

SEASONAL RESIDENT MENU 2023-24 CAPITALCARE NORWOOD

Regular Menu: Week 1 at a Glance DATES: July 10, 31 Aug 21, Sept 11, Oct 2, 23, Nov 13, Dec 4, 25, Jan 15, Feb 5, 26, Mar 18, April 8, 29, May 20, June 10 *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	Tomato Juice	Beef Barley	Mushroom Vegetable	Tortilla	Turkey Vegetable	Cream of Tomato	Minestrone
SALAD	Apple Coleslaw	KFC Style Salad	Salinas Salad	Mexican Salad		Creamy Cucumber Salad	Grilled Chicken Caesar Salad
MAIN ENTRÉE	Assorted Sandwich Platter	Chicken Pancit Noodles	Chef's Choice Pizza	Chicken Fajita Wraps with Sour Cream and Salsa	Sloppy Joe on a Bun With Cheddar Cheese	Grilled Ham and Cheese Sandwich	
STARCH	Turkey/ Bologna/ Egg Salad/ Sliced Cheese & Tomato	Vegetarian Spring Roll					Toasty Garlic Bread (Baked on the Neighbourhoods)
VEGETABLE		Oriental Mixed Vegetables	Cherry Tomatoes	Mexi-Corn	Potato Salad	Bread & Butter Pickle Slice	
DESSERT	Seasonal Fresh Fruit	Diced Pears	Fruit Cocktail	Seasonal Fresh Fruit	Apricots	Seasonal Fresh Fruit	Strawberry Rhubarb
SUPPER							
MAIN ENTRÉE	Beef & Macaroni Casserole	Bone In BBQ Pork Ribs	Corned Beef with Mustard	Cantonese Pork	Sole Fillet with Dill Sauce	Beef Stroganoff	Pork Loin in Creamy Garlic and Tarragon Sauce
STARCH		Greek Potatoes	Parsley Scalloped Potato	Steamed White Rice	Roasted Red Potatoes	Egg Noodles	Steak Fries
VEGETABLE	Julienne Carrots	Broccoli	Braised Cabbage	Pick of the Day Veg	Cauliflower and Cheese Sauce	Summer Peas	New England Vegetables
DESSERT	Angel Food Cake/Strawberries & Whip Topping	Apple Strudel	Homemade Rice Pudding	Boston Cream Cake	Cheesecake with Caramel Sauce	Chocolate Ice Cream	Homemade Cherry Crisp

Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Scone). Selections will vary by day.
 Assorted Sandwiches offered at Lunch and Supper
 Hot and Cold Beverages offered at Breakfast, Lunch and Supper.

SEASONAL RESIDENT MENU 2023-24 CAPITALCARE NORWOOD

Regular Menu: Week 2 at a Glance DATES: July 17, Aug 7, 28, Sept 18, Oct 9, 30, Nov 20, Dec 11, Jan 1, 22, Feb 12, Mar 4, 25, April 15, May 6, 27, June 17 *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	Country Harvest Vegetable	Chicken Noodle	Bean Medley	Cabbage Roll	Beef Vegetable	Cream of Potato & Leek	Cream of Mushroom
SALAD	<u>Ham Salad Plate</u> Shredded Lettuce Sliced Ham Sliced Cheddar Cheese	Coleslaw	Citrus Salad	<u>Chef Salad</u> Lettuce/Tomato/ Cucumber/Shredded Cheese Diced Ham & ½ Boiled Egg	Tossed Salad	Marinated Vegetable Salad	Beef Lasagna
MAIN ENTRÉE	Pasta Salad Crackers	Cheese Smokie with Bun/Mustard/Relish	Macaroni and Cheese	Fresh Baked Croissant	Chicken Strips with Honey Mustard Sauce	Grilled Reuben Sandwich	Garlic Bread
STARCH	Sweet Pickles	Fried Sweet Onions	Stewed Tomato	Italian Vegetables	Tater Tots with Ketchup	Dill Pickle Slices	Caesar Salad
VEGETABLE	Seasonal Fresh Fruit	Diced Peaches	Tropical Fruit Salad	Seasonal Fresh Fruit	Diced Pears	Seasonal Fresh Fruit	Fruit Ambrosia
DESSERT							
SUPPER							
MAIN ENTRÉE	Honey Garlic Drumsticks	Asian Glazed Salmon	BBQ Meatloaf	Sweet and Sour Chicken Balls	Southern Style Haddock Fillet	Chicken Stir Fry	Orange Glazed Baked Ham
STARCH	Baked Potato (Green Onion, Bacon Bits, Sour Cream)	Roasted Potatoes	Mashed Potatoes	Chow Mein Noodles	Rice Pilaf	Green Onion Cake	Scalloped Potatoes
VEGETABLE	Corn on the Cob	PEI Vegetables	Cauliflower	Asian Vegetable Mix	Julienne Carrots	Bistro Blend Vegetables	Brussel Sprouts
DESSERT	Homemade Steamed Bread Pudding	Homemade Butter Tarts	Strawberry Ice Cream	Nanaimo Bars	Date Square	Raspberry Mousse	Lemon Meringue Pie

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SEASONAL RESIDENT MENU 2023-24 CAPITALCARE NORWOOD

Regular Menu: Week 3 at a Glance DATES: July 24, Aug 14, Spet 4, 25, Oct 16, Nov 6, 27, Dec 18, Jan 8, Feb 19, Mar 11, April 1, 22, May 13, June 3, 24

*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	Cream of Broccoli	Chicken Rice Soup	Cream of Carrot	Borscht with Sour Cream	Chicken Coconut	Tomato Macaroni	Roasted Red Pepper
SALAD		Greek Salad	Bed of Lettuce	Spring Mix Salad	Waldorf Salad	Kale Salad	Catalina Parmesan Salad
MAIN ENTRÉE	<u>Cold Plate</u> Cottage Cheese Tropical Fruit Salad Bed of Lettuce	Beef Burger on a Bun with Mustard/Relish	<u>Taco Salad</u> Seasoned Ground Beef, Shredded Cheese, Salsa, Sour Cream	Ukrainian Sausage	Battered Home-style Fish with Tartar Sauce	Vegetable and Cheese Frittata	Hot Dog on a Bun Ketchup/Mustard/Relish
STARCH	Slice of Banana Loaf	Lettuce/ Tomato/Pickles Sweet Potato Fries and Garlic Aioli	Tortilla Chip Garnish	Cabbage Roll Perogies Bacon and Sour Cream	Shoestring Fries and Ketchup	Diner Bun/Margarine	Fried Onions
VEGETABLE				Diced Onions	Julienne Carrots	Pick of the Day	Baked Beans
DESSERT	Strawberry Delight	Seasonal Fresh Fruit	Diced Pears	Seasonal Fresh Fruit	Diced Peaches	Seasonal Fresh Fruit	Pineapple Cloud
SUPPER							
MAIN ENTRÉE	Spaghetti with Meatballs and Sauce	Chicken Adobo	Ginger Pork	Crispy Chicken Drumstick	Pork Chop with Mushroom Sauce	Caribbean Chicken	Roast Turkey Gravy/ Cranberry Sauce
STARCH		White Steamed Rice	Chow Mein	Mashed Potatoes and Gravy	Egg Noodle	Herbed Potatoes	Mashed Potatoes
VEGETABLE	Parslied Cauliflower	Green Beans	Stir Fry Vegetables	Kernel Corn	Garden Peas	Zucchini	PEI Vegetables
DESSERT	Home Baked Cookie	Rice Krispie Square	Tapioca Pudding	Vanilla Ice Cream Bar	Strawberry Bismark Donut	Triple Fudge Cake	Banana Cream Pie

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