

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

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Cream of Mushroom Soup (6oz)	Cream of Mushroom Soup (6oz)	Cream of Mushroom Soup (6oz)	Pureed Cream of Mushroom Soup (6oz)
SALAD	Tossed Green Salad (spoodle)	Minced Tossed Green Salad (#20)	Minced Tossed Green Salad (#20)	
ENTRÉE	Baked Macaroni and Cheese (#8)	Baked Macaroni and Cheese (#8)	Baked Macaroni and Cheese (#8)	Trepuree Fish Newburg (1) Pureed Herbed Potato Pureed Butternut Squash
DESSERT	Butterscotch Pudding (#8) Whipped Topping	Butterscotch Pudding (#8) Whipped Topping	Butterscotch Pudding (#8) Whipped Topping	Butterscotch Pudding (#8) Whipped Topping

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Homestyle Chili Shredded Cheese (#8) OR Roast Pork (3oz) with Onions Gravy Vienna Bun (1) Margarine Cauliflower (3oz)	Homestyle Chili Shredded Cheese (#8) OR Cut-Up Roast Pork (3oz) with Onions Gravy Vienna Bun (1) Margarine Cauliflower (3oz)	Minced Homestyle Chili with Shredded Cheese (#12) Vienna OR Mashed Potato (#20) Gravy Minced Cauliflower (#12)	Trepuree Roast Pork (1) Pureed Savory Potato Pureed Carrot A L'Orange
DESSERT	Homemade Cranberry Orange Cookie (1)	Homemade Cranberry Orange Cookie (1)	Homemade Cranberry Orange Cookie (1)	Pureed Homemade Cranberry Orange Cookie

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

BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
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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 Muffin of the Day	Choice of Egg (Poached, Boiled, Scrambled) Pancakes/Maple Syrup Sausages Blueberry Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Pancakes/Maple Syrup Cut-Up Sausages Blueberry Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Pancakes/Maple Syrup Minced Sausages Blueberry Muffin (1)	Apple Blended Breakfast (#6)

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Split Pea Soup (6oz)	Pureed Split Pea Soup (6oz)	Pureed Split Pea Soup (6oz)	Pureed Split Pea Soup (6oz)
SALAD	Pasta Salad (spoodle)	Pasta Salad (spoodle)	Minced Pasta Salad (#20)	
ENTRÉE	Sloppy Joe (#16) on ½ Burger Bun (Meat Sauce with Shredded Cheddar Cheese on top of ½ Burger Bun)	½ Burger Bun on the side Sloppy Joe (#16) (Meat Sauce top with Shredded Cheddar Cheese)	½ Burger Bun on the Side Minced Sloppy Joe (#16) top with Shredded Cheddar Cheese	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	Beef Stroganoff (#8) OR Butter Chicken (3oz) Sauce on the Side Egg Noodles (½ cup) Peas (3oz)	Beef Stroganoff (#8) OR Butter Cut-Up Chicken (3oz) Sauce on Side Egg Noodles (½ cup) Peas (3oz)	Minced Beef Stroganoff (#12) Mashed Potato (#20) Gravy Minced Peas (#12)	Trepuree Beef Stroganoff (1) Pureed Dilled Red Potato Pureed Broccoli
DESSERT	Trifle(#20 Scoop)	Trifle(#20 Scoop)	Trifle(#20 Scoop)	Pureed Trifle(#20 Scoop)

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



HERITAGE HOUSE / LAURIER HOUSE - RESIDENT'S MENU

Menu Subject to Change

DAY 17 (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	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) Sliced Ham Toast (2 x ½ sl.) / Assorted Jam Carrot Raisin Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Sliced Ham Toast (2 x ½ sl.) / Assorted Jam Carrot Raisin Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Carrot Muffin (1)	Vanilla Blended Breakfast (#6)
Muffin of the Day				

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Borscht (6oz)	Pureed Borscht (6oz)	Pureed Borscht (6oz)	Pureed Borscht (6oz)
SALAD	Pineapple Coleslaw (#20)	Minced Pineapple Coleslaw (#20)	Minced Pineapple Coleslaw (#20)	
ENTRÉE	1. Chicken Melt 2. Tuna Melt	<u>CUT-UP:</u> 1. Chicken Melt 2. Tuna Melt	1. Minced Chicken Melt 2. Minced Tuna Melt	Trepuree Turkey A La King (1) Pureed Pasta Pureed Buttered Peas
DESSERT	Diced Peaches (#8)	Diced Peaches (#8)	Pureed Peaches (#8)	Pureed Peaches (#8)

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Baked Sundried Tomato Pork Chop (3oz) OR Homemade Beef Lasagna (1 slice) Oven Creamer Potato Broccoli and Cheese Sauce (3oz)	Baked Sundried Tomato Pork Chop- Cut-Up OR Homemade Beef Lasagna (1 slice) Oven Creamer Potato Minced Broccoli and Cheese Sauce (#12)	Minced Homemade Beef Lasagna Mashed Potato (#20) Gravy Minced Broccoli and Cheese Sauce (#12)	Trepuree BBQ Pork (1) Pureed Homestyle Potato Pureed Buttered Corn
DESSERT	Rice Pudding (#8) Whipped Topping	Rice Pudding (#8) Whipped Topping	Rice Pudding (#8) Whipped Topping	Pureed Rice Pudding (#8) Whipped Topping

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



HERITAGE HOUSE / LAURIER HOUSE - RESIDENT'S MENU

Menu Subject to Change

DAY 18 (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	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 Muffin of the Day	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Hash Brown Patty Banana Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Banana Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Banana Muffin (1)	Banana Blended Breakfast (#6)
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LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Cream of Carrot Soup (6oz)	Cream of Carrot Soup (6oz)	Cream of Carrot Soup (6oz)	Pureed Cream of Carrot Soup (6oz)
SALAD				
ENTRÉE	COLD PLATE Ham Slice (3oz) Cheddar Cheese Slice Homemade Potato Salad (#20) Oven Baked Croissant (1) Margarine	COLD PLATE Ham Slice (3oz) Cheddar Cheese Slice Minced Potato Salad (#20) Oven Baked Croissant (1) Margarine	COLD PLATE Minced Ham (#12) Shredded Cheddar Cheese Minced Potato Salad (#20) Oven Baked Croissant (1) Margarine	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	Cream Cheese Shrimp and Mushroom Linguini OR Chicken Parmesan(Breast) Oven Baked Cheese Bread(1Slice) Caesar Salad(spoodle)	Cream Cheese Shrimp and Mushroom Linguini OR Cut-Up Chicken Parmesan(Breast) Oven Baked Cheese Bread(1Slice) Minced Caesar Salad(spoodle)	Minced Chicken Parmesan(#12) Oven Baked Cheese Bread(1Slice) OR Mashed Potato/gravy(#20) Minced Caesar Salad(spoodle)	Trepuree Beef Old Fashioned (1) Pureed Red Potato Pureed Broccoli
DESSERT	Chocolate Zucchini Cake	Chocolate Zucchini Cake	Chocolate Zucchini Cake	Pureed Chocolate Zucchini Cake

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Egg Salad Tuna Salad Cream Cheese Cucumber	Egg Salad Tuna Salad Cream Cheese Cucumber	Egg Salad Tuna Salad	Alternate: Trepuree Fish Newburg Trepuree Chicken Roast



HERITAGE HOUSE / LAURIER HOUSE - RESIDENT'S MENU

Menu Subject to Change

DAY 19 (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	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) Pancake/Maple Syrup	Choice of Egg(Poached, Boiled, Scrambled) Pancake/Maple Syrup	Choice of Egg(Poached, Boiled, Scrambled) Pancake/Maple Syrup	Maple Blended Breakfast (#6)
Muffin of the Day	Lemon Poppyseed Muffin	Lemon Poppyseed Muffin	Lemon Poppyseed Muffin	

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Wonton Soup (6oz)	Pureed Wonton Soup (6oz)	Pureed Wonton Soup (6oz)	Pureed Wonton Soup (6oz)
SALAD				
ENTRÉE	1. Chicken Fried Rice (#8) 2. Shrimp Fried Rice (#8) Pork Spring Roll (1) Plum Sauce	1. Chicken Fried Rice (#8) 2. Shrimp Fried Rice (#8) (All with Minced Ingredients) Pork Spring Roll (1) Plum Sauce	1. Minced Chicken Fried Rice (#8) 2. Minced Shrimp Fried Rice (#8)	Trepuree Roast Turkey (1) Pureed Savory Potato Pureed Butternut Squash
DESSERT	Vanilla Greek Yogurt(#8)	Vanilla Greek Yogurt(#8)	Vanilla Greek Yogurt(#8)	Vanilla Greek Yogurt (#8)

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Honey Garlic Pork Cutlet (3oz) OR Lemon Pepper Baked Haddock (3oz) Schwarties Potato Julienne Carrot (3oz)	Honey Garlic Cut-Up Pork Cutlet (3oz) OR Lemon Pepper Baked Haddock (3oz) Dilly Lemon Sauce Schwarties Potato Julienne Carrot (3oz)	Lemon Pepper Baked Haddock (3oz) Dilly Lemon Sauce Mashed Potato (#20) Gravy Minced Julienne Carrot (#12)	Pureed Roast Pork (1) Pureed Savory Potato Pureed Carrot A L'Orange
DESSERT	Rhubarb Custard Tart (1)	Rhubarb Custard Tart (1)	Strawberry Pudding (#8) Whipped Topping	Strawberry Pudding (#8) Whipped Topping

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



HERITAGE HOUSE / LAURIER HOUSE - RESIDENT'S MENU

Menu Subject to Change

DAY 20 (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	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) Raisin Toast (2 x ½ sl.) / Assorted Jam	Choice of Egg (Poached, Boiled, Scrambled) Raisin Toast (2 x ½ sl.) / Assorted Jam	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam	Carrot Blended Breakfast (#6)

Muffin of the Day	Bran Muffin (1)	Bran Muffin (1)	Bran Muffin (1)	
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LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Harvest Vegetable Soup (6oz)	Pureed Harvest Vegetable Soup (6oz)	Pureed Harvest Vegetable Soup (6oz)	Pureed Harvest Vegetable Soup (6oz)
SALAD	Cucumber Salad/Sour Cream and Vinegar Dressing with Dill	Minced Cucumber Salad/Sour Cream and Vinegar Dressing with Dill	Minced Cucumber Salad/Sour Cream and Vinegar Dressing with Dill	
ENTRÉE	Baked Cannelloni with Tomato Sauce	Baked Cannelloni with Tomato Sauce	Cottage Cheese Dinner Bun	Trepuree Beef Stroganoff (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	Ginger Beef (#8) OR Pineapple Chicken Balls (3) Steamed Rice (#20) Soya Sauce Stir Fry Vegetables (3oz)	Ginger Beef (#8) OR Pineapple Chicken Balls (3) Steamed Rice (#20) Soya Sauce Minced Stir Fry Vegetables (#12)	Minced Ginger Beef (#12) Steamed Rice (#20) Soya Sauce Minced Stir Fry Vegetables (#12)	Trepuree Fish Newburg (1) Pureed Herbed Potato Pureed Butternut Squash
DESSERT	Oven Baked Blueberry Fruit Stick (1)	Oven Baked Blueberry Fruit Stick (1)	Oven Baked Blueberry Fruit Stick (1)	Pureed Blueberry Fruit Stick (#8)

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Egg Salad Salmon Salad Sliced Cheese and Tomato	Egg Salad Salmon Salad Sliced Cheese and Tomato	Egg Salad Salmon Salad	Alternate: Trepuree Pork Roast Trepuree Turkey Roast



HERITAGE HOUSE / LAURIER HOUSE - RESIDENT'S MENU

Menu Subject to Change

DAY 21 (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	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 Muffin of the Day	Western Omelet (1) Poached or Boiled Egg (1) Bacon (2 sl.) Toast (2 x ½ sl.) Assorted Jam Mixed Fruit Muffin (1)	Western Omelet (1) Poached or Boiled Egg (1) Toast (2 x ½ sl.) Assorted Jam Mixed Fruit Muffin (1)	Western Omelet (1) Poached or Boiled Egg (1) Toast (2 x ½ sl.) Assorted Jam Mixed Fruit Muffin (1)	Apple Blended Breakfast (#6)

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Cream of Tomato Soup (6oz)	Cream of Tomato Soup (6oz)	Cream of Tomato Soup (6oz)	Pureed Cream of Tomato Soup (6oz)
SALAD	Tossed Salad (spoodle)	Minced Tossed Salad (#20)	Minced Tossed Salad (#20)	
ENTRÉE	Grilled Cheese Sandwich (2 x ½) Pickle Spear	Grilled Cheese Sandwich (2 x ½) Minced Pickle Spear	Grilled Cheese Sandwich (2 x ½) Minced Pickle Spear	Trepuree Chicken Italiano (1) Pureed Macaroni Pureed Herbed Tomato
DESSERT	Mandarin Orange (#8)	Mandarin Orange (#8)	Pureed Mandarin Orange (#8)	Pureed Mandarin Orange (#8)

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Roast Beef (3oz) Yorkshire Pudding Gravy / Horseradish OR Glazed Pork Kabob (3oz) Mashed Potato (#20) Gravy Fall Vegetable Medley (3oz)	Cut-Up Roast Beef (3oz) Yorkshire Pudding Gravy / Horseradish OR Cut-Up Glazed Pork Kabob (3oz) Mashed Potato (#20) Gravy Minced Fall Vegetable Medley (#12)	Minced Beef Yorkshire Pudding (#12) Gravy and Horseradish Mashed Potato (#20) Gravy Minced Fall Vegetable Medley (#12)	Trepuree Roast Beef (1) Pureed Parsley Potato Pureed Nutmeg Carrot
DESSERT	Hot Apple Pie Ala Mode with Ice Cream	Hot Apple Pie Ala Mode with Ice Cream	Hot Apple Pie Ala Mode with Ice Cream	Pureed Apple Pie (#8) Whipped Topping

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