

GROVE PARK HOME Menu - Summer/Fall 2018

Week 4 – September 10 to 16, October 8 to 14, November 5 to 11, December 3 to 9, December 31 to January 6

| W4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------|---|---|--|--|--|---|---|
| BREAKFAST | Assorted Juice Cream of Wheat Boiled Eggs Bran Muffin <u>Alternate Choices</u> Whole Wheat Toast Assorted Cold Cereal | Assorted Juice Oatmeal Scrambled Eggs English Muffin <u>Alternate Choices</u> Whole Wheat Toast Assorted Cold Cereal | Assorted Juice Cream of Wheat Plain Omelet Fruit Bowl <u>Alternate Choices</u> Whole Wheat Toast Assorted Cold Cereal | Assorted Juice Oatmeal Scrambled Eggs Raisin Toast Breakfast Sausage <u>Alternate Choices</u> Whole Wheat Toast Assorted Cold Cereal | Assorted Juice Cream of Wheat Poached Eggs English Muffin <u>Alternate Choices</u> Whole Wheat Toast Assorted Cold Cereal | Assorted Juice Oatmeal Boiled Eggs Morning Glory Muffin <u>Alternate Choices</u> Whole Wheat Toast Assorted Cold Cereal | Assorted Juice Cream of Wheat Plain Omelet Bacon Raisin Toast <u>Alternate Choices</u> Whole Wheat Toast Assorted Cold Cereal |
| LIGHT MEAL | Cream of Cauliflower Soup Steak and Mushroom Pot Pie Beef Gravy Green Peas Mandarin Oranges <u>Alternate Choices</u> Egg Salad Mediterranean Salad Sliced Bread Vanilla Pudding | Vegetable Soup Chicken Quesadilla Julienne Carrots Mixed Berries <u>Alternate Choices</u> Mini Subs Spinach Salad Nanaimo Bar | Roasted Tomato and Basil Soup Cod Nuggets Sweet Potato Fries Creamy Coleslaw Diced Peaches <u>Alternate Choices</u> Chicken Fajita Salad Whole Wheat Dinner Roll Assorted Squares | Celery and Red Pepper Soup Grilled Turkey and Swiss SW on Rye Green & Yellow Beans Diced Pears <u>Alternate Choices</u> Salmon Salad Sandwich Tossed Salad Ice Cream Sundae Cup | Beef Noodle Soup Pancakes Peameal Bacon Baked Cinnamon Apple Slices Banana <u>Alternate Choices</u> Sliced Ham Sandwich Cucumber Dill Salad Chocolate Pudding | Cream of Asparagus Soup Beef Rib with Onion Sandwich Carrot Raisin Salad Mixed Berries <u>Alternate Choices</u> Garden Quiche Whole Wheat Bread Creamed Corn Mandarin Mousse | Barley Soup Meat Pizza Chef's Salad with Dressing Watermelon Wedges <u>Alternate Choices</u> Tuna Pesto Salad Marinated Vegetable Salad Dinner Roll Brownie S'mores |
| MAIN MEAL | Hamburger Stroganoff (Stew) Egg Noodles Seasoned Corn Maple Caramel Cake <u>Alternate Choices</u> Italian Breaded Fish Mashed Potatoes Brussel Sprouts Diced Pineapple | Dijon Chicken Mashed Potatoes Asparagus Carrot Cake <u>Alternate Choice</u> Pork and Vegetable Stew Cheddar & Green Onion Tea Biscuit Puree Turnip Cinnamon Fruit Compote | Beef Rigatoni Montego Mixed Vegetables Cherry Pie <u>Alternate Choices</u> Herb Roasted Turkey Mashed Potatoes Roasted Butternut Squash Diced Melon | Zesty Pork Chop Mexican Rice Seasoned Spinach Fruit Punch Pudding Cake <u>Alternate Choices</u> Roast Lamb Brown Gravy Whipped Potatoes Vegetable Medley Stewed Rhubarb | RESIDENT'S CHOICE | Coconut Chicken Mashed Potatoes Julienned Carrots Mango Mousse Cake <u>Alternate Choices</u> Sweet and Sour Roasted Pork Lyonnaise Potatoes Broccoli Apricot Halves | Roast Beef Beef Gravy Mashed Potatoes Green Italian Beans Peach Pie <u>Alternate Choices</u> Scalloped Turkey Casserole Roasted Sweet Potatoes Glazed Parsnips Fruit Cocktail |

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