

FALL WINTER RESIDENT MENU 2020 - 2021

Regular Menu: Week 1 at a glance

Nov 2-8, Nov 23-29, Dec 14-20, Jan 4-10, Jan 25-31, Feb 15-21, Mar 8-14, Mar 29-Apr 4, Apr 19-25, May 10-16

*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
LUNCH							
SOUP	Beef Noodle	Autumn Butternut Squash	Cream of Mushroom	Pork and Shrimp Wonton	Cream of Chicken	Rosemary Bean	Harvest Vegetable
SALAD	Coleslaw	Tossed Salad	Garden Salad	Crunchy Asian	Shredded Lettuce	Caesar Salad	Citrus Salad
MAIN ENTRÉE	Cod Nuggets/ Tartar Sauce	Sausage Skillet	Mexican Fajita Salsa/Sour Cream	Ginger Pork	Homestyle Beef Burger Mustard/Relish	Macaroni Cheese	Chicken Shanghai Noodles
STARCH	Tater Tots/Ketchup			Chow Mein Noodles	French Fries		
VEGETABLE	Diced Carrots	Broccoli	Yellow Wax Beans	Oriental Style Vegetables	Lettuce/Red Onion/Tomato	Stewed Tomatoes	Vegetarian Egg Roll/ Plum Sauce
DESSERT	Fresh Fruit	Apricots	Mello Jello	Fresh Fruit	Diced Pears	Fresh Fruit	Diced Peaches
SUPPER							
MAIN ENTRÉE	Pork Schnitzel/Gravy	Bourbon Chicken	Pork Souvlaki	Beef Stew	Crispy Chicken Drumsticks	Crusted Cod Fillet	Roast Beef/ Gravy
STARCH	Swarties Potatoes	White Rice	Greek Potatoes	Dumplings	Baked Potato Sour Cream/ Bacon/Onion	Rice Pilaf	Garlic Mashed Potatoes
VEGETABLE	Italian Mix Vegetables	PEI Vegetable Medley	Montego Vegetables	Peas	Mexi-Corn	Cauliflower/ Cheese Sauce	Parsnips
DESSERT	Fruit Strudel (Baked on the Neighbourhoods)	Banana Cake	Dutch Brownie	Pound Cake with Orange Glaze	Custard	Vanilla Ice Cream	Harvest Apple Pie
<p>Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Etc.). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Hot and Cold Beverages offered at Breakfast, Lunch and Supper</p>							

FALL WINTER RESIDENT MENU 2020 – 2021

Regular Menu: Week 2 at a glance

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-May 2, May 17-23

*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
LUNCH							
SOUP	Potato Chowder	Borscht/ Sour Cream	Beef Barley	Minestrone	Boston Clam Chowder	Rustic Lentil	Cream of Tomato
SALAD	Spring Mix	Dilled Cucumber Salad	Grilled Chicken Caesar Salad	Greek Salad	Taco Salad (Seasoned Ground Beef/Shredded Cheese/Salsa/ Sour Cream)	Garden Salad	Tossed Salad
MAIN ENTRÉE	Beef Stir Fry	Ukrainian Sausage		Chef's Choice Pizza		Chicken a la King	Spinach and Cheese Quiche
STARCH	White Rice	Pyrogies Onions/Bacon/ Sour Cream	Garlic Bread (Baked on the Neighbourhood)		Tortilla Chip Garnish	Dinner Roll/ Margarine	
VEGETABLE	Green Beans	Cabbage Roll		Sliced Tomato Garnish	Bed of Lettuce	Julienne Carrots	PEI Vegetable Medley
DESSERT	Fresh Fruit	Tropical Fruit Salad	Pineapple Cloud	Fresh Fruit	Diced Peaches	Fresh Fruit	Fruit Cocktail
SUPPER							
MAIN ENTRÉE	Salmon with Lemon Dill Sauce	Chicken Cacciatore	Corned Beef/ Mustard	Meatloaf/ Savory Gravy	Sweet and Sour Chicken Balls	Zesty Meat Sauce Parmesan Cheese	Maple Glazed Baked Ham
STARCH	Herb Roasted Potatoes	Focaccia Bread	Parsley Boiled Potatoes	Mashed Potatoes	Steamed White Rice	Rotini Noodles	Scalloped Potatoes
VEGETABLE	Stewed Zucchini	Italian Mixed Vegetables	Braised Red Cabbage	Harvard Beets	Oriental Style Vegetables	Broccoli	Brussel Sprouts
DESSERT	Fruit Stick (Baked on the Neighbourhood)	Nanaimo Bar	Rice Pudding	Strawberry Ice Cream	Mini Cream Puffs	Swiss Mocha Mousse	Pumpkin Pie

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

FALL WINTER RESIDENT MENU 2020 – 2021

Regular Menu: Week 3 at a glance

Nov 16-22, Dec 7-13, Dec 28-Jan 3, Jan 18-24, Feb 8-14, Mar 1-7, Mar 22-28, Apr 12-18, May 3-9, May 24-30

*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
LUNCH							
SOUP	Tuscan Turkey	Cream of Coconut Chicken	Zucchini Tomato	Split Pea	Cream of Vegetable	Chicken Noodle	Roasted Red Pepper
SALAD	Beet Salad	Zesty Coleslaw	Spring Mix Salad	Caesar Salad	Tomato Cucumber Salad	Tossed Salad	Citrus Salad
MAIN ENTRÉE	Pulled Pork on a Bun	Krunchie Haddock/ Tartar Sauce	Butter Chicken Thigh	Vegetarian Lasagna	Chicken Strips/ Plum Sauce	Homestyle Beef Chili	Cheese Omelet
STARCH		Hot Potato Salad	Warm Naan Bread		Sweet Potato Fries/ Garlic Aioli	Dinner Bun	Pan Fried Potatoes
VEGETABLE	Italian Mixed Vegetables	Julienne Carrots	PEI Vegetable Medley	Cherry Tomato	Peas	Yellow Beans	Pick of the Day
DESSERT	Fresh Fruit	Diced Pears	Fruit Cocktail	Fresh Fruit	Diced Peaches	Fresh Fruit	Strawberry Rhubarb
SUPPER							
MAIN ENTRÉE	Teriyaki Chicken Drumsticks	Mushroom Meatballs	English Banger Pork Sausage	Shepherd's Pie/ Gravy	Savoury Lemon Sole	Honey Garlic Pork	Cranberry Chicken
STARCH	Fried Rice	Egg Noodles	Potato Haystack/ Sour Cream		Italian Potato Bake	Steamed White Rice	Roasted Red Potatoes
VEGETABLE	Oriental Style Vegetables	Green Beans	Garden Mix Vegetables	Corn	Diced Squash	Winter Mix Vegetables	Sweet Mashed Turnip/Carrot
DESSERT	Home Baked Cookie (Baked on the Neighbourhoods)	German Chocolate Cake	Butterscotch Ice Cream	Tiramisu Mousse	Date Square	Carrot Cake	Butter Tart

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