

Week 1

June 5 – 11, June 26 – July 2, July 17 – 23, Aug 7 – 13, Aug 28 – Sept 3, Sept 25 – Oct 1, Oct 16 – 22.

	MONDAY – Day 1	TUESDAY – Day 2	WEDNESDAY – Day 3	THURSDAY – Day 4	FRIDAY – Day 5	SATURDAY – Day 6	SUNDAY– Day 7
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
<b>JUICE (4oz)</b>	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice
<b>HOT CEREAL (6oz)</b>	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)
<b>PROTEIN</b>	Poached Egg (Scrambled /Hard Boiled Egg)	Hard Boiled Egg (Scrambled Egg)	Scrambled Egg (Hard Boiled Egg)	Hard Boiled Egg (Scrambled Egg)	Scrambled Egg (Hard Boiled Egg) Bacon	Hard Boiled Egg (Scrambled Egg)	Scrambled Egg (Hard Boiled Egg)
<b>STARCH</b>	Toast / Raisin Toast	Fresh Pancakes (1 <sup>st</sup> Floor) <i>Purchased Pancakes (rest of floors)</i>	Assorted Muffin Toast / Raisin Toast	Toast / Raisin Toast	Toast / Raisin Toast	Toast / Raisin Toast	Freshly Baked Pastry Toast / Raisin Toast
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>SOUP (6oz)</b>	Chicken Rice Soup	Vegetable Soup	Minestrone Soup	Cream of Tomato Soup	Turkey Noodle Soup	Cream of Mushroom	Beef Barley Soup
<b>SALAD (4oz)</b>		1 <sup>st</sup> Apple Cranberry Coleslaw	Veggie Plate (cucumber coins, tomato slices)	Grilled Cheese Sandwich	Taco Bake (Rice, Taco Beef, Tomato) <i>Reg only: Shredded Lettuce in Soft Shell</i> <i>ALL: Blended Salsa, Sour Cream</i>	GF Chicken Burgers Lettuce and Tomato (MAB no bun)	Quiche Lorraine
<b>MAIN ENTRÉE</b>	Battered Pollock	BBQ Beef on a Bun (MAB no bun)	<u>Cold Plate</u> <ul style="list-style-type: none"><li>Smoked Turkey</li><li>Cheddar cheese</li><li>Croissants (Mini)</li></ul>	Dill Pickle		Seasoned Crinkle Cut Fries	Cubed Hashbrowns
<b>STARCH</b>	Seasoned Steak Fries	2 <sup>nd</sup> Mashed Potatoes	Cold Potato Salad	PEI Vegetables	Kernel Corn		Tomato Juice
<b>VEGETABLES (3oz)</b>	Broccoli		Saskatoon Berries with Whip Topping <i>P: Prd Blueberry Pie Filling</i>	Mangoes	Tropical Fruit Salad	2 <sup>nd</sup> Bistro Blend Veg	Mixed Berries & Yogurt Parfait
<b>DESSERT (4oz)</b>	Fruit Cocktail	Diced Pears				Diced Peaches	
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
<b>MAIN ENTRÉE</b>	Veal Parmigiana	Roasted Chicken Breast with Rotisserie Sauce	Cheesy Macaroni n 'Beef Casserole	Baked, Savoury Chicken Thighs (Boneless)	1 <sup>st</sup> Tuna Melt	1 <sup>st</sup> Braised Spanish Pork Chop	Stuffed Chicken Breast (Broccoli & Cheese)
<b>STARCH</b>	Mashed Potatoes	Rice	Peas	Potato Au Gratin	2 <sup>nd</sup> Beef BBQ Riblettes w/ choice: gravy or condiments on unit	2 <sup>nd</sup> Sliced Turkey	Garlic Mashed Potatoes
<b>VEGETABLES (3oz)</b>	Pick of the Day	Diced Carrots	Neapolitan Ice Cream Sandwich (MAB Ice Cream Pail)	Squash	Mashed Potatoes	Yukon Gold Mashed Potatoes	Diced Carrots
<b>DESSERTS (4oz)</b>	Maple Mania Cake	Homemade Banana Bread		Mello Jello	California Mixed Vegetables	Broccoli	Banana Cream Pie
<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>
	Egg Salad Chicken Salad	Egg Salad Tuna Salad	Egg Salad Crab Salad	Egg Salad Sliced Cheese & Tomato	Egg Salad Shaved Ham	Egg Salad Bologna	Egg Salad Shaved Turkey & Lettuce

ALTERNATE OPTIONS: REFER TO THERAPEUTIC MENU

MENU SUBJECT TO CHANGE

Week 2

June 12 – 18, July 3 – 9, July 24 – 30, Aug 14 – 20, Sept 4 – 17, Oct 2 – 8, Oct 23 – 29.

	MONDAY – Day 8	TUESDAY – Day 9	WEDNESDAY – Day 10	THURSDAY – Day 11	FRIDAY – Day 12	SATURDAY – Day 13	SUNDAY – Day 14
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
<b>JUICE (4oz)</b>	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice
<b>HOT CEREAL (6oz)</b>	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)
<b>PROTEIN</b>	Poached Egg (Scrambled /Hard Boiled Egg)	Hard Boiled Egg (Scrambled Egg)	Scrambled Egg (Hard Boiled Egg)	Hard Boiled Egg (Scrambled Egg)	Scrambled Egg (Hard Boiled Egg) Bacon	Hard Boiled Egg (Scrambled Egg)	Scrambled Egg (Hard Boiled Egg)
<b>STARCH</b>	Toast / Raisin Toast	Fresh Pancakes (2nd Floor) <i>Purchased Pancakes (rest of floors)</i>	Assorted Muffin Toast / Raisin Toast	Toast / Raisin Toast	Toast / Raisin Toast	Toast / Raisin Toast	Freshly Baked Pastry Toast / Raisin Toast
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>SOUP (6oz)</b>	Vegetable Chowder Soup	Roasted Red Pepper Soup	Chicken Noodle Soup	Borscht Soup	Tomato Macaroni Soup	Vegetable Soup	Tuscan Bean Soup
<b>SALAD (4oz)</b>	Coleslaw	1 <sup>st</sup> Corn Salad	Veggie Plate (cucumber coins, tomato slices)	Sausage (Pork)	1 <sup>st</sup> Dilly Cucumber Salad	1 <sup>st</sup> Tossed Salad	Open Faced Hot Beef Sandwich on WW Bread
<b>MAIN ENTRÉE</b>	Haddock Bites Tartar Sauce	<u>Sandwich Platter:</u> Egg salad on dinner rolls Crab Salad on brown bread Cheese & Lettuce on multigrain bread Shaved Roast Beef & Lettuce with herb and garlic cream cheese wrap	Hot Dog on a Bun <i>Fried Onions, Ketchup, Mustard &amp; Relish (MAB no bun)</i>		Sloppy Joe <i>(MAB no bun)</i>	GF Chicken Strips Plum Sauce	
<b>STARCH</b>	Seasoned Steak Fries		Baked Beans 2 <sup>nd</sup> Mashed Potato 2 <sup>nd</sup> Diced Carrots	Pyrogies Diced Onions, Bacon & Sour Cream	1 <sup>st</sup> Mashed Potatoes 2 <sup>nd</sup> Hamburger Bun	Steak Fries	Mashed Potatoes
<b>VEGETABLES (3oz)</b>	2 <sup>nd</sup> Green Beans	DS, M, P: Creamed Corn	Homebaked Cookie <i>(Chocolate Chip)</i>	Cabbage Roll	2 <sup>nd</sup> Cauliflower	2 <sup>nd</sup> Broccoli	Diced Carrots
<b>DESSERT (4oz)</b>	Butterscotch Ice Cream	Homemade Blueberry Tart		Diced Pears	Pineapple Delight	Mandarin Orange	Mixed Berries Parfait
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
<b>MAIN ENTRÉE</b>	Beef Stir Fry with Teriyaki Sauce	Chicken Rotini Primavera Casserole	Battered Chicken Balls & Sweet & Sour Sauce	Salisbury Steak Gravy & Onions <i>(MD Meat Lasagna)</i>	1 <sup>st</sup> Roasted Chicken Breast 2 <sup>nd</sup> Baked Haddock w/ choice: Garlic Aioli, Gravy or condiments on unit	Beef Meatballs with Korean BBQ Sauce	Baked Ham with Mustard Sauce
<b>STARCH</b>	Steamed Rice	Cheese Biscuit	Fried Rice	Red Roasted Potatoes	Mashed Potatoes	Mashed Potatoes	2 <sup>nd</sup> choice: Chicken Breast
<b>VEGETABLES (3oz)</b>	Asian Mix Vegetables	California Mixed Veg	Bistro Blend Veg	Green Beans	PEI Vegetables	Buttered Peas	Creamy Scalloped Potatoes
<b>DESSERTS (4oz)</b>	Tropical Fruit Salad (R)	Fruit Cocktail	Fresh Fruit <i>honeydew &amp; cantaloupe pails</i>	Chocolate Avalanche Pastry	Watermelon (R) <i>Mangoes (DS,M,P)</i>	Angel Food Cake with Strawberries and whip topping	Squash
<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>
	Egg Salad Bologna	(Sandwich Platter) <i>See lunch menu</i>	Egg Salad Tuna Salad	Egg Salad Shaved Turkey & Lettuce	Egg Salad Shaved Ham	Egg Salad Beef Salad	Egg Salad Swiss Cheese & Tomato

ALTERNATE OPTIONS: REFER TO THERAPEUTIC MENU

MENU SUBJECT TO CHANGE

Week 3 June 19 – 25, July 10 – 16, July 31 – Aug 6, Aug 21 – 27, Sept – 18 – 24, Oct 9 – 15, Oct 30 – Nov 5.

	MONDAY – Day 15	TUESDAY – Day 16	WEDNESDAY – Day 17	THURSDAY – Day 18	FRIDAY – Day 19	SATURDAY – Day 20	SUNDAY– Day 21
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
<b>JUICE (4oz)</b>	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice	Variety Fruit Juice
<b>HOT CEREAL (6oz)</b>	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)
<b>PROTEIN</b>	Poached Egg (Scrambled /Hard Boiled Egg)	Hard Boiled Egg (Scrambled Egg)	Scrambled Egg (Hard Boiled Egg)	Hard Boiled Egg (Scrambled Egg)	Scrambled Egg (Hard Boiled Egg) Bacon	Hard Boiled Egg (Scrambled Egg)	Scrambled Egg (Hard Boiled Egg)
<b>STARCH</b>	Toast / Raisin Toast	Fresh Pancakes (3rd Floor) <i>Purchased Pancakes (rest of floors)</i>	Assorted Muffin Toast / Raisin Toast	Toast / Raisin Toast	Toast / Raisin Toast	Toast / Raisin Toast	Freshly Baked Pastry Toast / Raisin Toast
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>SOUP (6oz)</b>	Lentil Soup	Southwestern Bean Chowder Soup	Cream of Broccoli Soup	Turkey Vegetable Soup	Tomato & Zucchini Soup	Cream of Potato Soup	Beef Noodle Soup
<b>SALAD (4oz)</b>	Coleslaw (all diets)	2 <sup>nd</sup> Color Crunch Salad	Veggie Plate (cucumber coins, tomato slices)	1 <sup>st</sup> Spinach Salad	Beef Burger on a bun Sliced Cheese Sliced Dill Pickle choice of condiments (MAB no bun)	Fish Fingers with Ranch Sauce	Chicken Caesar Salad
<b>MAIN ENTRÉE</b>	Pulled Pork (MAB no bun)	Cottage Cheese Cold Plate	Breaded Chicken Drumstick with Gravy	Pepperoni Pizza (add more cheese) Vegetarian Pizza  (1/2 pizza = 6 svgs)			
<b>STARCH</b>	1 <sup>st</sup> Mashed Potato 2 <sup>nd</sup> Hamburger Buns	Tea Biscuit	Cold Potato Salad	2 <sup>nd</sup> Green Beans	Pasta Salad	Seasoned Sweet Potato Fries	Garlic Bread
<b>VEGETABLES (3oz)</b>		Peach, Pear & Watermelon	Kernel Corn DS,M,P: Creamed Corn		Seasonal Fresh Fruit (R) DS,M,P: Pureed Strawberry with whip topping	Buttered Peas	DS, M, P Green Beans
<b>DESSERT (4oz)</b>	Fruit Cocktail	Jello	Caramel Pudding Cake	Fresh Fruit cup (R) DS,M,P: Prd Blueberry Pie Filling		Diced Peaches	Mandarin Orange
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
<b>MAIN ENTRÉE</b>	Orange Glazed Chicken Thighs	Spaghetti & Meat Sauce	Turkey Meatballs with Cranberry Sauce	Honey Garlic Beef Stir Fry	Chicken Fried Rice	Turkey Schnitzel	Roast Beef Gravy
<b>STARCH</b>	Rice and Lentil Pilaf	Garlic Bread	Egg Noodles	Rice Noodle	Broccoli	Mashed Potatoes	Yorkshire Pudding Garlic Mashed Potatoes
<b>VEGETABLES (3oz)</b>	California Mixed Veg	Buttered Peas	Diced Carrots	Asian Mix Vegetable		Churro Donuts	Pick of the Day Vegetable
<b>DESSERTS (4oz)</b>	Boston Cream Cake	Frozen Yogurt	Mango Coconut Parfait	Tapioca Pudding		Homemade Cheesecake (resident choice of Fruit scrapers)	Warm Apple Pie w/ Ice Cream
<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>
	Egg Salad Tuna Salad	Egg Salad Turkey Salad Bologna & Cheese	Egg Salad Crab Salad	Egg Salad Shaved Ham/Mustard/Mayo	Egg Salad Cr. Cheese & Cucumber	Egg Salad Beef Salad	Egg Salad Bologna & Cheese

ALTERNATE OPTIONS: REFER TO THERAPEUTIC MENU

MENU SUBJECT TO CHANGE