

## 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
<b>LUNCH</b>							
SOUP	Pork and Shrimp Wonton	Potato and Leek	Tortilla	Mushroom Vegetable	Mulligatawny	Cream of Tomato	Minestrone
SALAD	Tossed Salad	Apple Coleslaw	Tomato and Cucumber Slices	Garden Salad	Shredded Lettuce	Celery and Carrot Sticks	Grilled Chicken Caesar Salad
MAIN ENTRÉE	Chicken Shanghai Noodles	Cheese Cannelloni Marinara Sauce	Chicken Fajita Wraps Sour Cream	Chef's Choice Pizza	Beef Burger on a Bun Mustard/Relish	Grilled Ham and Cheese Sandwich	Toasty Garlic Bread (Baked on the Neighbourhoods)
STARCH	Vegetarian Spring Roll				Straight Cut Fries Ketchup		
VEGETABLE	Oriental Mixed Vegetables	PEI Medley Vegetables	Mexi-Corn	Tomato Slice Garnish	Lettuce/Red Onion/ Tomato	Pickle Slice	
DESSERT	Seasonal Fresh Fruit	Diced Pears	Fruit Cocktail	Seasonal Fresh Fruit	Apricots	Seasonal Fresh Fruit	Strawberry Rhubarb
<b>SUPPER</b>							
MAIN ENTRÉE	Shepherd's Pie Gravy	Pork Souvlaki Tzatziki Sauce	Corned Beef Mustard	Creole Pork Chops	Crab Stuffed Alaskan Salmon Fillet	Beef Stroganoff	Cantonese Pork
STARCH		Greek Potatoes	Parsley Boiled Potato	Buttered Rotini Pasta	Roasted Red Potatoes	Egg Noodles	Steamed White Rice
VEGETABLE	Julienne Carrots	Broccoli	Braised Cabbage	Pick of the Day	Cauliflower Cheese Sauce	Summer Peas	New England Vegetables
DESSERT	Chocolate Danish (Baked on the Neighbourhoods)	Strawberry Donut	Creamy Rice Pudding	Cheesecake with Strawberry Sauce	Sherbet	Lemon Crunch Cake	Cherry Pie
<p>Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Scone). Selections will vary by day.                      Assorted Sandwiches offered at Lunch and Supper                      Hot and Cold Beverages offered at Breakfast, Lunch and Supper</p>							

## 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, 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
<b>LUNCH</b>							
SOUP	Country Harvest Vegetable	Chicken Noodle	Beef Barley	Cream of Chicken	Beef Vegetable	Bean Medley	Cream of Mushroom
SALAD	Tossed Salad	Italian Cabbage Slaw	Green Salad	Spinach Salad	Tossed Salad	Citrus Salad	Dilly cucumber
MAIN ENTRÉE	<u>Ham Salad Plate</u> Sliced Ham Sliced Cheddar	Cheese Smokie Bun/Mustard/Relish	Tandoori Chicken Thigh	Chef's Choice Pizza	Chicken Strips Honey Mustard Sauce	Macaroni and Cheese	Beef Lasagna
STARCH	Cheese Pasta Salad Crackers		Naan Bread		Tater Tots Ketchup		
VEGETABLE		Fried Sweet Onions	Broccoli	Tomato Slice Garnish	Italian Vegetables	Garden Peas	Pick of the day
DESSERT	Seasonal Fresh Fruit	Diced Peaches	Tropical Fruit Salad	Seasonal Fresh Fruit	Diced Pears	Seasonal Fresh Fruit	Fruit Ambrosia
<b>SUPPER</b>							
MAIN ENTRÉE	BBQ Chicken Drumsticks	Summer Herb Crusted Cod Fillet	Meatloaf Gravy	Sweet and Sour Chicken Balls	Mediterranean Glazed Haddock Fillet	Chicken Stir Fry	Cider Infused Baked Ham
STARCH	Baked Potato (Green Onion, Bacon Bits, Sour Cream)	Roasted Potatoes	Mashed Potatoes	Chow Mein	Rice Pilaf	Green Onion Cake	Scalloped Potatoes
VEGETABLE	Corn on the cob	Scalloped Tomatoes	Cauliflower	Oriental Vegetable Mix	Julienne Carrots	Sunrise Vegetables	Brussel Sprouts
DESSERT	Blueberry Strudel (Baked on the Neighbourhoods)	Silk Chocolate Truffle Cake	Strawberry Ice Cream	Vanilla Bean Cake	Date Square	Raspberry Mousse	Lemon Meringue Pie

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 Assorted Sandwiches offered at Lunch and Supper  
 Hot and Cold Beverages 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
<b>LUNCH</b>							
SOUP	Zucchini Tomato	Chicken Rice Soup	Cream of Carrot	Borscht/Sour Cream	Chicken Coconut	Rustic Black Bean	Roasted Red Pepper
SALAD	Tossed Salad	Crunch Kale Salad	Bed of Lettuce	Spring Mix Salad	Crunchy Asian	Caesar Salad	Catalina Parmesan Salad
MAIN ENTRÉE	<u>Cold Plate</u> Cottage Cheese Tropical Fruit Salad Slice of Banana Loaf	Salmon Burger Lettuce/Tartar Sauce	<u>Taco Salad</u> Seasoned Ground Beef, Shredded Cheese, Salsa, Sour Cream	Ukrainian Sausage	Crunchy Haddock Tartar Sauce	Vegetable and Cheese Frittata	Pulled Pork on a Bun
STARCH		Sweet Potato Crinkle Fries Garlic Aioli	Tortilla Chip Garnish	Cabbage Roll	Shoestring Fries Ketchup	Focaccia Bread	
VEGETABLE		Peas and Carrots		Perogies Bacon and Sour Cream Diced Onions	Julienne Carrots	Pick of the Day	Garden Peas
DESSERT	Strawberry Delight (Jell-O/Whipped Topping)	Seasonal Fresh Fruit	Diced Pears	Seasonal Fresh Fruit	Diced Peaches	Seasonal Fresh Fruit	Pineapple Cloud
<b>SUPPER</b>							
MAIN ENTRÉE	Spaghetti with Meatballs and Sauce	Chicken Adobo	Ginger Pork	Crispy Chicken Drumstick	Pork Schnitzel Mushroom Sauce	Moroccan Chicken	Roast Turkey Gravy and Cranberry Sauce
STARCH		White Steamed Rice	Chow Mein	Mashed Potatoes Gravy	Egg Noodle	Herbed Potatoes	Sage Dressing Mashed Potatoes
VEGETABLE	Cauliflower	Green Beans	Stir Fry Vegetables	Kernel Corn	Broccoli	Zucchini	PEI Medley Vegetables
DESSERT	Home Baked Cookie (Baked on the Neighbourhoods)	Tripleberry Crumble	Vanilla Ice Cream Bar	Tapioca Pudding	Lemon Burst Macaroon	Custard	Banana Cream Pie

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Assorted Sandwiches offered at Lunch and Supper  
Hot and Cold Beverages offered at Breakfast, Lunch and Supper