

WEEK 1 Oct 25 – 31, Nov 15 – 21, Dec 6 – 12, Dec 27 – Jan 2, Jan 17 – 23, Feb 7 – 13, Feb 29 – Mar 6, Mar 21 – 27, Apr 11 – 17, May 2 - 8

	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	Fresh Pancakes (1 st Floor) <i>Purchased Pancakes (rest of floor)</i>	Assorted Muffins (Toast / Raisin Toast)	Toast/Raisin Toast	English Muffin Toast/Raisin Toast	Toast/Raisin Toast	Freshly Cinnamon Buns Toast /Raisin Toast
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SOUP (6 oz)	Chicken Rice Soup	Tomato & Bean Bisque Soup	Beef Barley Soup	Autumn Butternut Squash	French Canadian Pea Soup	Cream of Broccoli Soup	Hamburger Soup With Spinach and Feta Bistro Or Bread / Margarine
SALAD (4 oz)		Mixed Green Salad (1 st Choice)	Turkey Sausage	Spinach Salad w/ Poppy seed Dressing (<u>Regular</u> 1 st choice)	Gluten Free Cod Nuggets Tartar Sauce	1 st Choice: Caesar Salad (Regular)	
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 Strawberry Sauce & Whip Topping/Syrup	2 nd Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)	Seasoned Steak Fries	Chicken Burger on bun With Condiments	
STARCH	Sweet Potato Fries	2 nd –Grilled Liver with Onions & Gravy	Mango Yogurt Parfait	Grilled Ham & Swiss Cheese	Green Beans Pureed: Squash	Mashed Potatoes / gravy (2 nd Choice)	Fresh Fruit (Honeydew)
VEGETABLES (3 oz)	Paradiso Blend Vegetable Pureed: Green Beans	Mashed Potatoes		Dill Pickle (1 wedge per serving)	Chocolate Chip Cookie (Baked on Unit)	2 nd Choice – Italian Mix (Dysphagia Soft, Minced) Pureed: Beets	
DESSERT (4 oz)	Fruit Cocktail	Buttered Carrots Pureed: Carrots		Diced Pears		Diced Peaches & Pears	
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
MAIN ENTRÉE	Chicken Alfredo Casserole	Pork Bites in Sweet & Sour Sauce 2 nd option – Tofu bites in Sweet & Sour Sauce	Meatloaf with Resident Choice of Gravy or Condiments on unit (<i>meatloaf with puree pulses</i>) <i>MD – Meatballs with BBQ Sauce on side</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: Butternut Squash	Cauliflower with cheese sauce Pureed: Cauliflower with cheese sauce	Paradiso Blend Vegetable Pureed: Brussels Sprouts	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
SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES
	Egg Salad Cream Cheese & Dill	<i>Egg Salad on brown bread</i> <i>Turkey Salad on white tortilla wrap</i> <i>Cheese, & Lettuce on multigrain bread</i> <i>Shaved Beef on brown bread/multigrain</i>	Crab Salad Egg Salad Cream Cheese & Cucumber	Beef Salad Egg Salad Bologna	Shaved Ham & Mustard Egg Salad	Slice Cheese & Lettuce Egg Salad	Egg Salad Chicken Salad

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