

**Regular Menu: Week 1 at a glance**

**\*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
<b>BREAKFAST</b>							
<b>JUICE</b>	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice
<b>CEREAL</b>	Cream of Wheat w. Flax Choice of Cold Cereal	Rolled Oats w. Flax Choice of Cold Cereal	Oat Bran Choice of Cold Cereal	Cream of Wheat w. Flax Choice of Cold Cereal	Rolled Oats w. Flax Choice of Cold Cereal	Oat Bran Choice of Cold Cereal	Cream of Wheat w. Flax Choice of Cold Cereal
<b>ENTREE</b>	Choice of Egg (poached, boiled, scrambled) Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Raisin Toast w. assorted Jam Hash Brown Patty	Choice of Egg (poached, boiled, scrambled) Fruit Pancake/Maple Syrup	Choice of Egg (poached, boiled, scrambled) Toast w. assorted Jam	Cheese Omelet Poached or Boiled Egg Bacon Toast w. assorted Jam
<b>Muffin of the Day</b>	Chocolate Banana Muffin	Blueberry Bran Muffin	Pineapple Muffin	Cranberry Muffin	Oatmeal Muffin	Lemon Poppy Seed Muffin	Bran Muffin
<b>LUNCH</b>							
<b>SOUP</b>	Hearty Bean Medley Soup	Minestrone Soup	Chicken Noodle Soup	Homemade Tomato Bisque	Clam Chowder Soup	Roasted Red Pepper Soup	Beef Vegetable Soup
<b>SALAD</b>	Homemade Potato Salad	Tossed Salad w. choice of dressing	Waldorf Salad	Tossed Salad	Pickled Beet Salad	Garlic Tomato Salad	
<b>ENTREE</b>	Assorted Sandwich & Wrap Platter	Montecristo Sandwich Dill Pickle	Bacon Lettuce Tomato Sandwich Fries	Hot Hamburger Sandwich/Gravy	Breaded Chicken Burger on a Bun Lettuce, Tomato, Mayo Steak Fries/Ketchup	Egg Ham Cheese Melt on ½ English Muffin w. Hollandaise Sauce	Chicken Caesar Salad Oven Baked Garlic Bread
<b>DESSERT</b>	Diced Pears	Diced Peaches	Strawberry Pudding w. Whipped Topping	Fruit Cocktail	Banana	Mandarin Oranges	Pineapple Cloud
<b>SUPPER</b>							
<b>ENTREE</b>	BBQ Rib or Honey Garlic Or Beef Pot Pie	Swedish Meatballs Or Chicken Oscar Topped with Crab & Hollandaise Sauce	Tourtiere/Gravy Or Garlic Parmesan Chicken Thigh	Breaded Pork Chop Or Shaved Beef/Gravy	Grilled Garlic Sausage or Herb Roasted Chicken Drumstick	Steamed Lemon Pepper Haddock Or Beer & Macaroni Casserole	Shaved Turkey/Stuffing/Cranberry Sauce
<b>STARCH</b>	Baked Potato (sour cream, bacon bits, grn onion)	Scalloped Potato	Mashed Potato/Gravy	Fingerling Potato	Perogies (Bacon, Onion, Sour Cream)	Oven Roasted Potato	Mashed Potato/Gravy
<b>VEGETABLE</b>	Garden Peas	Diced Carrots	Brussel Sprouts	Cauliflower w. Cheese Sauce	Cabbage Roll/Tomato Sauce	Green Beans	Brown Sugar Turnip
<b>DESSERT</b>	Carrot Cake w. Cream Cheese Icing	Orange Sherbet	Chocolate Cream Pie	Oven Baked Cherry Crisp	Ice Cream Dixie (Vanilla, Strawberry, Butterscotch, Chocolate)	Angel Food Cake w. Strawberries & Topping	Pumpkin Tart w. Whipped Topping

Assorted Sandwiches offered at Lunch & Supper

Dessert Cart offered at Lunch & Supper

Beverage Cart (hot & cold) offered at Breakfast, Lunch & Supper

**Regular Menu: Week 2 at a glance**

**\*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
<b>BREAKFAST</b>							
<b>JUICE</b>	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice
<b>CEREAL</b>	Rolled Oats w. Flax Choice of Cold Cereal	Oat Bran Choice of Cold Cereal	Cream of Wheat w. Flax Choice of Cold Cereal	Rolled Oats w. Flax Choice of Cold Cereal	Oat Bran Choice of Cold Cereal	Cream of Wheat w. Flax Choice of Cold Cereal	Rolled Oats w. Flax Choice of Cold Cereal
<b>ENTREE</b>	Choice of Egg (poached, boiled, scrambled)  Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Ham Slice/Hash Brown Patty Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Raisin Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Pancake/Maple Syrup	Choice of Egg (poached, boiled, scrambled) Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Bacon Toast w. assorted Jam
<b>Muffin of the Day</b>	Chocolate Chip Muffin	Cranberry Bran Muffin	Carrot Raisin Muffin	Blueberry Oatmeal Muffin	Pumpkin Muffin	Raisin Bran Muffin	Mini Cinnamon Bun
<b>LUNCH</b>							
<b>SOUP</b>	Irish Potato Chowder Soup	Mulligatawny Soup	Cabbage Roll Soup	Vegetable Soup	Dill Pickle Soup	Chicken Mushroom Soup	Beef Barley Soup
<b>SALAD</b>		Mexican Salad	BLT Salad	Creamy Coleslaw	Salinas Salad	Mixed Greens	Tossed Salad
<b>ENTREE</b>	Pulled Pork/Bun Macaroni Salad	Turkey Stew Cheese Tea Biscuit	Beef Dip Sandwich with Au Jus	Grilled Pork Sausage  Potato Pancake w. Sour Cream	Grilled Ham & Cheese Sandwich	Grilled Corn Beef & Swiss Sandwich Gourmet Onion Rings	Western Wrap with Salsa  Tater Tots
<b>DESSERT</b>	Mandarin Orange Sections	Jello w. Whipped Topping	Vanilla Pudding w. Whipped Topping	Banana	Diced Peaches	Diced Pears	Fruit Cocktail
<b>SUPPER</b>							
<b>ENTREE</b>	Chicken Picatta Or South Style Pork/Gravy	Crispy Chicken Drumstick Or Liver & Onions	Sweet & Sour Pork Bites Or Honey Garlic Pork Bites Baked Sole Filet	Spaghetti & Meat Sauce/Spaghetti Meatballs Or Lemon Lime Chicken	Roasted Chicken Thigh w. Mushroom Sauce or Fish n Chips w. Tartar Sauce/Lemon	Homemade Beef Stew Or Octoberfest Sausage w. Mustard	Festival Baked Ham or Asian Glazed Salmon
<b>STARCH</b>	Scalloped Potato	Mashed Potato	Steamed Rice	Oven Baked Garlic Bread	Steak Fries	Brioche Dinner Bun	Cheesy Mashed Potatoes
<b>VEGETABLE</b>	Baked Squash	Creamed Corn	Cauliflower	Broccoli	Green beans w. Sautéed Onions	Sunrise Mix Vegetable	Crinkle Cut Carrots w. Dill
<b>DESSERT</b>	Swiss Mocha Pudding	Apple Caramel Tart w. Ice Cream	Lemon Cream Cake	Creamy Cheesecake Blueberry/Cherry/Strawberry	Tiramisu Mousse	Oven Baked Apple Crisp	Steamed Bread Pudding w. Vanilla Sauce

Assorted Sandwiches offered at Lunch & Supper

Dessert Cart offered at Lunch & Supper

Beverage Cart (hot & cold) offered at Breakfast, Lunch & Supper

**Regular Menu: Week 3 at a glance**

**\*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
<b>BREAKFAST</b>							
<b>JUICE</b>	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice
<b>CEREAL</b>	Oat Bran Choice of Cold Cereal	Cream of Wheat w. Flax Choice of Cold Cereal	Rolled Oats w. Flax Choice of Cold Cereal	Oat Bran Choice of Cold Cereal	Cream of Wheat w. Flax Choice of Cold Cereal	Rolled Oats w. Flax Choice of Cold Cereal	Oat Bran Choice of Cold Cereal
<b>ENTREE</b>	Choice of Egg (poached, boiled, scrambled)  Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Pancakes/Maple Syrup Sausages	Choice of Egg (poached, boiled, scrambled) Sliced Ham Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Toast w. assorted Jam Hash Brown Patty	Choice of Egg (poached, boiled, scrambled) Pancake/Maple Syrup	Choice of Egg (poached, boiled, scrambled) Raisin Toast w. assorted Jam	Western Omelet Poached or Boiled Egg Bacon Toast w. assorted Jam
<b>Muffin of the Day</b>	Oatmeal Cranberry Muffin	Blueberry Muffin	Carrot Raisin Muffin	Banana Muffin	Lemon Poppyseed Muffin	Bran Muffin	Mixed Fruit Muffin
<b>LUNCH</b>							
<b>SOUP</b>	Cream of Mushroom Soup	Split Pea Soup	Borscht	Cream of Carrot Soup	Wonton Soup	Harvest Vegetable Soup	Cream of Tomato Soup
<b>SALAD</b>	Tossed Greens	Pasta Salad	Pineapple Coleslaw			Cucumber Salad w. Dill Dressing	Tossed Salad
<b>ENTREE</b>	Baked Macaroni & Cheese	Sloppy Joe on ½ Burger Bun	Chicken/Tuna Melt	Cold Plate Sliced Ham/ Cheddar Slice/ Potato Salad Oven Baked Croissant	Chicken or Shrimp Fried Rice  Pork Spring Roll w. Plum Sauce	Baked Cannelloni w. Tomato Sauce	Grilled Cheese Sandwich  Pickle Spear
<b>DESSERT</b>	Butterscotch Pudding	Diced Pears	Diced Peaches	Banana	Vanilla Greek Yogurt	Fruit Cocktail	Mandarin Orange
<b>SUPPER</b>							
<b>ENTREE</b>	Homestyle Chili w. Shredded Cheese Or Roast Pork w. Onions/Gravy	Beef Stroganoff Or Butter Chicken	Baked Sundried Tomato Pork Chop Or Homemade Beef Lasagna	Cream Cheese Shrimp & Mushroom Linguini Or Chicken Parmesan	Honey Garlic Pork Cutlet or Lemon Pepper Baked Haddock	Ginger Beef Or Pineapple Chicken Balls	Roast Beef & Yorkshire Pudding or Glazed Pork Kebab
<b>STARCH</b>	Vienna Bun	Egg Noodles	Oven Creamer Potato	Oven Baked Cheese Bread	Schwarties Potato	Steamed Rice	Mashed Potatoes
<b>VEGETABLE</b>	Cauliflower	Peas	Broccoli & Cheese Sauce	Caesar Salad	Julienne Carrot	Stir Fry Vegetables	Fall Vegetable Medley
<b>DESSERT</b>	Homemade Cranberry Orange Cookies	Trifle	Rice Pudding	Chocolate Zucchini Cake	Rhubarb Custard Tart	Oven Baked Mini Danish	Hot Apple Pie Ala Mode w. Ice Cream

Assorted Sandwiches offered at Lunch & Supper

Dessert Cart offered at Lunch & Supper

Beverage Cart (hot & cold) offered at Breakfast, Lunch & Supper

**Regular Menu: Week 4 at a glance**

**\*Menu Subject to Change**

WEEK 4	MONDAY – Day 22	TUESDAY – Day 23	WEDNESDAY – Day 24	THURSDAY – Day 25	FRIDAY – Day 26	SATURDAY – Day 27	SUNDAY – Day 28
<b>BREAKFAST</b>							
<b>JUICE</b>	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice	Assorted Chilled Fruit Juice
<b>CEREAL</b>	Cream of Wheat w. Flax Choice of Cold Cereal	Rolled Oats w. Flax Choice of Cold Cereal	Oat Bran Choice of Cold Cereal	Cream of Wheat w. Flax Choice of Cold Cereal	Rolled Oats w. Flax Choice of Cold Cereal	Cream of Wheat w. Flax Choice of Cold Cereal	Oat Bran Choice of Cold Cereal
<b>ENTREE</b>	Choice of Egg (poached, boiled, scrambled)  Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Ham Slice Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Toast w. assorted Jam Hash Brown Patty	Choice of Egg (poached, boiled, scrambled) Cinnamon French Toast	Choice of Egg (poached, boiled, scrambled) Toast w. assorted Jam	Choice of Egg (poached, boiled, scrambled) Bacon Toast w. assorted Jam
<b>Muffin of the Day</b>	Cranberry Muffin	Blueberry Oatmeal Muffin	Chocolate Chip Muffin	Carrot Raisin Muffin	Pumpkin Muffin	Mixed Fruit Muffin	Mini Cinnamon Bun
<b>LUNCH</b>							
<b>SOUP</b>	Mushroom Barley Soup	Corn Chowder Soup	Chicken Gumbo Soup	Hamburger Soup	Butternut Squash Soup	Cream of Vegetable Soup	Tomato Macaroni Soup
<b>SALAD</b>	Marinated Coleslaw	Greek Salad		Marinated Vegetable Salad	Cucumber & Tomato Slices	Mixed Green Salad	Spinach Mandarin Salad
<b>ENTREE</b>	Boneless Chicken Wings w. Choice of Sauce Gourmet Onion Rings	Hot Beef/Turkey Sandwich w. Gravy	Mini All Beef Hot Dog (Lrg LH) Steak Fries Baked Beans	Quiche Mushroom/Lorraine/Broccoli Cheese	Assorted Pizza Vegetable or Chef's Choice	Crab Cake w. Hollandaise Sauce/Lemon Wedge	Chicken Strips w. Plum Sauce  Steak Fries
<b>DESSERT</b>	Diced Pears	Diced Peaches	Jello w. Whipped Topping	Fruit Cocktail	Banana	Mandarin Oranges	Watermelon
<b>SUPPER</b>							
<b>ENTREE</b>	Savoury Meatloaf/Gravy Or Steamed Salmon w. Mango Chutney	Pork Bites w. Pineapple Sauce Or BBQ Chicken Thigh	Stir Fry w. Vegetable Chicken or Beef	Mediterranean Turkey Sausage Or Beef Shepherd's Pie	Corn Flake Crusted Haddock or Maple Ginger Chicken	Pork Schnitzel Or Beef & Mushroom Tips	Hungarian Chicken or Baked Haddock Loin/Lemon Wedge
<b>STARCH</b>	Ranch Potato	Parsley Steamed Potato	Pad Thai (LH Spicy)  Steamed Noodles	Mashed Potato/Gravy	Steamed Rice	Egg Noodles	Cheesy Mashed Potatoes
<b>VEGETABLE</b>	Harvard Beets	Sauteed Mushroom		Pick of the Day Vegetable	Green Beans	Diced Carrots	Broccoli Crowns
<b>DESSERT</b>	Homemade Banana Cake	Black Forest Torte	Mini Danish	Berry Peach Crisp	Homemade Butter Tart	Chocolate Pudding Cake	Lemon Meringue Pie

Assorted Sandwiches offered at Lunch & Supper

Dessert Cart offered at Lunch & Supper

Beverage Cart (hot & cold) offered at Breakfast, Lunch & Supper