

Fall & Winter 2019 - 2020 Regular Menu

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Cornmeal Poached Egg Buttered Whole Wheat Toast Banana <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Sunny Boy Cereal Scrambled Egg Cornmeal Muffin Mixed Fruit Buttered whole wheat toast <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Oatmeal Fried Egg Buttered Whole Wheat Toast Oranges <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Cream of Wheat Omelet Buttered Whole Wheat Toast Cantaloupe <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Oat Bran Boiled Egg Raisin Toast Apples Buttered whole wheat toast <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Sunny Boy Scrambled Egg Buttered Whole Wheat Toast Banana <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Oatmeal Pancakes Sausage Strawberries <u>Alternate Choice</u> Assorted Cold Cereal
LUNCH	Hamburger Mushroom Gravy Potatoes Corn Salad <u>Dessert:</u> Pecan Streusel Cake <u>Alternate Choice</u> Chicken Primavera	Liver & Onions Mashed Potatoes & Gravy Cauliflower Salad <u>Dessert:</u> Rice Pudding <u>Alternate Choice</u> Pork Bites	Chicken Thigh Potatoes Broccoli Salad <u>Dessert:</u> Cherry Cheesecake <u>Alternate Choice</u> Pork Strip	Pork Cutlet Savory Diced Potatoes Fall Medley Salad <u>Dessert:</u> Fruit Crisp <u>Alternate Choice</u> Meatball	Chili Baby Roast Potato Corn Salad <u>Dessert:</u> Chocolate Cake <u>Alternate Choice</u> Cod Fish	Hawaiian Meatball Rice Stir-fry Vegetable Salad <u>Dessert:</u> Red Velvet Cake <u>Alternate Choice</u> Chicken Breast	Roast Turkey Mashed Potatoes Carrot Salad <u>Dessert:</u> Apple Pie <u>Alternate Choice</u> Beef Ravioli
SUPPER	<u>Resident Choice:</u> Italian Wedding Soup Pork Cutlet Macaroni & Cheese Casserole Salad <u>Dessert:</u> Lemon Pudding <u>Alternate Choice</u> Deli Meat/Cheese Sandwich	Vegetable Soup Potato, Cheese, Egg Bake Casserole Dinner Bun Salad <u>Dessert:</u> Fresh Fruit <u>Alternate Choice</u> Garlic Sausage Cold Plate	Mushroom Soup Hot Chicken Sandwich Cucumber Salad <u>Dessert:</u> Blueberry Fluff <u>Alternate Choice</u> Deli Meat/Lettuce Sandwich	Cream of Celery soup Hot Dogs Hot Baked Beans Sauerkraut <u>Dessert:</u> Pears <u>Alternate Choice</u> Potato Salad	Hamburger Soup Pizza Sliced Tomato <u>Dessert:</u> Ice Cream <u>Alternate Choice</u> Deli Meat Sandwich	Cream of Asparagus Soup Steak Pot Pie Salad <u>Dessert:</u> Vanilla Pudding <u>Alternate Choice</u> Deli Meat Sandwich	French Onion Soup Tuna Melt Bun Sliced Cucumber <u>Dessert:</u> Tropical Fruit <u>Alternate Choice</u> Deli Meat Sandwich

Peanut butter/jam/jelly/honey/yogurt/fruit cup/cheese slices/crackers/assorted cookies are available at all times.

Assorted juices -orange/ apple/cranberry/peach/prune/tomato) are available at all times. 2% Milk and Chocolate milk available at all times.

Salads consist of combinations depending on availability - Iceberg lettuce/romaine lettuce/spinach/broccoli/cauliflower/tomato/cucumber/radish/snap peas/peppers/carrot.

White/100% whole wheat/rye/raisin breads available.

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Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Cornmeal Poached Eggs Buttered Whole Wheat Toast Banana <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Sunny Boy Scrambled Egg Muffin Fruit Salad <u>Alternate Choice</u> Assorted Cold Cereal Buttered Whole Wheat Toast	Assorted Juice Oatmeal Fried Egg Buttered Whole Wheat Toast Oranges <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Cream of Wheat Omelet Buttered Whole Wheat Toast Cantaloupe <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Oat Bran Poached Egg Raisin Toast Baked Apples <u>Alternate Choice</u> Assorted Cold Cereal Buttered Whole Wheat Toast	Assorted Juice Sunny Boy Scrambled Egg Buttered Whole Wheat Toast Honeydew Melon <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Oatmeal Sausage Waffle Strawberries <u>Alternate Choice</u> Assorted Cold Cereal Buttered Whole Wheat Toast
LUNCH	Spaghetti/Meat Sauce Garlic Toast Peas Caesar Salad <u>Dessert:</u> Blueberry Cheesecake <u>Alternate Choice</u> Chicken Stew	Roast Pork Mashed Potatoes Squash Salad <u>Dessert:</u> Nanaimo Bar <u>Alternate Choice</u> Meatballs	Salmon Red Skin Wedges Broccoli Salad <u>Dessert:</u> Tapioca Pudding <u>Alternate Choice</u> Salisbury Steak	Turkey Schnitzel Garlic Mashed Potatoes Spinach Salad <u>Dessert:</u> Tripleberry Crumble <u>Alternate Choice</u> Garlic Ribs	Beef Sausage Perogy Beets Salad <u>Dessert:</u> Chocolate Cake <u>Alternate Choice</u> Cabbage Roll	Pork Chop & Mushroom Gravy Roast Baby Potatoes Brussel Sprouts Salad <u>Dessert:</u> Lemon Pie <u>Alternate Choice</u> Beef Ravioli	Roast Beef Mashed Potatoes Corn Cob Yorkie Salad <u>Dessert:</u> Cherry Pie <u>Alternate Choice</u> Ginger Chicken
SUPPER	Tomato Soup Grilled Cheese Sandwich Cucumber Salad <u>Dessert:</u> Diced Peaches <u>Alternate Choice:</u> Spinach Ravioli	Turkey Rice Soup Sausage Bun Sliced Tomato <u>Dessert:</u> Raspberry Jell-O <u>Alternate Choice</u> Deli Meat Plate	Minestrone Soup Shepard's Pie Salad <u>Dessert:</u> Fresh Fruit <u>Alternate Choice</u> Deli Meat Sandwich	Split Pea & Ham Soup Cheese Burger Pasta Salad Sliced Tomato/Lettuce <u>Dessert:</u> Butterscotch Pudding <u>Alternate Choice</u> Deli Meat Sandwich	Chicken Noodle Soup Old English Fish & Chips Coleslaw <u>Dessert:</u> Ice Cream <u>Alternate Choice</u> Chicken Salad Sandwich	Cream of Broccoli Soup Chicken Dippers Savory Diced Potato Salad <u>Dessert:</u> Grape Jell-O <u>Alternate Choice</u> Ham Salad Sandwich	Borscht Egg Salad Sandwich Carrot Sticks <u>Dessert:</u> Pears <u>Alternate Choice</u> Tomato Macaroni Casserole

All alternate sandwiches on whole grain bread

Peanut butter/jam/jelly/honey are available everyday at breakfast.

Assorted juices (orange, apple, cranberry) are offered everyday at breakfast.

1% Milk is offered everyday at breakfast, lunch and dinner.

Yogurt available

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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Cornmeal Poached Egg Buttered Whole Wheat Toast Banana <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Sunny Boy Cereal Scrambled Egg Muffin Fruit Salad <u>Alternate Choice</u> Assorted Cold Cereal Buttered Whole Wheat Toast	Assorted Juice Oatmeal Fried Egg Buttered Whole Wheat Toast Cantaloupe <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Cream of Wheat Omelet Buttered Whole Wheat Toast Oranges <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Oat bran Boiled Egg Raisin Toast Tropical Fruit <u>Alternate Choice</u> Assorted Cold Cereal Buttered Whole Wheat Toast	Assorted Juice Sunny Boy Muffins Cottage Cheese Buttered Whole Wheat Toast Bananas <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Oatmeal French Toast & Syrup Sausage Baked Apple <u>Alternate Choice</u> Assorted Cold Cereal Buttered Whole Wheat Toast
LUNCH	Pork Cutlet Potatoes Carrots Fresh Salad <u>Dessert:</u> Pecan Streusel Cake <u>Alternate Choice</u> Chicken Fingers	Minute Steak Savory Diced Potatoes Cauliflower Fresh Salad <u>Dessert:</u> Apple Dessert <u>Alternate Choice</u> Garlic Ribs	Chicken Breasts Rice Green Beans Fresh Salad <u>Dessert:</u> Cherry Cheesecake <u>Alternate Choice</u> Pork Strip	Liver & Onions Mashed Potatoes Fall Medley Fresh Salad <u>Dessert:</u> Chocolate Cake <u>Alternate Choice</u> Chicken Stew	Meatloaf Potatoes Brussel Sprouts Fresh Salad <u>Dessert:</u> Vanilla Bean Cake <u>Alternate Choice</u> Cod Fillet	Fried Chicken Baked Potatoes Creamed Peas Fresh Salad <u>Dessert:</u> Crisp <u>Alternate Choice</u> Meatballs	Ham Scalloped Potatoes Cream Corn Fresh Salad <u>Dessert:</u> Saskatoon Rhubarb Pie <u>Alternate Choice</u> Sweet & Sour Chicken
SUPPER	Italian Wedding Soup Steak Pot Pie Salad <u>Dessert:</u> Chocolate Pudding <u>Alternate Choice</u> Deli Meat Sandwich	Ham & Potato Soup Hot Beef on Bun Salad <u>Dessert:</u> Fresh Fruit <u>Alternate Choice</u> Salmon Sandwich	Beef Barley Soup Crustless Quiche Scone Spinach Salad <u>Dessert:</u> Orange Jell-O Fluff <u>Alternate Choice</u> Deli Sandwich	Asparagus Soup Macaroni & Cheese Carrot Raisin Salad <u>Dessert:</u> Tarts <u>Alternate Choice</u> Deli Meat Sandwich	<u>Resident Choice Meal</u> Chicken Corn Chowder Hot Dog Sauerkraut Baked Beans <u>Dessert:</u> Ice Cream <u>Alternate Choice</u> Potato Salad	Mushroom Soup Hot Hamburger Sandwich Salad <u>Dessert:</u> Vanilla Pudding <u>Alternate Choice</u> Deli Meat Sandwich	French Onion Grilled Cheese Sandwich Sliced Tomatoes & Cucumbers <u>Dessert:</u> Tropical Fruit <u>Alternate Choice</u> Chicken Dippers

All alternate sandwiches on whole grain bread

Peanut butter/jam/jelly/honey are available everyday at breakfast.

Assorted juices (orange, apple, cranberry) are offered everyday at breakfast.

1% Milk is offered everyday at breakfast, lunch and dinner.

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Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Cornmeal Poached Egg Buttered Whole Wheat Toast Bananas <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Sunny Boy Scrambled Eggs Muffin Fresh Fruit Salad <u>Alternate Choice</u> Assorted Cold Cereal Buttered Whole wheat Toast	Assorted Juice Oatmeal Fried Egg Buttered Whole Wheat Toast Cantaloupe <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Cream of Wheat Omelets Buttered Whole Wheat Toast Sliced Oranges <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Oat bran Scrambled Eggs Raisin Toast Honeydew Melon <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Sunny Boy Poached Egg Apple Slices <u>Alternate Choice</u> Assorted Cold Cereal	Assorted Juice Oatmeal Waffle Bacon Buttered Whole wheat Toast Strawberries <u>Alternate Choice</u> Assorted Cold Cereal
LUNCH	Lasagna Mixed Vegetable Fresh Salad Garlic Toast <u>Dessert:</u> Blueberry Cheesecake <u>Alternate Choice</u> Chicken Stew	Teriyaki Chicken Mashed Potatoes Green Beans Fresh Salad <u>Dessert:</u> Bread Pudding <u>Alternate Choice</u> Garlic Rib	Ginger Beef Rice Peas Fresh Salad <u>Dessert:</u> Tapioca <u>Alternate Choice</u> Chicken Ball	Pork Chop Red Skin Potato Wedge Brussel Sprout Fresh Salad <u>Dessert:</u> Date Square <u>Alternate Choice</u> Veal Cutlet	Italian Sausage Roast Baby Potatoes Beets Fresh Salad <u>Dessert:</u> Lemon Dessert <u>Alternate Choice</u> Haddock	Pork Dummies Savory Diced Potatoes <u>Cabbage</u> Fresh Salad <u>Dessert:</u> Chocolate Pie <u>Alternate Choice</u> Beef Casserole	Roast Beef Mashed Potatoes Turnip Yorkie Fresh Salad <u>Dessert:</u> Blueberry Pie <u>Alternate Choice</u> Sweet & Sour Chicken
SUPPER	Broccoli Soup Potato, Cheese, Egg Casserole Bun Salad <u>Dessert:</u> Peaches <u>Alternate Choice</u> Garlic Sausage Cold Plate	Minestrone Soup Shepard Pie Fresh Salad <u>Dessert:</u> Cherry Jell-O <u>Alternate Choice</u> Tuna Sandwich	Vegetable Soup Egg Salad Sandwich Sliced Tomatoes <u>Dessert:</u> Fresh Fruit <u>Alternate Choice</u> Tomato Macaroni Casserole	Chicken Noodle Fish Burger Coleslaw <u>Dessert:</u> Chocolate Pudding <u>Alternate Choice</u> Chicken Salad Sandwich	<u>Resident Choice:</u> Cauliflower Soup Pancake Sausage <u>Dessert:</u> Strawberries & Ice Cream <u>Alternate Choice</u> Chicken Primavera	Split Pea & Ham Soup Sweet & Sour Meatballs Rice Vegetable Medley <u>Dessert:</u> Strawberry Jell-O <u>Alternate Choice</u> Deli Meat Sandwich	Borscht Soup Hamburger Tomatoes & Lettuce <u>Dessert:</u> Pears <u>Alternate Choice</u> Salmon Sandwich

All alternate sandwiches on whole grain bread

Peanut butter/jam/jelly/honey are available everyday at breakfast.

Assorted juices (orange, apple, cranberry) are offered everyday at breakfast.

1% Milk is offered everyday at breakfast, lunch and dinner.