

**CapitalCare Adult Duplexes
Spring Summer Menu 2024**

Week 1

June

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Continental Breakfast							
L u n c h	<i>Entrée</i>	Cold Plate Day: Tuna Salad or Chicken Salad Filling , Croissants	Smokies on a Bun	Chicken Burger with lettuce, tomoato , red onion and Mayo	Toasted Bacon, Cheese, Lettuce & Tomato Sandwihes with Mayonaise	French Toast Pork Sausages with	Soft Tacos: ground beef, soft taco shell, shredded cheese,sour cream and salsa	Denver Omelet & Toast
	<i>Vegetable</i>	Cucumber Salad	Apple Cranberry Coleslaw	Assorted Veg. Platter (carrots, celery, peppers)	Spinach Salad	Strawberry Sauce and Whipped Topping	Shredded Lettuce and diced tomatoes	
	<i>Dessert</i>	Fruit Cocktail	Neopolitan IceCream Sandwich (P)	Saskatoon Berries with Whipped Topping	Pudding	Mangos	Seasonal Fresh Fruit	Mixed Berry Parfait (Mixed Berries with Vanilla Yogurt)
S u p p e r	<i>Entrée</i>	Stuffed Chicken Breast (Cordon Blue) with Garlic Mashed Potatoes	Maple Ginger Chicken Thighs with Fried Rice	Spaghetti & Meat Sauce with Garlic Toast	Roasted Chicken Thighs with Mashed Potato	Battered Cod Fillet or Chicken Strips with French Fries	Sweet & Sour Pork (R) with Steamed rice	Beef Hamburger with lettuce, tomato slice and French Fries
	<i>Vegetable</i>	Julienne Carrots	Green Beans	Caesar Salad	Peas	California Vegetables	Bistro Blend Vegetable	Asian Coleslaw
	<i>Dessert</i>	Brownies (Purchased item)	Diced Peaches	Caramel Swirl Cake (Purchased item)	Seasonal Fresh Fruit	Chocolate Fudge Cake (Purchased)	Jello with Whipped topping	Home Baked Dessert

Alternate Options:

Sandwich : Egg Salad, Bologna, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad, Crab Salad

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Week 2

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		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Continental Breakfast							
L u n c h	<i>Entrée</i>	Tuna Melt or Bologna Sandwich	Grilled Chicken and Garlic toast.	Hot Dog on a Bun, Baked Beans, and condiments	<u>Picnic Sandwich Plate:</u> Egg Salad, Tuna Salad and Sliced Turkey with a Variety of Buns/Bread	Lasagna and Garlic Toast	Tomato Soup Grilled Ham & Cheese Sandwich with Dill Pickles	Eggs & Pork Sausages with Pancakes and Syrup
	<i>Vegetable</i>	Tossed Salad	Caesar Salad	Asian Coleslaw	Spinach Salad	Tossed Salad	Peas	
	<i>Dessert</i>	Diced Peaches	Pudding	Fresh Fruit in Season	Cookie (Home Made)	Ice Cream	Diced Pears	Strawberries (Frozen) and Yogurt
S u p p e r	<i>Entrée</i>	Stir Fried Beef and Broccoli with Rice	Meat Ball Sub with Tomato Sauce and Shredded mozzarella Cheese	Pasta Alfredo with Chicken or Crab	Meat Loaf (order from CCD) with Mashed Potatoes & Gravy	Garlic Sausage with Perogies with Sour Cream & Bacon bits and Cabbage Rolls	Beef Dip on a Bun with Gravy	Baked Ham with Scalloped Potatoes
	<i>Vegetable</i>	Oriental Vegetables	Mixed Vegetables	California Mixed Veg	Diced Carrots	Harvard Beets	Cranberry Coleslaw	Kernal Corn
	<i>Dessert</i>	Mini Donuts (Purchased)	Fruit Cocktail	Macaroon Bar (Purchased)	Mello Jello ®	Diced Peaches	Lemon Sreusal Cake (Purchased)	Fruit Pie and Ice Cream

Alternate Options:

Sandwich : Egg Salad, Bologna, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad

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Week 3

June

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast								
L u n c h	<i>Entrée</i>	Beef Burger on a Bun with French Fries	Assorted Sandwiches including Tuna or Crab on Croissants	Shake & Bake Chicken Drumstick(2) with Potato Salad	Cheesy Macaroni & Beef Casserole	Bacon, Cheese Lettuce & Tomato Pitas	Taco Salad ground beef, soft taco shell, shredded cheese,sour cream and salsa Taco Chips	Eggs, & Bacon Toast Hash Brown Potatoes (Tri-cut diced potatoes)
	<i>Vegetable</i>	Assorted Vegetable Platter	Asian Coleslaw	Kernel Corn	Spinach Salad	Assorted Vegetable Platter		
	<i>Dessert</i>	Madarin Orange Sections	Home made Cookie	Fresh Fruit Cup	Mixed Berry Parfait (Vanilla Yogurt with Mixed Berries)	Pound Cake with Strawberry Sauce	Diced Peaches	Fresh F ruit Cup
Supper								
S u p p e r	<i>Entrée</i>	Chicken Fajitas	Mushroom Pork Chop Rice Pilaf	Honey Garlic Beef Strips with Steamed Rice	Haddock Bites or Chicken Strips with Home Fried Potatoes	Pizza (Pepperoni, Ham, Cheese, Green Peppers)	BBQ Chicken Breast with baked potato and fixings (green onions, bacon bits,sour cream)	Roast Beef with Gravy Yorkshire Pudding and Mashed Potato
	<i>Vegetable</i>	Tossed Salad	Green Beans	Asian Mixed Veg	Mixed Vegetables.	Caesar Salad	Peas	Carrots
	<i>Dessert</i>	Boston Cream Cake (P)	Diced Pears	Ice Cream Sundae	Pudding	Fresh Fruit in season	Fudgesicles	Carrot Cake (Purchased)

Alternate Options:

Sandwich : Egg Salad, Tuna Salad, Bologna, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad

(P) = Purchased product

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