

SPRING SUMMER RESIDENT MENU 2019

Regular Menu: Week 1 at a glance

May 27-June 2, June 17-23, July 8-14, July 29-Aug.4, Aug. 19-25, Sept. 9-15, Sept. 30-Oct.6, Oct. 21-27

*MENU SUBJECT TO CHANGE

WEEK 1	MONDAY – Day 1	TUESDAY – Day 2	WEDNESDAY – Day 3	THURSDAY – Day 4	FRIDAY – Day 5	SATURDAY – Day 6	SUNDAY– Day 7
LUNCH							
SOUP	Country Vegetable	Tomato Macaroni	Cream of Broccoli	Beef Barley	Vegetable	Creole	Beef Vegetable
SALAD	Crunchy Salad	Garden Salad	Tossed Salad	Mixed Greens	Apple Coleslaw	Caesar Salad	Mixed Greens
MAIN ENTRÉE	<u>Cold Plate</u> Shaved Ham/ Cheddar Cheese, Vienna Bun	Fish Sticks with Tartar Sauce	<u>Sandwich Platter</u> Shaved Turkey & Mayo Crab Salad Egg Salad	<u>Cold Plate</u> Cottage Cheese, Sliced Tomatoes & Cucumber Mini Croissant	BBQ Beef on a Bun	Chicken Strips with Plum Sauce	Savoury Puff Pastry
STARCH						Picnic Ranch Potato Salad	
VEGETABLE		Steak Fries					
DESSERT	2 Bite Chocolate Brownie	Ice Cream Novelty	Diced Peaches	Pineapple Upside Down Cake	Mandarin Orange Sections	Fresh Fruit	Diced Pears
SUPPER							
MAIN ENTRÉE	Meatloaf with Gravy	Caribbean Chicken	Baked Pasta with Meat Sauce	Roasted Chicken	Baked Haddock Fillet with option of Roasted Red Pepper Sauce OR Garden Vegetable Pattie	Sweet & Sour Pork OR Meatballs with Gravy	Turkey Schnitzel with Gravy
STARCH	Rosemary Garlic Roasted Potatoes	Mashed Potatoes	Garlic Bread	Mashed Potatoes	Mashed Potatoes	Steamed Rice	Dill Mashed Potatoes
VEGETABLE	Kernel Corn	French Cut Green Beans	Caesar Salad	Garden Peas	Italian Mixed Vegetables	Oriental Mixed Vegetables	Julienne Carrots
DESSERT	Fruit Cocktail	Cherry Mallow Dessert	Fruit Crumble	Coconut Cream Pudding	Jamaican Jewel	Lemon Cake	Strawberry Rhubarb Pie

Assorted Sandwiches offered at Lunch and Supper
Dessert Cart offered at Lunch and Supper
Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper

SPRING SUMMER RESIDENT MENU 2019

Regular Menu: Week 2 at a glance

June 3-9, June 24-30, July 15-21, Aug.5-11, Aug.26-Sept.1, Sept. 16-22, Oct. 7-13

*MENU SUBJECT TO CHANGE

WEEK 2	MONDAY – Day 8	TUESDAY – Day 9	WEDNESDAY – Day 10	THURSDAY – Day 11	FRIDAY – Day 12	SATURDAY – Day 13	SUNDAY– Day 14
LUNCH							
SOUP	Alphabet	Cream of Mushroom	Turkey Vegetable	Tomato Zucchini	Bean Medley	Tomato Soup	Beef Noodle
SALAD	Overnight Coleslaw	Tossed Salad	Mixed Green Salad	Tossed Salad	Carrot Raisin Slaw	Tossed Salad	Mixed Greens
MAIN ENTRÉE	Cod Nuggets with Tartar Sauce	<u>Pizza:</u> Choice of Ham & Pineapple OR Cheese	Hamburger on a Bun with choice of Sliced Cheese, Grilled Onions, Lettuce, Condiments	Shake & Bake Chicken	<u>Cold Plate:</u> Crab Salad on Shredded Lettuce, Vienna Bun, Sliced Tomatoes	Grilled Cheese Sandwich	Breaded Chicken Burger with Lettuce & Mayo
STARCH							
VEGETABLE	Steak Fries			Herb Garden Pasta Salad		Sliced Dill Pickle	
DESSERT	Diced Peaches	Mandarin Orange Sections	Pineapple Cloud	Fresh Fruit	Tropical Ambrosia	Diced Peaches	Mandarin Orange Sections
SUPPER							
MAIN ENTRÉE	Polish Sausage OR Meatloaf Gravy	Honey Garlic Chicken	BBQ Pork Riblet OR Vegetable Lasagna	Corned Beef Braised Cabbage	Chicken Stir Fry	Salisbury Steak with Onion Gravy	Baked Ham with Pineapple Glaze OR Beef Cabbage Rolls
STARCH	Mashed Potatoes	Mashed Potatoes	Baked Potato Sour Cream, Bacon, Chives	Roasted Potatoes	Steamed Noodles	Mashed Potatoes	Scalloped Potatoes
VEGETABLE	Baked Beans	Garden Peas	Kernel Corn	Braised Cabbage	Oriental Mixed Vegetables	Italian Mixed Vegetables	French Cut Green Beans
DESSERT	Home Baked Cookie	Ice Cream Novelty	Rice Pudding	Applesauce Cake	Rhubarb with Strawberries	Vanilla Bean Dream Cake	Lemon Meringue Pie
Assorted Sandwiches offered at Lunch and Supper Dessert Cart offered at Lunch and Supper Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper							

SPRING SUMMER RESIDENT MENU 2019

Regular Menu: Week 3 at a glance

June 10-16, July 1-7, July 22-28, Aug.12-18, Sept. 2-8, Sept. 23-29, Oct. 14-20

*MENU SUBJECT TO CHANGE

WEEK 3	MONDAY – Day 15	TUESDAY – Day 16	WEDNESDAY – Day 17	THURSDAY – Day 18	FRIDAY – Day 19	SATURDAY – Day 20	SUNDAY– Day 21
LUNCH							
SOUP	Roasted Red Pepper	Mediterranean Vegetable	Italian Chicken	Corn Chowder	Borscht	Mushroom Vegetable	Minestrone
SALAD	Spring Fever Salad	Tossed Salad	Garden Salad	Mixed Greens Salad	Tossed Salad	Mixed Greens Salad	Tossed Salad
MAIN ENTRÉE	Beef Hot Dog on a Bun Condiments	Bombay Chicken	<u>Sandwich Platter</u> Shaved Beef & Mayo Egg Salad Peanut Butter & Jam	<u>Cold Plate</u> Turkey Salad Vienna Bun	Garlic Sausage Pyrogies with Diced Onions, Bacon, Sour Cream Rice Cabbage Roll	Homemade Shepherd's Pie with Gravy	Western Omelet with Salsa
STARCH							
VEGETABLE	Fried Onions	Mashed Potato Salad		Greek Macaroni Salad			Hashbrowns
DESSERT	Diced Pears	Ice Cream	Strawberry Bavarian Cream	Diced Peaches	Diced Pears	Mandarin Orange Sections	Fresh Fruit Cup
SUPPER							
MAIN ENTRÉE	Fish & Chips with Tartar Sauce OR Garden Vegetable Pattie	Spaghetti & Meatballs	Old South Pork OR Meatloaf Gravy	Teriyaki Beef	Lemon Dill Salmon Fillet OR Vegetable Lasagna	BBQ Chicken	Sliced Roast Beef with Gravy
STARCH			Swarties Potatoes	Bed of Rice	Favourite Herbed Potatoes	Mashed Potatoes	Mashed Potatoes
VEGETABLE	Peas	Caesar Salad	Kernel Corn	Oriental Mixed Vegetables	Italian Mixed Vegetables	Garden Peas	Julienne Carrots
DESSERT	Tiramisu Mousse	Peach Cake	Home Baked Cookie	Lemon Tart	Mini Cinnamon Bun	Deep Chocolate Cake	Coconut Cream Pie
Assorted Sandwiches offered at Lunch and Supper Dessert Cart offered at Lunch and Supper Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper							