

Winter 2022 / 2023 Menu - Week 1

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
CREAM OF WHEAT	OATMEAL	CREAM OF WHEAT	OATMEAL	CREAM OF WHEAT	OATMEAL	CREAM OF WHEAT
SCRAMBLED EGG	BOILED EGG	BREAKFAST SAUSAGE	CHEESY SCRAMBLED EGG	BOILED EGG	POACHED EGG	OMELET
BRAN MUFFIN	RAISIN TOAST	MUFFIN BLUEBERRY	RYE TOAST	RAISIN TOAST	ENGLISH MUFFIN	BACON SLICES
						FRUIT SALAD
						RAISIN BREAD
FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT	FRUIT YOGURT
WHOLE WHEAT TOAST	WHOLE WHEAT TOAST	WHOLE WHEAT TOAST	WHOLE WHEAT TOAST	WHOLE WHEAT TOAST	WHOLE WHEAT TOAST	WHOLE WHEAT TOAST
COLD CEREAL	COLD CEREAL	COLD CEREAL	COLD CEREAL	COLD CEREAL	COLD CEREAL	COLD CEREAL
APPLESAUCE OR FRUIT	APPLESAUCE OR FRUIT	APPLESAUCE OR FRUIT	APPLESAUCE OR FRUIT	APPLESAUCE OR FRUIT	APPLESAUCE OR FRUIT	APPLESAUCE OR FRUIT
LUNCH						
TOMATO SOUP	CREAM OF ASPARAGUS SOUP	MINSTRONE SOUP	CHICKEN NOODLE SOUP	FRENCH CANADIAN PEA SOUP	ITALIAN WEDDING SOUP	SPLIT PEA SOUP
GRILLED CHEESE SANDWICH	CHICKEN SALAD SANDWICH	SLICED HAM SANDWICH	TUNA SALAD SANDWICH	THREE CHEESE PIZZA	CHICKEN STRIPS	COTTAGE CHEESE PLATE
GARDEN SALAD	CUCUMBER, ONION & DILL	DINNER ROLL	SLICED TOMATOES	CEASAR SALAD	TATER TOTS	COTTAGE CHEESE
RASPBERRY VINAIGRETTE	SALAD	GREEK SALAD	BALSAMIC VINAIGRETTE	CHILLED DICED PEACHES	BUTTERED CORN	ARTISAN SALAD
CHILLED APRICOTS	ICED BANANA CAKE	WATERMELON	STRAWBERRY ICE CREAM		PINEAPPLE TIDBITS	POTATO CHIPS
						TAPIOCA PUDDING
					PLUM SAUCE	
TUNA SALAD SANDWICH	BEEF POT PIE WITH GRAVY	SPANISH OMELET	MINI QUICHE	CHICKEN SALAD SANDWICH	SLICED BEEF SANDWICH	CAPTAIN BURGER
						TARTAR SAUCE
DINNER						
BAKED CHICKEN THIGH	SPAGHETTI & MEAT BALLS	TURKEY CASSEROLE	SWEET & SOUR PORK BITES	CHICKEN THIGH	CHEESEBURGER ON A BUN (BBQ	HONEY GLAZED HAM
MASHED POTATOES	GARLIC BREAD STICK	BUTTERED EGG NOODLES	RICE PILAF	CHALET SAUCE	CRINKLE CUT FRENCH FRIES	SCALLOPPED POTATOES
CHICKEN GRAVY	PEI VEGETABLES	PEAS	ASIAN VEGETABLE BLEND	ROSEMARY RED POTATOES	SAN FRANCISCO VEGETABLE	PORK GRAVY
ITALIAN VEGETABLE BLEND	STRAWBERRIES	DINNER ROLL	DINNER ROLL	MEXICAN VEGETABLE BLEND	BLUEBERRIES	DINNER ROLL
DINNER ROLL		LEMONLICIOUS DESSERT BAR	MANGO SLICES	DINNER ROLL	WITH WHIP TOPPING	BUTTERNUT SQUASH
CITRUS ORANGE CAKE				MOCHA JELLY ROLL	KETCHUP RELISH MUSTARD	FRUIT FOREST PIE
COTTAGE ROLL	BAKED SALMON FILLET	TERIYAKI PORK CHOP	BREADED VEAL CUTLET	LEMON PEPPER SOLE FILLET	TURKEY SCHNITZEL	BAKED CHICKEN BREAST
MUSTARD SAUCE	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES	MASHED POTATOES
BOILED POTATOES	BROWN GRAVY	PORK GRAVY	BROWN GRAVY	BROWN GRAVY	TURKEY GRAVY	

NOTE:

Whole wheat bread available everyday at Lunch and Dinner. Crackers served everyday at Lunch with Soup
 250 ml Assorted Juices & Diet Drinks are offered every meal
 250 ml Milk is offered everyday at Breakfast, Lunch & Dinner
 Regular Coffee available at Breakfast and as requested, Decaf coffee available throughout the day
 Alternatives for breakfast and dessert include; yogurt, applesauce, fruit cup, pudding.