

SPRING SUMMER RESIDENT MENU 2019

Regular Menu: Week 1 at a glance

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	Vegetable Soup	Chicken Rice Soup	Minestrone Soup	Turkey Noodle Soup	Tomato Macaroni Soup	Cream of Mushroom Soup	Beef Barley Soup
SALAD	1 st Caesar Salad	1 st Apple Cranberry Coleslaw	Spinach Salad with Poppy Seed Dressing	2 nd Tossed Salad	1 st Garden Salad		2 nd Citrus Salad
MAIN ENTRÉE	Alfredo Sauce	BBQ Beef on a Bun	<u>Cold Plate:</u> Smoked Turkey, Cheddar Cheese, Potato Salad	Pork Sausage	Sloppy Joe	Chicken Burger Lettuce & Tomatoes	Italian Style Vegetable Pie
STARCH	Penne Pasta (Red Lentil)	2 nd Mashed Potatoes		French Toast	Vienna Bun		Focaccia Bread Butter
VEGETABLE	Garlic Bread		Croissant	Strawberry Sauce	2 nd Cauliflower	2 nd Summertime Vegetable	
DESSERT	2 nd Vegetable Pick of the Day Fruit Cocktail	Neapolitan Ice Cream Ice Cream Sandwich	Saskatoon Berries with Whipped Topping	Seasonal Fresh Fruit Salad	Seasonal Fresh Fruit	Diced Peaches	1 st Peas Mixed Berries & Yogurt Parfait
SUPPER							
MAIN ENTRÉE	Veal Cutlet with Resident Choice of Onion Gravy or Condiment	Roasted Chicken Breast With Resident Choice of Maple Ginger Sauce, Gravy or Condiment	<u>House Special:</u> Beef Bourguignon	Baked Savoury Chicken Thighs & Drumsticks (Bone in)	Salmon Loin with Lemon Wedge OR Roast Beef with Gravy	Pork Cutlet with Gravy or Applesauce OR Vegetarian Patty	Stuff Chicken Breast (Broccoli & Cheese)
STARCH	O'Brien Potato	Fried Rice	Parsley Steamed Potato	Rice	Mashed Potatoes	Roasted Red Potatoes	Garlic Mashed Potatoes
VEGETABLE	German Red Cabbage	Oriental Vegetables	Green Beans	PEI Vegetables	California Mixed Vegetables	Broccoli	Sunrise Vegetable
DESSERT	Fruit Stick (Strawberry Cream Cheese)	Diced Pears	Butterscotch Pudding	Homemade Pumpkin Cake with Cream Cheese Frosting	Mello Jell-O with Whipped Topping	Homemade Chocolate Cupcake with Strawberry Buttercream	Banana 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							

SPRING SUMMER RESIDENT MENU 2019

Regular Menu: Week 2 at a glance

June 24-30, July 15-21, Aug. 5-11, Aug. 26 - Sept. 1, Sept. 16-22, Oct. 7-13, Oct 28 – Nov 3

*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	Corn Chowder	Roasted Red Pepper Soup	Chicken Noodle Soup	Borscht	Beef Vegetable Soup	Cream of Tomato Soup	Hamburger Soup (8oz)
SALAD	1 st Italian Cabbage Slaw	<u>Veggie Platter:</u> Carrots, Celery, Broccoli, Cauliflower, Cherry Tomatoes	<u>House Special:</u> Garden Salad	2 nd Dilly Cucumber Salad	1 st Tossed Salad	Tossed Salad	
MAIN ENTRÉE	Haddock Bites with Tartar Sauce	<u>Sandwich Platter:</u> Egg Salad, Crab Salad, Cheese & Lettuce, Shaved Roast Beef	Hot Dog on a Bun Diced Onion, Ketchup, Mustard & Relish	Garlic Sausage Pyrogies, Diced Onions, Bacon & Sour Cream	Chicken Strips with Plum Sauce	Grilled Cheese Sandwich	Vienna Bun Butter
STARCH	Lemon Pepper Fries		Baked Beans	Cabbage Roll	Steak fries		
VEGETABLE	2 nd Green Beans	2 nd Kernel Corn	2 nd Diced Carrots		2 nd Broccoli	2 nd Peas	
DESSERT	Frozen Peach Yogurt Dixie	Blueberry Tart	Strawberry Shortcake	Diced Pears	Pineapple Delight	Apple Tart Drizzled with Caramel Sauce	Fruit & Yogurt Parfait
SUPPER							
MAIN ENTRÉE	<u>House Special:</u> Beef Stir Fry With Ginger Sauce	Chicken Primavera	Apple Pork Meatloaf with Herb Gravy OR Beef Meatballs with Herb Gravy	Salisbury Steak with Onions & Gravy	Baked Haddock with Garlic Aioli OR Roasted Chicken Breast with choice of Garlic Aioli, Gravy or Condiment	Beef Marengo (Beef, Tomato, Mushrooms, wine)	Baked Ham With Mustard Sauce
STARCH	Steamed rice	Rotini Pasta	Mashed Potatoes	Red Roasted Potatoes	Herb Rice	Mashed Potato	Scalloped Potatoes
VEGETABLE	Oriental Vegetables	Cheese Biscuit	Peas	Green Beans	Sunrise Vegetables	Summertime Vegetables	Seasonal Kernel Corn
DESSERT	Apricots	Fruit Cocktail	Fresh Fruit (Honeydew or Cantaloupe)	Chocolate Raspberry Danish	Seasonal Fresh Fruit	Mandarin Oranges	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, Nov. 4-10

*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	Lentil Soup	Southwestern Bean Chowder	Cream of Broccoli Soup	Turkey Vegetable	Tomato & Zucchini Soup	Cream of Carrot Soup	Tuscan Bean Soup
SALAD	1 st Apple Orchard Salad	2 nd Garden Vegetable Salad	2 nd Tossed Salad	1 st Caesar Salad	2 nd Garden Salad	Crab Cake with Hollandaise Sauce	<u>House Special:</u> Spinach & Feta
MAIN ENTRÉE	Pulled Pork with a Bun	<u>Cold Pate:</u> Cottage Cheese OR Cheese with Peach, Pear & Watermelon	Picnic Drumstick (Crispy Chicken Drumstick)	<u>House Special:</u> Pepperoni Pizza Vegetarian Pizza	Beef Burger on a Bun	Sliced Cheese	Bistro
STARCH			Potato Salad	2 nd Green Beans	Condiments	Ranch Potatoes	OR
VEGETABLE	2 nd Mashed Potato		1 st Corn on the Cob		Steak Fries	Green Beans	Bread
DESSERT	2 nd Carrots	Corn Muffin	Home Baked Cookie	Fresh Fruit Cup	Bread & Butter Pickles	Diced Peaches	Margarine
	Fruit Cocktail	S'mores Tarts			Seasonal Fresh Fruit		Apricots
SUPPER							
MAIN ENTRÉE	Orange Glaze Chicken Thighs topped with Mandarin Oranges	Spaghetti & Meat Sauce	Pork Bites with Pineapple Sauce OR Tofu Bites with Pineapple Sauce	Teriyaki Beef Taco	Crunchy Perch with Tartar Sauce OR Beef Riblet with BBQ Sauce or Gravy	Hungarian Chicken Sauce on the Side	Roast Beef Gravy
STARCH	Rice and Lentil Pilaf	Garlic Bread	Chow Mein Noodles	Steamed Bao Bun	Rice	Cheesy Mashed Potatoes	Yorkshire Pudding
VEGETABLE	California Mixed Vegetables	Peas	Oriental Vegetables	Teriyaki Beef Strip	Broccoli	Pick of the Day Vegetables	Garlic Mashed Potatoes
DESSERT	Boston Cream Pie	Ice Cream Sundae	Diced Pears	Asian Style Coleslaw	Mango Coconut Parfait	Homemade Cheesecake with resident choice of scrapers	Diced Turnips & Carrots
				Tapioca Pudding			Warm Fruit Pie with Ice Cream 1-Peach, 2-Blueberry, 3-Cherry
Assorted Sandwiches offered at Lunch and Supper Dessert Cart offered at Lunch and Supper Beverage Cart (hot & cold) offered at Breakfast, Lunch and Supper							