

BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz)
ENTRÉE Muffin of the Day	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Chocolate Chip Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Chocolate Chip Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Chocolate Chip Muffin (1)	Banana Blended Breakfast (#6)

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Irish Potato Chowder Soup (6oz)	Pureed Irish Potato Chowder Soup (6oz)	Pureed Irish Potato Chowder Soup (6oz)	Pureed Irish Potato Chowder Soup (6oz)
SALAD				
ENTRÉE	Pulled Pork/Bun Macaroni Salad			Trepuree Fish Newburg (1) Pureed Herbed Potato Pureed Butternut Squash
DESSERT	Mandarin Orange Sections (#8)	Mandarin Orange Sections (#8)	Pureed Mandarin Orange Sections (#8)	Pureed Mandarin Orange Sections (#8)

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Chicken Picatta (Breast) (1) OR Old Style South Pork (3oz) Gravy on the Side Scalloped Potatoes (#20) Baked Squash (3oz)	Cut-Up Chicken Picatta (Breast) (1) OR Cut-Up Old Style South Pork (3oz) Gravy on the Side Scalloped Potatoes (#20) Baked Squash (3oz)	Minced Old Style South Pork (#12) Gravy Scalloped Potatoes (#20) Baked Squash (3oz)	Trepuree Roast Pork (1) Pureed Savory Potato Pureed Carrot A L'Orange
DESSERT	Swiss Mocha Pudding (#8) Whipped Topping	Swiss Mocha Pudding (#8) Whipped Topping	Swiss Mocha Pudding (#8) Whipped Topping	Swiss Mocha Pudding (#8) Whipped Topping

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Bologna Shredded Lettuce Mustard Egg Salad Cream Cheese and Cucumber	Bologna Shredded Lettuce Mustard Egg Salad	Egg Salad	Alternate: Trepuree Beef Roast Trepuree Chicken Roast

BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Oat Bran (6oz) Choice of Cold Cereal	Oat Bran (6oz) Choice of Cold Cereal	Oat Bran (6oz) Choice of Cold Cereal	Oat Bran (6oz)
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled) Ham Slice / Hash Brown Patty Toast (2 x ½ sl.) / Assorted Jam Cranberry Bran Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Cranberry Bran Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Cranberry Bran Muffin (1)	Maple Blended Breakfast (#6)
Muffin of the Day				

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Mulligatawny Soup (6oz)	Pureed Mulligatawny Soup (6oz)	Pureed Mulligatawny Soup (6oz)	Pureed Mulligatawny Soup (6oz)
SALAD	Mexican Salad (#20)	Minced Mexican Salad (#20)	Minced Mexican Salad (#20)	
ENTRÉE	Turkey Stew Cheese Tea Biscuit			Trepuree Beef Old Fashioned (1) Dilled Red Potato Pureed Broccoli
DESSERT	Jell-O (#8) Whipped Topping	Jell-O (#8) Whipped Topping	Jell-O (#8) Whipped Topping	Jell-O (#8) Whipped Topping

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions Mashed Potato (#20) Gravy Creamed Corn (#12)	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions Mashed Potato (#20) Gravy Creamed Corn (#12)	Minced Chicken (#12) Poultry Gravy Mashed Potato (#20) Gravy Creamed Corn (#12)	Trepuree Chicken Roast (1) Pureed Golden Potato Pureed Buttered Peas
DESSERT	Apple Caramel Tart (1) with Ice Cream	Apple Caramel Tart (1) with Ice Cream	Apple Caramel Tart (1) with Ice Cream	Applesauce (#8) Caramel Topping

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Egg Salad Chicken Salad Sliced Cheese Shredded Lettuce	Egg Salad Chicken Salad Sliced Cheese Shredded Lettuce	Egg Salad Chicken Salad	Alternate: Trepuree Turkey Roast Trepuree Pork Roast



HERITAGE HOUSE / LAURIER HOUSE - RESIDENT'S MENU

Menu Subject to Change

DAY 10 (WEDNESDAY)

BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Cream of Wheat with Flax (6oz)	Cream of Wheat with Flax (6oz)	Cream of Wheat with Flax (6oz)	Cream of Wheat with Flax (6oz)

	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled)	Choice of Egg (Poached, Boiled, Scrambled)	Choice of Egg (Poached, Boiled, Scrambled)	Carrot Blended Breakfast (#6)
Muffin of the Day	Toast (2 x ½ sl.) / Assorted Jam Carrot Raisin Muffin (1)	Toast (2 x ½ sl.) / Assorted Jam Carrot Raisin Muffin (1)	Toast (2 x ½ sl.) / Assorted Jam Carrot Muffin (1)	

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Cabbage Roll Soup (6oz)	Pureed Cabbage Roll Soup (6oz)	Pureed Cabbage Roll Soup (6oz)	Pureed Cabbage Roll Soup (6oz)
SALAD	BLT Salad (spoodle)	Minced BLT Salad (#20)	Minced BLT Salad (#20)	
ENTRÉE	Beef Dip Sandwich with Au Jus	Beef Dip Sandwich with Au Jus	Minced Beef (#12) with Au Jus Mashed Potato (#20) Gravy	Trepuree Turkey A La King (1) Pureed Pasta Pureed Buttered Peas
DESSERT	Vanilla Pudding (#8) Whipped Topping	Vanilla Pudding (#8) Whipped Topping	Vanilla Pudding (#8) Whipped Topping	Vanilla Pudding (#8) Whipped Topping

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	1. Sweet and Sour Pork Bites (3oz) 2. Honey Garlic Pork Bites (3oz) OR Sole Fillet (1) Lemon Dill Sauce Steamed Rice (#20) Cauliflower (3oz)	1. Sweet and Sour Pork Bites (3oz) 2. Honey Garlic Pork Bites (3oz) OR Sole Fillet (1) Lemon Dill Sauce Steamed Rice (#20) / Soya Sauce Cauliflower (3oz)	Sole Fillet (1) Lemon Dill Sauce Steamed Rice (#20) Soya Sauce OR Mashed Potato (#20) Gravy Minced Cauliflower (#12)	Trepuree BBQ Pork (1) Pureed Hemestyle Potato Pureed Buttered Corn
DESSERT	Lemon Cream Cake (1 sl.)	Lemon Cream Cake (1 sl.)	Lemon Cream Cake (1 sl.)	Pureed Lemon Cream Cake (#8)

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Shaved Ham Shredded Lettuce Mustard Egg Salad Shaved Turkey Shredded Lettuce Mayo	Shaved Ham Shredded Lettuce Mustard Egg Salad Shaved Turkey Shredded Lettuce Mayo	Egg Salad	Alternate: Trepuree Beef Roast Trepuree Fish Newburg



HERITAGE HOUSE / LAURIER HOUSE - RESIDENT'S MENU

Menu Subject to Change

DAY 11 (THURSDAY)

BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz)
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled)	Choice of Egg (Poached, Boiled, Scrambled)	Choice of Egg (Poached, Boiled, Scrambled)	Apple Blended Breakfast (#6)

	Raisin Toast (2 x ½ sl.) / Assorted Jam	Raisin Toast (2 x ½ sl.) / Assorted Jam	Toast (2 x ½ sl.) / Assorted Jam	
Muffin of the Day	Blueberry Oatmeal Muffin (1)	Blueberry Oatmeal Muffin (1)	Blueberry Oatmeal Muffin (1)	

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Vegetable Soup (6oz)	Pureed Vegetable Soup (6oz)	Pureed Vegetable Soup (6oz)	Pureed Vegetable Soup (6oz)
SALAD	Creamy Coleslaw (#20)	Minced Creamy Coleslaw (#20)	Minced Creamy Coleslaw (#20)	
ENTRÉE	Grilled Pork Sausage (2) Potato Pancake (1) Sour Cream	Cut-Up Grilled Pork Sausage (2) Potato Pancake (1) Sour Cream	Minced Grilled Pork Sausage (#12) Potato Pancake (1) Sour Cream	Trepuree Ham (1) Pureed Carrots Pureed Turnips
DESSERT	Banana (1)	Banana (1)	Banana (1) Mashed with Fork	Banana (1) Mashed with Fork

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	1. Spaghetti and Meatsauce (#8) 2. Spaghetti Meatballs (3) OR Lemon Lime Chicken Drumstick (1) Oven Baked Garlic Bread (1 slice) Broccoli (3oz)	1. Spaghetti and Meatsauce (#8) 2. Spaghetti Meatballs (3) OR Lemon Lime Cut-Up Chicken Drumstick (1) Oven Baked Garlic Bread (1 slice) Minced Broccoli (#12)	Minced Spaghetti and Meatsauce OR Meatballs Oven Baked Garlic Bread (1 slice) Minced Broccoli (#12)	Trepuree Beef Stroganoff (1) Pureed Dilled Red Potato Pureed Broccoli
DESSERT	1. Creamy Blueberry Cheesecake 2. Creamy Cherry Cheesecake 3. Creamy Strawberry Cheesecake	1. Creamy Blueberry Cheesecake 2. Creamy Cherry Cheesecake 3. Creamy Strawberry Cheesecake	1. Creamy Blueberry Cheesecake 2. Creamy Cherry Cheesecake 3. Creamy Strawberry Cheesecake	1. Pureed Creamy Blueberry Cheesecake 2. Pureed Creamy Cherry Cheesecake 3. Pureed Creamy Strawberry Cheesecake

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Egg Salad Chicken Salad Shaved Beef Shredded Lettuce Mustard	Egg Salad Chicken Salad Shaved Beef Shredded Lettuce Mustard	Egg Salad Chicken Salad	Alternate: Trepuree Fish Newburg Trepuree Chicken Roast



HERITAGE HOUSE / LAURIER HOUSE - RESIDENT'S MENU

Menu Subject to Change

DAY 12 (FRIDAY)

BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Oat Bran (6oz) Choice of Cold Cereal	Oat Bran (6oz) Choice of Cold Cereal	Oat Bran (6oz) Choice of Cold Cereal	Oat Bran (6oz)
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled) Pancakes (1) Syrup	Choice of Egg (Poached, Boiled, Scrambled) Pancakes (1) Syrup	Choice of Egg (Poached, Boiled, Scrambled) Pancakes (1) Syrup	Vanilla Blended Breakfast (#6)
Muffin of the Day	Pumpkin Muffin (1)	Pumpkin Muffin (1)	Pumpkin Muffin (1)	

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Dill Pickle Soup (6oz)	Pureed Dill Pickle Soup (6oz)	Pureed Dill Pickle Soup (6oz)	Pureed Dill Pickle Soup (6oz)
SALAD	Salinas Salad (Spoodle)	Minced Salinas Salad (#20)	Minced Salinas Salad (#20)	
ENTRÉE	Grilled Ham and Cheese Sandwich	Grilled Ham and Cheese Sandwich	Grilled Cheese Sandwich	Trepuree Fish Newburg (1) Pureed Herbed Potato Pureed Butternut Squash
DESSERT	Diced Peaches (#8)	Diced Peaches (#8)	Pureed Peaches (#8)	Pureed Peaches (#8)

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Roasted Chicken Thigh (1) Mushroom Sauce on the Side OR Homemade Fish and Chips Tartar Sauce / Lemon Wedge Steak Fries / Ketchup Green Beans Sautéed Onion (3oz)	Cut-Up Roasted Chicken Thigh (1) with Mushroom Sauce on the Side OR Plain Baked Haddock Fillet (3oz) Tartar Sauce / Lemon Wedge Steak Fries / Ketchup Minced Green Beans Sautéed Onion (#12)	Plain Baked Haddock Fillet (3oz) Tartar Sauce / Lemon Wedge Mashed Potato (#20) Gravy Minced Green Beans Sautéed Onion (#12)	Pureed Turkey Roast (1) Pureed Savory Potato Pureed Butternut Squash
DESSERT	Tiramisu Mousse (#8) Whipped Topping	Tiramisu Mousse (#8) Whipped Topping	Tiramisu Mousse (#8) Whipped Topping	Tiramisu Mousse (#8) Whipped Topping

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Bologna Shredded Lettuce Mayo Egg Salad Sliced Cheese and Tomato	Bologna Shredded Lettuce Mayo Egg Salad Sliced Cheese and Tomato	Egg Salad	Alternate: Trepuree Beef Roast Trepuree Pork Roast



HERITAGE HOUSE / LAURIER HOUSE - RESIDENT'S MENU

Menu Subject to Change

DAY 13 (SATURDAY)

BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Cream of Wheat with Flax (6oz) Choice of Cold Cereal	Cream of Wheat with Flax (6oz) Choice of Cold Cereal	Cream of Wheat with Flax (6oz) Choice of Cold Cereal	Cream of Wheat with Flax (6oz)
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Raisin Bran Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Raisin Bran Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Bran Muffin (1)	Banana Blended Breakfast (#6)
Muffin of the Day				

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
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SOUP	Chicken Mushroom Soup (6oz)	Pureed Chicken Mushroom Soup (6oz)	Pureed Chicken Mushroom Soup (6oz)	Pureed Chicken Mushroom Soup (6oz)
SALAD	Mixed Green Salad (spoodle)	Minced Mixed Green Salad (#20)	Minced Mixed Green Salad (#20)	
ENTRÉE	Grilled Corn Beef & Swiss Sandwich (2 X ½) Gourmet Onion Rings / Ketchup	Grilled Corn Beef & Swiss Sandwich (2 X ½) Mashed Potato (#20) Gravy Fried Sauerkraut	Minced Corn Beef (#12) Beef Gravy Mashed Potato (#20) Gravy Minced Fried Sauerkraut	Trepuree Chicken Italiano (1) Pureed Macaroni Pureed Herbed Tomato
DESSERT	Diced Pears (#8)	Diced Pears (#8)	Pureed Pears (#8)	Pureed Pears (#8)

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Homemade Beef Stew (#8) OR Octoberfest Sausage (1) Mustard Brioche Dinner Bun (1) Margarine Sunrise Mix Vegetable (3oz)	Homemade Beef Stew (#8) OR Cut-Up Octoberfest Sausage (1) Mustard Brioche Dinner Bun (1) Margarine Minced Sunrise Mix Vegetable (#12)	Minced Homemade Beef Stew (#8) Brioche Dinner Bun (1) Margarine Minced Sunrise Mix Vegetable (#12)	Trepuree Beef Roast (1) Pureed Parsley Potato Pureed Nutmeg Carrot
DESSERT	Oven Baked Apple Crisp	Oven Baked Apple Crisp	Oven Baked Apple Crisp	Applesauce with Cinnamon (#8)

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Egg Salad Tuna Salad Cream Cheese Cucumber	Egg Salad Tuna Salad	Egg Salad Tuna Salad	Alternate: Trepuree Pork Roast Trepuree Turkey Roast



HERITAGE HOUSE / LAURIER HOUSE - RESIDENT'S MENU

Menu Subject to Change

DAY 14 (SUNDAY)

BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz)
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled) Bacon (2 sl.) Toast (2 x ½ sl.) Assorted Jam Mini Cinnamon Bun (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) Assorted Jam Mini Cinnamon Bun (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) Assorted Jam Mini Cinnamon Bun (1)	Maple Blended Breakfast (#6)
Muffin of the Day				

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
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SOUP	Beef Barley Soup (6oz)	Pureed Beef Barley Soup (6oz)	Pureed Beef Barley Soup (6oz)	Pureed Beef Barley Soup (6oz)
SALAD	Tossed Salad (spoodle)	Minced Tossed Salad (#20)	Minced Tossed Salad (#20)	
ENTRÉE	Western Wrap with Salsa Tater Tots / Ketchup	Western Wrap with Minced Salsa Tater Tots / Ketchup	Cheese Omelet (1) Tater Tots / Ketchup	Trepuree Beef Old Fashioned (1) Pureed Dilled Red Potato Pureed Broccoli
DESSERT	Fruit Cocktail (#8)	Fruit Cocktail (#8)	Pureed Fruit Cocktail (#8)	Pureed Fruit Cocktail (#8)

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Festive Baked Ham (3oz) OR Asian Glazed Salmon (3oz) Cheesy Mashed Potato (#20) Crinkle Cut Dilled Carrots (3oz)	Cut-Up Festive Baked Ham (3oz) OR Asian Glazed Salmon (3oz) Cheesy Mashed Potato (#20) Crinkle Cut Dilled Carrots (3oz)	Asian Glazed Salmon (3oz) Cheesy Mashed Potato (#20) Minced Crinkle Cut Dilled Carrots (#12)	Trepuree Ham (1) Pureed Carrots Pureed Turnips
DESSERT	Steamed Bread Pudding with Vanilla Sauce	Steamed Bread Pudding with Vanilla Sauce	Steamed Bread Pudding with Vanilla Sauce	Pureed Steamed Bread Pudding/Van Sauce

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Shaved Beef Shredded Lettuce Mustard Egg Salad Crab Salad	Shaved Beef Shredded Lettuce Mustard Egg Salad Crab Salad	Egg Salad Crab Salad	Alternate: Trepuree Fish Newburg Trepuree Chicken Roast