chicken Parmigiana | Pubhouse Battered Fish Tartar Sauce or Turkey Pot Pie | Sweet & Sour Pork or Salisbury Steak with Gravy | Chicken Kiev |
| STARCH | Steamed Rice | Garlic Bread | Scalloped Potatoes | Rotini Noodles | French Fries | Steamed Rice | Mashed Potatoes |
| VEGETABLE | California Mixed Vegetables | Caesar Salad | Italian Mixed Vegetables | Sunrise Mixed Vegetables | Apple Coleslaw | Stir Fry Vegetables | Dilled Julienne Carrots |
| DESSERT | Home Baked Cookie | Cherry Mallow Dessert | Fruit Crumble | Pineapple Upside Down Cake | Jamaican Jewel | Lemon Poppy Seed Cake | Strawberry Rhubarb Pie |
| Continental Breakfast served daily Assorted Sandwiches offered at Lunch and Supper | | | | | | | |

SPRING/ SUMMER RESIDENT MENU 2025 – McConnell Place West

Regular Menu: Week 2 at a glance

June 9-15, June30-July 6, July 21-27, Aug 11-17, Sept 1-7, Sept 22-28

***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 | Alphabet | Cream of Mushroom | Tomato Zucchini | Vegetable | Bean Medley | Cream of Tomato | Beef Noodle |
| SALAD | Garden Salad | Tossed Salad | Mixed Greens | Tossed Salad | Carrot/ Raisin Slaw | Tossed Salad | |
| MAIN ENTRÉE | “BLT” Sandwich Bacon, Lettuce, Tomato | Pizza: Choice of Ham & Pineapple or Cheese | Creamy Macaroni & Cheese | Picnic Chicken | Alaskan Battered Fish Tartar Sauce | Grilled Cheese Sandwich | Chicken Caesar Salad |
| STARCH | | | Garlic Bread | Mashed Potato Salad | French Fries | Dill Pickle | Garlic Stick |
| VEGETABLE | French Fries | | | Garden Peas | | | |
| DESSERT | Diced Peaches | Mandarin Orange Sections | Pineapple Cloud | Fresh Fruit | Tropical Ambrosia | Diced Peaches | Peanut Butter Confetti Square |
| SUPPER | | | | | | | |
| MAIN ENTRÉE | Beef Meatballs with Gravy | Chicken Adobo | BBQ Pork Riblet or Garden Omelet | Corned Beef with Braised Cabbage | Chicken Stir Fry | Salisbury Steak with Onion Gravy | Baked Ham with Pineapple Glaze or Beef Cabbage Roll |
| STARCH | Mashed Potatoes | Steamed Rice | Baked Potato Sour Cream, Bacon, Chives | Roasted Potatoes | Steamed Noodles | Mashed Potatoes | Scalloped Potatoes |
| VEGETABLE | French Cut Green Beans | Sunrise Mixed Vegetables | Kernel Corn & Peas | | Stir Fry Vegetables | Italian Mixed Vegetables | French Cut Green Beans |
| DESSERT | Ice Cream Novelty | Home Baked Cookie | Rice Pudding | Applesauce Cake | Assorted Danishes | Caramel Vanilla Swirl Cake | Lemon Meringue Pie |
| Continental Breakfast served daily Assorted Sandwiches offered at Lunch and Supper | | | | | | | |

***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 | Roasted Red Pepper | Corn Chowder | Italian Chicken | Mediterranean Vegetable | Borscht | Hearty Lentil | Turkey Noodle |
| SALAD | Spring Fever Salad | Tossed Salad | Garden Salad | Mixed Greens | Tossed Salad | Spinach Salad | Tossed Salad |
| MAIN ENTRÉE | Beef Hot Dog on a Bun | Cold Plate Shaved Turkey Croissant | Rueben Sandwich | BBQ Chicken | Garlic Sausage | Beef Burger on a Bun with choice of Cheese, Grilled Onions, Lettuce, Condiments | Pork Sausages |
| STARCH | | Picnic Ranch Potato Salad | Dill Pickle | Greek Macaroni Salad | Pyrogies Diced Onions, Bacon & Sour Cream | | Belgian Waffle with Strawberry Sauce and Whipped Topping |
| VEGETABLE | | Fried Onions | Bread & Butter Pickles | | Rice Cabbage Roll | | |
| DESSERT | | Diced Pears | Mandarin Orange Sections | Strawberry Bavarian Cream | Diced Peaches | | Diced Pears |
| SUPPER | | | | | | | |
| MAIN ENTRÉE | Baked Pasta & Meat Sauce | Fish & Chips or Meatballs with Gravy | Old South Pork or Garden Omelet | Teriyaki Beef | Lemon Dill Salmon or Macaroni& Cheese | Grilled Chicken Breast | Roast Beef with Horseradish & Gravy |
| STARCH | Garlic Bread | | Mashed Potatoes | Steamed Rice | Favourite Herbed Potatoes | Swarties Potatoes | Mashed Potatoes |
| VEGETABLE | Mixed Greens | Coleslaw | Mexi Corn | Stir Fry Vegetables | Italian Mixed Vegetables | Sunrise Mixed Vegetables | Julienne Carrots |
| DESSERT | Tiramisu Mousse | Peach Cake | Home Baked Cookie | Lemon Tart | Mini Donut | Cocoa Deep Chocolate Cake | Coconut Cream Pie |
| Continental Breakfast served daily Assorted Sandwiches offered at Lunch and Supper | | | | | | | |