

## GROVE PARK HOME Menu - Summer/Fall 2018

Week 3 – September 3 to 9, October 1 to 7, October 29 to November 4, November 26 to December 2, December 24 to 30

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Assorted Juice Oatmeal Boiled Eggs Bran Muffin  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Cream of Wheat Poached Eggs English Muffin  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Oatmeal Scrambled Eggs Fruit Bowl  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Cream of Wheat Scrambled Eggs Raisin Toast Breakfast Sausage  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Oatmeal Poached Eggs English Muffin  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Cream of Wheat Scrambled Eggs Morning Glory Muffin  <b>Alternate Choices</b> Whole Wheat Toast Assorted Cold Cereal	Assorted Juice Oatmeal Boiled Eggs Bacon Whole Wheat Toast Raisin Toast <b>Alternate Choices</b> Assorted Cold Cereal Raisin Toast
<b>LIGHT MEAL</b>	Vegetable Chowder Soup  Barbeque Sausage on Bun Vegetable Lebanese Salad Fresh Fruit - In Season  <b>Alternate Choices</b> Spring Frittata Buttered Toast Points Tossed Salad Assorted Mousse Cups	Butternut Squash Soup  Chicken Pot Pie Green Lyon Style Beans Banana  <b>Alternate Choices</b> Breaded Fish on a Bun Tarter Sauce Summer Rainbow Salad Two Bite Tarts	Cream of Broccoli Soup  Cheese Dreams Stewed Tomatoes Pineapple Tidbits  <b>Alternate Choices</b> Sliced Turkey Chickpea Salad Scone Cucumber/Tomato Slices Peanut Butter Pudding	Minestrone Soup  Chicken Salad Sandwich Coleslaw Mixed Berries  <b>Alternate Choices</b> Greek Omelet Buttered Toast Points Balsamic Garden Salad Baked Custard	<b>Soup, Resident's Choice</b>  <b>RESIDENT'S CHOICE</b>  <b>Alternate Choices</b> Pork Riblet BBQ Macaroni Salad Mixed Bean Salad Sherbert	Italian Lentil Soup  Salmon Loin Peas & Pearls Mixed Vegetables Diced Peaches  <b>Alternate Choices</b> Cottage Cheese Scone Apple/Pear Slices Raspberry Mousse Cake	Creamy Potato & Leek Soup  Vegetarian Chili Garlic Bread Mixed Greens Salad Fruit Cocktail  <b>Alternate Choices</b> Hawaiian Chicken Burger Carrot Raisin Salad Assorted Ice Cream
<b>MAIN MEAL</b>	Caribbean Turkey Mashed Potatoes Brussel Sprouts Lemon Cake  <b>Alternate Choices</b> Breaded Veal Cutlet Fettucine Sugar Snap Peas Diced Pears	Glazed Pork Chops Mashed Potatoes Roasted Corn and Green Pepper Peach Cobbler  <b>Alternate Choices</b> Beef Vegetable Goulash (Stew) Whole Wheat Dinner Roll Romaine Salad with Dressing Tropical Fruit	Swiss Steak Mashed Potatoes Glazed Parsnips Vanilla Swirl Cake  <b>Alternate Choices</b> Seafood Stirfry (Fish/Shrimp) Plain Rice Asparagus Stewed Rhubarb	Shepherd's Pie Beef Gravy Savoury Carrots Chocolate Cream Pie  <b>Alternate Choices</b> Cottage Roll Rosemary Potatoes Harvard Beets Apricot Halves	Chicken Vegetable Stew Mashed Potatoes California Blend Vegetables Caramel Bread Pudding  <b>Alternate Choices</b> Baked Haddock Seasoned Rice Steamed Spinach Diced Melon	Turkey Cacciatore Linguine Pasta Herbed Zucchini Banana Cake with Chocolate Frosting  <b>Alternate Choices</b> Apple Soaked Pork Loin Mashed Potatoes Whipped Squash Baked Cinnamon Apple Slices	Honey Glazed Ham Scalloped Potatoes Braised Red Cabbage Strawberry Rhubarb Pie  <b>Alternate Choices</b> Sweet and Savoury Meat Loaf Beef Gravy Mashed Potatoes Broccoli Watermelon Wedges

**NOTE:**  
**Whole wheat bread available everyday at Lunch and Dinner. Crackers served everyday at Lunch with Soup.**  
**Peanut Butter, Yogurt or Cheese available at breakfast if requested. Assorted Fruit Juices available at Breakfast.**  
**250 ml Assorted Juices & Diet Drinks (Orange, Apple, Cranberry, Diet Cranberry, Diet Peach, Diet Grape, Diet Lemonade & Tomato) are offered everyday at Lunch & Dinner**  
**250 ml Milk is offered everyday at Breakfast, Lunch & Dinner**