

Week 1

Oct 17-23 , Nov 7 -13, Nov 28 - Dec 4, Dec 19 -25, Jan 9 -15, Jan 30 -Feb 5, Feb20 - 26, Mar 13 -19, Apr 03 - 09, Apr 24 - 30

	MONDAY Day 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5	SATURDAY Day 6	SUNDAY Day 7
CONTINENTAL BREAKFAST							
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SOUP (6 oz)	Chicken Rice Soup	Tomato & Bean Bisque Soup	Beef Barley Soup	Autumn Butternut Squash	French Canadian Pea Soup	Cream of Broccoli Soup	Hamburger Soup
SALAD (4 oz)		Mixed Green Salad (2 nd Choice)	Turkey Sausage	1 st Choice: Spinach Salad w/ Poppy seed Dressing	Gluten Free Cod Nuggets Tartar Sauce	GF Chicken Burger on bun With Lettuce and Condiments	Vegetarian Lasagna
MAIN ENTRÉE	Fish Stick with choice of garlic aioli or available condiments	1 st - Salisbury Steak with Gravy	French Toast With Strawberry Sauce & Whip Topping/Syrup	2 nd Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)	Seasoned Steak Fries	Mashed Potatoes / gravy (2 nd Choice)	Fresh Fruit Honeydew
STARCH	Sweet Potato Fries	2 nd –Grilled Liver with Onions with Gravy	Mango Yogurt Parfait	Grilled Ham & Swiss Cheese	Green Beans Pureed: Green Beans	Italian Mix Pureed: Beets	
VEGETABLES (3 oz)	Paradiso Blend Vegetable Pureed: Green Beans	Mashed Potatoes		Dill Pickle (1 spear)	Vanilla Oreo Cheesecake	Diced Peaches & Pears	
DESSERT (4 oz)	Fruit Cocktail	Buttered Carrots Pureed: Carrots		Diced Pears			
		Rice Pudding					
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Chicken Alfredo Casserole	Sweet & Sour Pork	Meatloaf with Resident Choice of Gravy or Condiments on unit (<i>meatloaf with puree pulses</i>) <i>MD – Meatballs with BBQ Sauce on side</i>	Seasoned Chicken Breast	Spaghetti & Meat Sauce	Pork Chop with choice of Gravy or condiments on unit	Shaved Roast Turkey /Gravy Cranberry Sauce
STARCH (#20)	Vienna Bun Or Bread / Margarine	2 nd option – Tofu bites in Sweet & Sour Sauce	Herb Roasted Potatoes (Red Potatoes)	Mashed Potatoes	Garlic Bread	2 nd Option + MD: Beef Patty	Mashed Potatoes
VEGETABLES (3 oz)	Buttered Broccoli Pureed: Broccoli	Steamed Rice	Cauliflower with cheese sauce Pureed: Cauliflower with cheese sauce	Paradiso Blend Vegetable Pureed: Brussels Sprouts	California Mixed Vegetables Pureed: Squash	Mashed Potatoes	Pick of the Day Pureed: Green Beans
DESSERT (4 oz)	Lemon Buttermilk Cake	Squash Pureed: Squash	Chocolate Chip Cookie	Cherry Crisp	Fresh Fruit Cantaloupe	Diced Carrots Pureed: Carrots	Chocolate Fudge Cake
		Diced Peaches				Tres Leches Cake	
SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES
	Egg Salad Cream Cheese & Dill	Egg Salad Turkey Salad Cheese, & Lettuce	Crab Salad Egg Salad Cream Cheese & Cucumber	Beef Salad Egg Salad Bologna	Shaved Ham & Mustard Egg Salad	Tuna Salad Egg Salad	Egg Salad Chicken Salad

Week 2

Oct 24 - 30, Nov 14 - 20, Dec 05 - 11 Dec 26 - Jan 01, Jan16 - 22, Feb 06 - 12, Feb 27 - Mar 05, Mar 20 - Mar 26, Apr 10 - 16, May 1 - 07

	MONDAY Day 8	TUESDAY Day 9	WEDNESDAY Day 10	THURSDAY Day 11	FRIDAY Day 12	SATURDAY Day 13	SUNDAY Day 14
CONTINENTAL BREAKFAST							
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SOUP (6 oz)	Lentil Soup	Oriental Chicken Noodle Soup	Cream of Mushroom Soup	Borscht Soup	Italian Chicken Bean Soup	Bean & Vegetable Bisque	Chicken Pot Pie Soup
SALAD (4 oz)	1 st Choice: Marinated Cucumber Salad	Home-Style Chili with Shredded Cheese	Coleslaw (R+DS+M)	Garlic Sausage	1 st Choice: Caesar Salad	Grilled Cheese Sandwich With Dill Pickle (1 spear)	BLT Sandwich
MAIN ENTRÉE	Lemon Pepper Cod Tartar Sauce	Corn Muffin (Bake on Unit)	Pork BBQ Riblette	Pyrogies Diced Onions, Bacon, Sour Cream	Meat Lasagna	Broccoli Pureed: Broccoli	Fruit Cocktail
STARCH (#20)	Seasoned Steak Fries	Buttered Peas Pureed: Peas	Mashed Potatoes	1 st Choice: Rice Cabbage Roll	Garlic Bread	Yogurt Parfait (Mixed Berries & Yogurt)	
VEGETABLES (3 oz)	2 nd Choice: Squash (Dysphagia Soft, Minced, Pureed)		Pureed: Corn	Pureed: Cabbage Rolls	2 nd Choice – Pick of the Day (Dysphagia Soft, Minced & Pureed)		
DESSERT (4 oz)	Mandarin Orange	Butterscotch Ice Cream	Jello with whip topping (Thickened Fluids & Vegetarian – Strawberry Pudding)	Diced Peaches	Pureed: Yellow Wax Beans	Fresh Fruit in Season (Fresh Fruit Salad – Pails) Modified Textures – Canned Pears	
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Shepherd's Pie (Homemade)	Oven Baked Chicken (Breast)	Battered Chicken Balls with Pineapple Sauce	Beef Burger	Roasted Chicken (Thighs & Drumstick) with Gravy	Plain Meatballs (Beef) with Resident Choice of Cranberry Sauce, Gravy OR Condiments on unit	Shaved Festive Baked Ham with Resident Choice of Brown sugar glaze OR Condiments on unit
STARCH (#20)	Beets Pureed: Beets	Cheesy Baked Barley	Steamed Rice (Pureed – Mashed Potatoes)	2 nd option – Salmon Burger With choice of condiments	Roasted Peeled Potatoes	Garlic Mashed Potatoes	2 nd option – Chicken Breast
VEGETABLES (3 oz)		Brussel Sprouts Pureed: Brussel Sprouts	Oriental Vegetables Pureed: Carrots	Seasoned Straight Cut Fries	Julienne Carrots Pureed: Carrots	Buttered Squash Pureed: Squash	Creamy Scalloped Potatoes
DESSERT (4 oz)	Date Square	Strawberries & Rhubarb with whip topping	Fruit Cocktail	Whipped Turnip Pureed: Buttered Turnips	Warm Chocolate Banana Bread Pudding with Vanilla Sauce	Vanilla Bean Cake	Buttered Peas Pureed: Peas
				Butter Tart			Warm Peach Pie with Ice Cream
SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES
	Egg Salad	Turkey Salad	Bologna	Shaved Beef & Mustard	Egg Salad	Chicken Salad	Salmon Salad
	Cream Cheese & Dill	Egg Salad	Egg Salad	Egg Salad	Sliced Cheese & Mayo	Egg Salad	Egg Salad
		Swiss Cheese, Lettuce & Mayo	Tuna Salad				

Week 3

Oct 31 - Nov 06, Nov 21 -27, Dec 12 - 18, Jan 02 -08, Jan 23 -29 - Feb 13 -19, Mar 06 - 12, Mar 27 - Apr 2, Apr 17 - 23, May 08 -14

	MONDAY Day 15	TUESDAY Day 16	WEDNESDAY Day 17	THURSDAY Day 18	FRIDAY Day 19	SATURDAY Day 20	SUNDAY Day 21
CONTINENTAL BREAKFAST							
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SOUP (6 oz)	Cream of Cauliflower Soup	Beef Noodle Soup	Cream of Potato Soup	Heartland Bean Medley Soup	Chicken Noodle Soup		Turkey Vegetable Soup
SALAD (4 oz)	Beef Riblette with choice of available condiments or Gravy	1 st Choice: Creamy Cucumber Salad Battered Pollock/ Tartar Sauce	Crispy Chicken Drumsticks		Beef Burger & Bun with Cheese, Lettuce	Country Beef Stew	Baked Ham & Cheese Omelet
MAIN	Mashed Potatoes	Seasoned Steak Fries	Mashed Potato	Macaroni & Cheese	Seasoned Straight-cut Fries	With Vienna Bun Or Bread / Margarine	Hash Browns
STARCH (#20)	Pick of the Day Pureed: Green Beans	2 nd Choice: Diced Carrots (Dysphagia Soft, Minced, Pureed)	Italian Mixed Veg Pureed: Beets	Peas Pureed: Peas	Buttered Squash Pureed: Squash		2 nd Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)
VEGETABLES (3 oz)	Mandarin Orange <i>(Fresh OR Canned if fresh not available)</i>	Fresh Fruit Honeydew	Mangoes	Diced Pears	Tropical Fruit Salad Dysphagia Soft, Minced & Pureed get Pureed Peaches)	Fresh Fruit Cantaloupe	Mixed Berries Parfait
DESSERT (4 oz)							
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Roasted Chicken Breast with Resident Choice of Butter Chicken Sauce, Gravy OR Condiments on unit	Shaved Roasted Pork with Onion Gravy OR Condiments on unit	Pizza Bacon Mushroom Vegetarian	Teriyaki Beef Stir Fry	1 st option – Roasted Chicken Breast with Resident Choice of Honey Mustard Sauce, Gravy OR Condiments on unit	Chicken Strips with Plum Sauce	Shaved Roast Beef /Gravy
STARCH (#20)	Herbed Rice	2 nd Option+ MD: Sliced Turkey	1 st Choice – Cauliflower with Cheese Sauce Pureed: Cauliflower	Fried Rice	2 nd option – Honey Mustard Salmon Fillet	Mashed Potatoes	Garlic Mashed Potatoes
VEGETABLES (3 oz)	Paradisio Blend Vegetables Pureed: Brussel Sprouts	Perogy	2 nd choice – Tossed Salad	Oriental Vegetables Pureed: Broccoli	Parslied Potatoes	Italian Mix Vegetable Pureed: Yellow Waxed Beans	Whipped Turnips Pureed – Turnips
DESSERT	Home Baked Cookie Ginger Molasses P: Tiramisu Mousse	Braised Red Cabbage Pureed: Braised Red Cabbage	Reg & DS : Chocolate Tart M & P: Chocolate Pudding	Pound Cake with Cherry Fruit Sauce and whip topping	California Mix Pureed: Broccoli	Country Carrot Cake with Cream Cheese Frosting	Yorkshire Pudding
		Apple Turnovers <i>(Bake on Unit)</i> DS,M,P: Apple Delight			Caramel Vanilla Swirl Cake		Coconut cream Pie
SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES
	Egg Salad	Egg Salad	Shaved Beef & Mustard	Egg Salad	Egg Salad	Cream Cheese & Dill	Tuna Salad
	Sliced Cheese, Lettuce & Mayo	Beef Salad	Turkey Salad	Bologna & Cheese	Salmon Salad	Egg Salad	Egg Salad
		Shaved Ham, Mustard & Lettuce	Egg Salad	Crab Salad			