

Nov 2 – 8, Nov23 – 29, Dec 14 – 20, Jan 4 – 10, Jan 25 – 31, Feb 15 – 21, Mar 8 – 14, March 29 – Apr 4, Apr 19 – 25, May 10 - 16

	MONDAY Day 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5	SATURDAY Day 6	SUNDAY Day 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
JUICE (4 oz)	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice
HOT CEREAL (6 oz)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)
PROTEIN	Poached Egg (Boiled Egg)	Boiled Egg (Scrambled Egg)	Scrambled Egg (Boiled Egg)	Boiled Egg (Scrambled Egg)	Scrambled Egg (Boiled Egg) Bacon	Boiled Egg (Scrambled Egg)	Boiled Egg (Scrambled Egg)
STARCH	Toast/Raisin Toast	Pancakes (1 st Floor) Toast/Raisin Toast (Rest of floors)	Assorted Muffins (Toast / Raisin Toast)	Toast/Raisin Toast	English Muffin Toast/Raisin Toast	Toast/Raisin Toast	Freshly Baked Pastry Toast /Raisin Toast
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SOUP (6 oz)	Chicken Rice Soup	Tomato & Bean Bisque Soup	Beef Barley Soup	Corn Chowder Soup	French Canadian Pea Soup	Cream of Broccoli Soup	
SALAD (4 oz)		Mixed Green Salad (1 st Choice)	Turkey Sausage	Spinach Salad w/ Poppy seed Dressing (Regular 1 st choice)	Coleslaw (1 st Choice)	1 st Choice: Caesar Salad (Regular)	Hamburger Soup With Spinach and Feta Bistro Or Bread / Margarine
MAIN ENTRÉE	Fish Stick with choice of garlic aioli or available condiments	1 st - Assorted Sandwich <i>See sandwich options below</i>	French Toast With Raspberry Drizzle & Whip Topping Syrup	2 nd Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)	Gluten Free Cod Nuggets Tartar Sauce	Chicken Burger on bun With Condiments	
STARCH	Seasoned Steak Fries	2 nd –Grilled Liver with Onions & Gravy Mashed Potatoes		Grilled Ham & Swiss Cheese	Seasoned Steak Fries	Mashed Potatoes / gravy (2 nd Choice)	
VEGETABLES (3 oz)	Sunrise Vegetable Pureed: Green Beans	Buttered Carrots Pureed: Carrots	Mango Yogurt Parfait	Dill Pickle (1 wedge per serving)	Pureed: Buttered Squash	2 nd Choice – Italian Mix (Dysphagia Soft, Minced) Pureed: Beets	Fresh Fruit (Honeydew)
DESSERT (4 oz)	Fruit Cocktail	Rice Pudding		Pureed: Peas		Diced Peaches & Pears	
				Diced Pears	Orange Sorbet		
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Chicken Alfredo Casserole	Pork Bites in Orange Ginger Sauce 2 nd option – Tofu bites in orange ginger sauce	Meatloaf with Resident Choice of Gravy or Condiments on unit (<i>meatloaf with puree pulses</i>)	Lemon & Herb Chicken Breast	Spaghetti & Meat Sauce	Pork Chop with choice of Mushroom Sauce or Gravy	Shaved Roast Turkey /Gravy Cranberry Sauce
STARCH (#20)	Vienna Bun Or Bread / Margarine	Steamed Rice	Herb Roasted Potatoes (Red Potatoes)	Mashed Potatoes	Garlic Bread	2 nd Option: Beef Patty	Mashed Potatoes
VEGETABLES (3 oz)	Buttered Broccoli Pureed: Broccoli	Winter Mix Pureed: Brussels Sprouts	Whipped Turnip Pureed: Buttered Turnips	Sunrise Vegetable Pureed: Broccoli	California Mixed Vegetables Pureed: Green Beans	Mashed Potatoes	Pick of the Day Pureed: Peas
DESSERT (4 oz)	Lemon Buttermilk Cake	Diced Peaches	Vanilla Oreo Cheesecake	Traditional Spiced Pie with whip Topping	Fresh Fruit (Cantaloupe)	Diced Carrots Pureed: Carrots	Chocolate Fudge Cake
						Gingerbread Cake with Warm Lemon Sauce	
SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES
	Egg Salad	<i>Egg Salad on brown bread</i>	Crab Salad	Beef Salad	Shaved Ham & Mustard	Slice Cheese & Lettuce	Egg Salad
	Cream Cheese & Dill	<i>Turkey Salad on white tortilla wrap</i>	Egg Salad	Egg Salad	Egg Salad	Egg Salad	Chicken Salad
		<i>Cheese, Tomato & Lettuce on multigrain bread</i>	Cream Cheese & Cucumber	Bologna			
		<i>Shaved Beef on brown bread/multigrain</i>					

Nov 9 – 15, Nov 30 – Dec 6, Dec 21 – 27, Jan 11 – 17, Feb 1 - 7, Feb 22 – 28, Mar 15 – 21, Apr 5 - 11, Apr 26 – May2 , May 17- 23

	MONDAY Day 8	TUESDAY Day 9	WEDNESDAY Day 10	THURSDAY Day 11	FRIDAY Day 12	SATURDAY Day 13	SUNDAY Day 14
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
JUICE (4 oz)	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice	Juice of Choice
HOT CEREAL (6 oz)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)	Rolled Oats with Flax (Cream of Wheat)	Cream of Wheat with Flax (Rolled Oats)
PROTEIN	Poached Egg (Scrambled)	Boiled Egg (Scrambled Egg)	Scrambled Egg (Boiled Egg)	Boiled Egg (Scrambled Egg)	Scrambled Egg (Boiled Egg)	Boiled Egg (Scrambled Egg)	Scrambled Egg (Boiled Egg)
STARCH	Toast/ Raisin Toast	Pancakes (2 nd Floor) Toast/Raisin Toast (Rest of floors)	Assorted Muffins (Toast/Raisin Toast)	Toast/Raisin Toast	Bacon English Muffin (Toast/Raisin Toast)	Toast/Raisin Toast	Freshly Baked Pastry Toast/Raisin Toast
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SOUP (6 oz)	Lentil Soup	Oriental Chicken Noodle Soup	Cream of Mushroom Soup	Borscht Soup	Italian Chicken Bean Soup	Bean & Vegetable Bisque	Hearty Vegetable & Chicken Lentil Soup
SALAD (4 oz)	Marinated Cucumber Salad (1 st Choice)	1 st Choice: Tossed Salad (Regular)	Pork BBQ Riblette	Polish Sausage	Caesar Salad (1 st Choice)	Grilled Cheese Sandwich With Bread & Butter Pickles (4 each)	With Leek Parmesan Bistro Or Bread / Margarine
MAIN ENTRÉE	Lemon Pepper Cod Tartar Sauce	Home-Style Chili with Shredded Cheese	Mashed Potatoes	Pyrogies Diced Onions, Bacon, Sour Cream	Meat Lasagna	Broccoli Pureed: Broccoli	
STARCH (#20)	Seasoned Steak Fries	Corn Muffin (Bake on Unit)	Kernel Corn Pureed: Corn	Rice Cabbage Roll (1 st Choice)	Garlic Bread	Yogurt Parfait (Mixed Berries & Yogurt)	Fruit Cocktail
VEGETABLES (3 oz)	Pureed – pureed squash	Reg 2 nd – Choice Buttered Peas (Dysphagia Soft, Minced & Pureed are to receive Hot Veg)	Jello with whip topping (Thickened Fluids & Vegetarian – Mocha Mousse)	Pureed: Cabbage Rolls	2 nd Choice – Pick of the Day (Dysphagia Soft, Minced & Pureed are to receive Hot Veg) Pureed: Yellow Wax Beans		
DESSERT (4 oz)	Mandarin Orange	Butterscotch Ice Cream		Diced Peaches	Fresh Fruit in Season (Fresh Fruit Salad – Pails) Modified Textures – Canned Pears		
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Shepherd's Pie (Homemade)	Oven Baked Chicken (Bone In Thigh + Drumstick)	Battered Chicken Balls with Sweet & Sour Sauce	Salmon Burger 2 nd option – Beef Burger With choice of condiments	Roasted Chicken Breast with Resident Choice of Creamy Spinach Mushroom Sauce or Condiments on unit	Plain Meatballs (Beef) with Resident Choice of Cranberry Sauce, Gravy OR Condiments on unit	Shaved Festive Baked Ham with Resident Choice of Pineapple Glaze OR Condiments on unit 2 nd option – Chicken Breast
STARCH (#20)	Beets Pureed: Beets	Cheesy Baked Barley	Steamed Rice (Pureed – Mashed Potatoes)	Seasoned Steak Fries	Steamed Rice	Steamed Rice	Creamy Scalloped Potatoes
VEGETABLES (3 oz)		Brussel Sprouts Pureed: Brussel Sprouts	Oriental Vegetables Pureed: Carrots	Cauliflower with cheese sauce Pureed: Cauliflower with cheese sauce	Julienne Carrots Pureed: Carrots	Buttered Squash Pureed: Squash	Buttered Peas Pureed: Peas
DESSERT (4 oz)	Date Square	Strawberries & Rhubarb with whip topping	Fruit Cocktail	Butter Tart	Warm Chocolate Banana Bread Pudding with Vanilla Sauce	Vanilla Bean Cake	Pumpkin Pie/ Whipped Topping
SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES
	Egg Salad Cream Cheese & Dill	Turkey Salad Egg Salad Swiss Cheese, Lettuce & Mayo	Bologna Egg Salad Peanut Butter & Banana	Shaved Beef & Mustard Egg Salad Tomato & Lettuce	Egg Salad Chicken Salad Sliced Cheese & Mayo	Crab Salad Egg Salad	Salmon Salad Egg Salad

CAPITALCARE DICKINSFIELD FALL & WINTER MENU 2020-2021

MENU SUBJECT TO CHANGE

Edited: 1/11/2021

	<p>Egg Salad Sliced Cheese, Lettuce & Mayo</p>	<p>Egg Salad Beef Salad Shaved Ham, Mustard & Lettuce</p>	<p>Shaved Beef & Mustard Turkey Salad Egg Salad</p>	<p>Egg Salad Bologna & Cheese Crab Salad</p>	<p>Shaved Turkey, Mayo, Cranberry & Lettuce Egg Salad Cream Cheese & Dill</p>	<p>Salmon Salad Egg Salad</p>	<p>Tuna Salad Egg Salad</p>
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