

Capital Care Adult Duplexes
Fall \ Winter Menu 2021 - 2022
Week 1

Nov 15-21 , Dec 6 -12, Dec 27 - Jan 2, Jan 17 -23, Feb 7 - 13, Feb 28 - Mar 21 - 27, Apr 11 - 17, May 2 - 8

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast								
L u n c h	<i>Entrée</i>	Pasta Alfredo with Crab or Chicken & Foccacia Bread	Chicken Noodle Soup (packaged mix) Assorted Sandwiches	Cream of Tomato & Red Pepper Soup Grilled Ham & Cheese Sandwich & Pickle slice	French Toast with Syrup & Country Sausages	Cod Nuggets with Tartar sauce & Steak Fries	Chicken Burger on bun with Mayonaise & Pickle slice	Sloppy Joes on Hamburger Bun
	<i>Vegetable</i>	Caesar Salad	Tossed Salad	Spinach Salad	Mango Slices	Asian Coleslaw	Shredded Lettuce and diced tomatoes	Tossed Salad
	<i>Dessert</i>	Fruit Cocktail	Pudding	Diced Pears	Yogurt	Ice Cream Sundae	Mandarine Orange (Canned or Fresh when available)	Tropical Fruit Salad (Canned)
S u p p e r	<i>Entrée</i>	Breaded Pork Chop in Mushroom Gravy with Boiled Potatoes	Broccoli Stuffed Chicken Breasts with Roasted Potatoes	Meatloaf with Gravy Scalloped Potato	Chicken Pot Pie (purchased) with Tea Biscuit	Spaghetti & Meat Sauce & Garlic Toast	Sweet and Sour Pork Bites with steamed rice	Roast Turkey with gravy & Mashed Potato
	<i>Vegetable</i>	Kernel Corn	Mixed Vegetables	Whipped Turnips	Peas	California Mixed Veg	Oriental Vegetable	Julienne Carrots
	<i>Dessert</i>	Lemon Buttermilk Cake	Fresh Fruit (Canteloup)	Cheese Cake with Fruit Topping	Home Made Dessert	Diced Peaches	Fuit Pie (purchased)	Chocolate Fudge Cake

Alternate Options:

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

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Week 2

Nov 22 - 28, Dec 13 - 19, Jan 3 - 9, Jan 24 - 30, Feb 14 - 20, MR 7 - 13, Mar 28 - Apr 3, Apr 18 - 24, May 9 - 15

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Continental Breakfast							
L u n c h	<i>Entrée</i>	Fish Burger or Beef Burger with Steak Fries	Tomato Soup Grilled Cheese Sandwich	Pizza Buns (Burger Buns, pasta sauce, ham, shredded Mozza cheese)	Home Style Chili with Shredded Cheese & Corn Bread	Philly Steak Sandwich with Swiss Cheese (<i>Shaved Roast Beef</i>) on a Grilled Hot Dog Bun	Soft Tacos or Taco Salad ground beef, soft taco shell, shredded cheese,sour cream and salsa	Omelet with Salsa & Sour Cream & Hash Browns
	<i>Vegetable</i>	Coleslaw	Spinach Salad	Tossed Salad	Corn Salad (recipe provided)	Carrot and Celery Sticks	Shredded Lettuce and Tomatoes	Mixed Berries
	<i>Dessert</i>	Date Square (Purchased)	Diced Peaches	Fruit Cocktail	Pudding	Home Baked Cookie	Diced Pears	Yogurt
S u p p	<i>Entrée</i>	Honey Garlic Chicken Thighs with Fried Rice	Salisbury Steak with Gravy and Mashed Potatoes	Battered Chicken Balls with Pineapple Sauce & Herbed Rice	Cod Nuggets or Breaded Chicken Tenders Home Fries & Tartar Sauce	Garlic Sausage with Perogies/ sour cream and Cabbage Rolls	Meat Lasagna Garlic Toast	Baked Ham with Scallop Potatoes
	<i>Vegetable</i>	Winter Mix (Broccoli & Cauliflower)	Julienne Carrots	Oriental Vegetables	Caesar Salad	Cucumber Salad	Pick of the Day	Niblet Corn

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e r	<i>Dessert</i>	Fruit Cocktail	Strawberries & Rhubarb	Ice Cream	Fruit Crisp	Fresh Fruit Cup (Pail)	Vanilla Bean Cake (purchased)	Pumpkin Pie
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Sandwich : Egg Salad, Tomato & Lettuce, Peanut Butter & Jam, Peanut Butter & Banana, Sliced Cheese & Tomato, Tuna Salad

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Week 3

Nov 8 - 14, Nov 29 - Dec 5, Dec 20 - 26, Jan 10 - 16, Jan 31 - Feb 6, Feb 21 - 27, Mar 14 - 20, Apr 4 - 10, Apr 25 - May 1, May 16 - 22

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Continental Breakfast								
L u n c h	<i>Entrée</i>	Baked Beans & Weiners with Biscuit	Cream of Mushroom Soup w/ Assorted Sandwiches including Tuna or Crab on croissants	Crispy Chicken Drumsticks Hash Brown Potatoes	Minestrone Soup (Dry Mix) Macaroni & Cheese	Cream of Broccoli Soup (Dry Mix) Beef Burger on a Bun with Steak Fries.	Pizza Casserole (pasta, pepperoni, tomato sauce and cheese)	Bacon/Lettuce & Tomato Sandwiches
	<i>Vegetable</i>	Cucumber Salad	Asian Coleslaw	Niblet Corn or (Corn on the Cob)	Tossed Salad	Assorted Vegetable Platter	Garden Salad	Strawberries & Whipped Topping (Frozen)
	<i>Dessert</i>	Diced Peaches	Mango Slices	Rice Krispie Squares (Purchased)	Diced Pears	Fresh Fruit (Melon)	Fruit Cocktail	Yogurt
S u p p e r	<i>Entrée</i>	Beef Stoganoff with Egg Noodles	Sweet & Sour Meatballs on Rice	BBQ Pork Riblet with baked potato and fixings green onions, bacon bits, sour cream)	Beef Stew with Home Baked Vienna Bun	Roasted Salmon Fillet or Chicken Breast and Herbed Rice	Chicken Strips with Plum Sauce & Steak Fies	Roast Beef with Gravy and Mashed Potato & Yorkshire Pudding
	<i>Vegetable</i>	Peas	Julienne Carrots	Tossed Salad	Green Beans	California Mixed Vegetables	Italian Mixed Vegetables	Turnips
	<i>Dessert</i>	Home Baked Cookie	Pound Cake (purchased) with Strawberry Sauce	Mandarine Orange (Canned or fresh when available)	Home Made Baking	Sorbet	Caramel Vanilla Swirl Cake (Purchased)	Coconut Cream Pie

Alternate Options:

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