



The following menus are applicable to Rosealta Lodge and Peace Hills Lodge.

Dates	Menu Week
February 6 – February 12	Week 1
February 13 – February 19	Week 2
February 20 – February 26	Week 3
February 27 – March 5	Week 4
March 6 – March 12	Week 1
March 13 - 19	Week 2
March 20 – March 26	Week 3
March 27 – April 2	Week 4
April 3 – April 9	Week 1

Please note that all menus are subject to change based on availability. Please call the facility directly should you have specific questions.

The menus for weeks 1-4 are attached.

REGULAR WEEK AT A GLANCE

Fall & Winter 2022-2023

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cream of Wheat/Flax Boiled Egg Whole Wheat Toast Banana	Oat Bran/Flax Cheddar Cheese Assorted Muffins	Cream of Wheat/Flax Yogurt Whole Wheat Toast Berries	Oatmeal w/ Flax Scrambled Eggs Whole Wheat Toast	Cream of Wheat w/Flax Cheddar Cheese Raisin Toast	Oat Bran w/Flax Bacon Pancakes w/Syrup Berries	Cream of Wheat/Flax Omelet Whole Wheat Toast
LUNCH	Oven Baked Chicken Thighs California Mixed Vegetable Mashed Potatoes Gravy Carrot Cake	Sweet & Savoury Meatloaf Creamed Peas Savoury Diced Potatoes Gravy Sticky Honey Bun Cake	Chicken Alfredo Broccoli & Cheese Sauce Buttered Rotini Noodles Banana Cream Pie	Pork Bites w/Sweet & Sour Sauce Oriental Vegetable Tator Tots Rhubarb Crisp	RESIDENTS' CHOICE	Oven Baked Sausage Broccoli Sweet Potato Wedges Lemon Cheese Cake	Roast Turkey Peas & Carrots Homemade Stuffing Cranberry Sauce Mashed Potatoes & Gravy Pumpkin Pie Whipped Topping
SUPPER	Chicken Rice Soup Bacon Waffles w/Berry Sauce Whipped Topping Chocolate Pudding Parfait	Cream of Cauliflower Soup Fish Burger w/Tartar Sauce Cucumber Tomato Salad Ice Cream Treats	Sauerkraut Soup Beef Stew Mixed Vegetable Biscuit Pineapple	Split Pea Soup Turkey Sandwich w/Cranberry Mayonnaise Garden Salad Jello w/ Whipped Topping	Hearty Vegetable Soup Sloppy Joes w/Bun Sliced Carrots Ice Cream Sundae	Cream of Mushroom Soup Chicken Salad Sandwich Cranberry Almond Garden Salad Diced Peaches	French Onion Soup Meatballs & Tomato Sauce Carrots Rotini Baked Cookie Whipped Topping
SNACK	AM Fluids and Snacks PM Chocolate Pudding HS Tuna Salad Sandwich	AM Fluids and Snacks PM Turnover Cookie HS Turkey Salad Sandwich	AM Fluids and Snacks PM Peach Fruit Cup HS Cheese & Crackers	AM Fluids and Snacks PM Gelatin Cup HS Cold Cereal & Milk	AM Fluids and Snacks PM Shortcake Cookie HS Fresh Baked Muffin & Cheese	AM Fluids and Snacks PM Nutrigrain Bar HS Minced Ham Salad Sandwich	AM Fluids and Snacks PM Vanilla Pudding HS Peanut Butter & Honey Sandwich

Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)

REGULAR WEEK AT A GLANCE

Fall & Winter 2022-2023

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oatmeal w/ Flax Yogurt Whole Wheat Toast Banana	Cream of Wheat w/Flax Cheddar Cheese Assorted Muffins	Oat Bran w/Flax Scrambled Egg Whole Wheat Toast Oranges	Apple Cinn. Oatmeal w/ Flax Boiled Egg Whole Wheat Toast	Oat Bran/Flax Yogurt Raisin Toast	Oatmeal w/ Flax Breakfast Sausage Waffles w/Syrup Berries	Cream of Wheat w/Flax Yogurt Cinnamon Bun
LUNCH	Beef Pot Pie Mixed Vegetables Mashed Potatoes Gravy	Cheesy Ham & Rice Casserole Broccoli	Ground Beef Stroganoff Peas & Pearl Onions Buttered Rotini	Cornflake Chicken Green Beans Mashed Potatoes Gravy	RESIDENTS' CHOICE	Honey Garlic Meatballs Buttered Carrots Mashed Potatoes Gravy	Baked Ham Creamed Corn Scalloped Potatoes
SUPPER	Boston Cream Pie	Sour Cream Coconut Cake	Peach Pie	Baked Cookie	Lemon Buttermilk Cake	Bread Pudding	
SUPPER	Corn Chowder	Chicken Rice Soup	Tomato Macaroni Soup	Vegetable Chowder	Baked Bean Soup	Cream of Celery Soup	Vegetable Barley Soup
SUPPER	Denver Scramble Tomato Salad Corn Meal Muffin	Chicken Tenders Garden Salad Tator Tots Plum Sauce	Pork Dumplings Oriental Mixed Vegetable Chicken Fried Rice	Bratwurst on a Bun Sauerkraut	Beef & Macaroni Casserole Coleslaw	Hot Turkey Sandwich Peas Cranberry Sauce	Chicken Cacciatore Broccoli Rotini
SUPPER	Sliced Peaches	Ice Cream Treats	Apricots	Tangerine Mousse	Ice Cream Sundae	Donut Holes	Baked Apple Slices
SNACK	AM Fluids and Snacks	AM Fluids and Snacks	AM Fluids and Snacks	AM Fluids and Snacks	AM Fluids and Snacks	AM Fluids and Snacks	AM Fluids and Snacks
SNACK	PM Crunchie Bran Cookie	PM Gelatin Cup	PM Pear Fruit Cup	PM Chocolate Chip Cookie	PM Lemon Meringue Pudding Cup	PM Turnover Cookie	PM Nutrigrain Bar
SNACK	HS Minced Turkey Salad Sandwich	HS Egg Salad Sandwich	HS Minced Ham Salad Sandwich	HS Cold Cereal & Milk	HS Fresh Baked Muffin & Cheese	HS Minced Ham Salad Sandwich	HS Cheese & Crackers

Fluids: Juice/2% Milk/Coffee/Tea (AM/PM/HS)

REGULAR WEEK AT A GLANCE

Fall & Winter Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Bran/Flax Boiled Egg Whole Wheat Toast	Cream of Wheat/Flax Cheddar Cheese Assorted Muffins Apple Slices	Oatmeal w/ Flax Yogurt Whole Wheat Toast	Cream of Wheat w/Flax Scrambled Eggs Whole Wheat Toast Banana	Oat Bran w/Flax Cheddar Cheese Raisin Toast	Apple Cinn. Oatmeal w/Flax Bacon French Toast w/Syrup Berries	Cream of Wheat/Flax Omelet Whole Wheat Toast
LUNCH	Teriyaki Chicken California Vegetable Buttered Rice Banana Cake	Garlic Sausage Picked Beets Perogies Fried Onion & Bacon Crumble Sour Cream Rice Pudding	BBQ Pork Roast Montego Vegetable Mashed Potato Pumpkin Pie w/ Whipped Topping	Chicken Stew Mixed Vegetable Mashed Potato Gravy Chocolate Peanut Butter Cake	RESIDENTS' CHOICE	Creamy Herbed Pork Chop Green Beans Savory Diced Potatoes Gravy Berry Cheesecake	Roast Beef Dilled Carrots Yorkshire Pudding Mashed Potatoes Gravy Butter Pecan Fudge Cake
SUPPER	Hearty Vegetable Soup Back Bacon Pancakes Berry Sauce Whipped Topping Tiramisu Mousse	Cream of Broccoli Soup Lasagna Caesar Salad Garlic Toast Ice Cream Treats	Tomato Soup Egg or Seafood Salad Croissant Creamy Pea Salad Stewed Rhubarb	Chicken Noodle Soup Cheese Burger w/Tomato & Tomato Baked Beans Fruity Jell-O	Italian Wedding Soup Beef Chilli Mixed Vegetable Dinner Bun Ice Cream Sundae	Cream of Mushroom Soup Cheesy Pepperoni Casserole Garden Salad Garlic Breadstick Winter Fruit Cup	Minestrone Soup Turkey & Swiss Sandwich Four Bean Salad Baked Cookie
SNACK	AM Fluids and Snacks PM Gelatin Cup HS Peanut Butter & Honey Sandwich	AM Fluids and Snacks PM Pineapple Tidbit Cup HS Minced Turkey Salad Sandwich	AM Fluids and Snacks PM Fruit Cream Cookie HS Egg Salad Sandwich	AM Fluids and Snacks PM Butterscotch Pudding HS Cold Cereal & Milk	AM Fluids and Snacks PM Nutrigrain Bar HS Fresh Baked Muffin & Cheese	AM Fluids and Snacks PM Digestive Cookie HS Minced Ham Salad Sandwich	AM Fluids and Snacks PM Gelatin Cup HS Cheese & Crackers

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REGULAR WEEK AT A GLANCE

Fall & Winter Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cream of Wheat w/Flax Yogurt Whole Wheat Toast	Apple Cinn. Oatmeal w/ Flax Cheddar Cheese Assorted Muffins Apple Slices	Cream of Wheat/Flax Scrambled Egg Whole Wheat Toast	Oat Bran w/Flax Boiled Egg Whole Wheat Toast Banana	Oatmeal w/Flax Yogurt Raisin Toast	Cream of Wheat w/Flax Breakfast Sausage Waffles w/Syrup Berries	Oat Bran w/Flax Yogurt Cinnamon Bun
LUNCH	Lasagna Mixed Vegetable Garlic Toast Caramel Vanilla Cake	Salisbury Steak Brown Sugar Turnip Mashed Potatoes Gravy Pineapple Upside Down Cake	Turkey Pot Pie Cauliflower w/ Cheese Sauce Buttered Rice Cherry Pie	Italian Sausage w/ Onions Buttered Cabbage Savory Diced Potatoes Gravy Bread Pudding	RESIDENTS' CHOICE	Chicken Strips Cesar Salad Tator Tots Plum Sauce Apple Crisp	Maple Dijon Pork Loin Winter Squash Casserole Roasted Potatoes Gravy Butter Tart Square
SUPPER	Corn Chowder Breakfast Sandwich (English Muffin, Egg Patty, Cheese) Tomato Slices Tropical Fruit Salad	Vegetable Barley Soup BBQ Pork Rib on a Bun Coleslaw Ice Cream Treats	Baked Bean Soup Beef & Macaroni Casserole Mixed Vegetables Diced Pears	Split Pea Soup Hot Roast Beef Sandwich Green Beans Horseradish Gravy Strawberry Cream Cheese Pastry	Tomato Macaroni Soup Egg or Tuna Salad on a Bun Cucumber & Onion Salad Ice Cream Sundae	Cream of Cauliflower Soup Ham Potato Hash Peas Peanut Butter Pudding Parfait	Hearty Vegetable Soup Chicken Salad Croissant Corn Salad Baked Apple Slices
SNACK	AM Fluids and Snacks PM Vanilla Pudding HS Minced Ham Salad Sandwich	AM Fluids and Snacks PM Mandarin Orange Cup HS Peanut Butter & Honey Sandwich	AM Fluids and Snacks PM Nutrigrain Bar HS Minced Turkey Salad Sandwich	AM Fluids and Snacks PM Shortbread Cookie HS Cold Cereal & Milk	AM Fluids and Snacks PM Turnover Cookie HS Fresh Baked Muffin & Cheese	AM Fluids and Snacks PM Gelatin Cup HS Peanut Butter & Honey Sandwich	AM Fluids and Snacks PM Oreo Cookie HS Cheese & Crackers

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