

**SEASONAL MENU 2026  
CAPITALCARE RESIDENTS' MENU**

<b>WEEK I</b>	<b>MONDAY Day 1</b> May 4, Jun 1, 29, Jul 27, Aug 24, Sep 21, Oct 19, Nov 16	<b>TUESDAY Day 2</b> May 5, Jun 2, 30, Jul 28, Aug 25, Sep 22, Oct 20, Nov 17	<b>WEDNESDAY Day 3</b> May 6, Jun 3, Jul 1, 29, Aug 26, Sep 23, Oct 21, Nov 18	<b>THURSDAY Day 4</b> May 7, Jun 4, Jul 2, 30, Aug 27, Sep 24, Oct 22, Nov 19	<b>FRIDAY Day 5</b> May 8, Jun 5, Jul 3, 31, Aug 28, Sep 25, Oct 23, Nov 20	<b>SATURDAY Day 6</b> May 9, Jun 6, Jul 4, Aug 1, 29, Sep 26, Oct 24, Nov 21	<b>SUNDAY Day 7</b> May 10, Jun 7, Jul 5, Aug 2, 30, Sep 27, Oct 25, Nov 22
<b>BREAKFAST</b>	<b>9:00 – 10:00</b>						
<b>JUICE</b>	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
<b>HOT CEREAL</b>	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal
<b>PROTEIN</b>	Scrambled Egg	Poached Egg Bacon	Hard Boiled Egg Diced Hashbrowns	Omelet	Scrambled Egg Sausage	Poached Egg	Hard Boiled Egg Bacon
<b>STARCH</b>	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
<b>LUNCH</b>	<b>12:30 – 1:30</b>						
<b>SOUP</b>	Roasted Red Pepper	Chicken Noodle	Beef Barley	Dill Pickle Soup	Creole Chicken Gumbo	Moroccan Vegetable	Beef & Zucchini
<b>SALAD</b>	Tossed Salad	Pickled Beet Salad	Garden Salad	Vegetable Sticks Ranch Dip	Coleslaw	Creamy Cucumber Salad	Bean Salad
<b>MAIN ENTRÉE</b>	Honey Mustard Chicken	Grilled Cheese Sandwich	Garlic Sausage	Chicken Pot Pie	Cod Nuggets Tartar Sauce	Monte Cristo Sandwich	Assorted Sandwiches Egg Salad Crab Salad on Croissant Shaved Turkey, Lettuce, Cheese & Mayo
<b>STARCH</b>	Rice		Perogies Diced Onions, Bacon Bits, Sour Cream		Steak Fries		
<b>VEGETABLES</b>	Asparagus	Bread & Butter Pickles	Parsley Steamed Carrots		Kernel Corn		
<b>DESSERT</b>	Tropical Fruit Salad	Jello <i>(Alternate Flavors)</i>	Mandarin Orange	Seasonal Fresh Fruit	Diced Pears	Seasonal Fresh Fruit	Diced Peaches
<b>SUPPER</b>	<b>5:00 – 6:00</b>						
<b>MAIN ENTRÉE</b>	BBQ Pork Ribs w/ Barbs Sauce	Cornflake Crusted Haddock <i>2<sup>nd</sup> option – Herb Roasted Chicken Breast</i>	Champagne Chicken	Beef Lasagna	Chicken Curry	Shepherd's Pie	Baked Ham Pineapple Sauce <i>2<sup>nd</sup> option – Chicken Breast w/pineapple sauce</i>
<b>STARCH</b>	<i>2<sup>nd</sup> option – Stuffed Broccoli Chicken Breast</i> Baked Potato		Mashed Potatoes		Rice		
<b>VEGETABLES</b>	<i>Sour Cream, Green Onions Coleslaw (Reg)</i> Zucchini (DS, Minced, Pureed)	Lyonnais Potatoes	Broccoli	Pick of the Day	Roasted Root Vegetables	Buttered Crinkle Cut Carrots	Scalloped Potatoes
<b>DESSERT</b>	Long John Donut	Peas	Mocha Mousse Cake	Mini Danish	Tapioca Pudding	Date Square	Green Beans Fruit Pie <i>(Alternate Flavours)</i>
<b>SANDWICHES</b>							
	Chicken Salad Egg Salad Peanut Butter and Jam	Shaved Ham, Cheese & Mustard Tuna Salad Egg Salad	Shaved Turkey, Lettuce, Tomato Egg Salad Peanut Butter and Jam	Egg Salad Sliced Cucumber with Herb & Garlic Cream Cheese Crab Salad	Shaved Ham, Swiss Cheese & Mustard Egg Salad Peanut Butter and Jam	Tuna Salad Chicken Salad Egg Salad	Crab Salad on Croissant Egg Salad Shaved Turkey, Cheese & Mayo

SUBJECT TO CHANGE

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CAPITALCARE RESIDENTS' MENU**

<b>WEEK II</b>	<b>MONDAY Day 8</b> May 11, Jun 8, Jul 6, Aug 3, 31, Sep 28, Oct 26, Nov 23	<b>TUESDAY Day 9</b> May 12, Jun 9, Jul 7, Aug 4, Sep 1, 29, Oct 27, Nov 24	<b>WEDNESDAY Day 10</b> May 13, Jun 10, Jul 8, Aug 5, Sept 2, 30, Oct 28, Nov 25	<b>THURSDAY Day 11</b> May 14, Jun 11, Jul 9, Aug 6, Sep 3, Oct 1, 29, Nov 26	<b>FRIDAY Day 12</b> May 15, Jun 12, Jul 10, Aug 7, Sep 4, Oct 2, 30, Nov 27	<b>SATURDAY Day 13</b> May 16, Jun 13, Jul 11, Aug 8, Sep 5, Oct 3, 31, Nov 28	<b>SUNDAY Day 14</b> May 17, Jun 14, Jul 12, Aug 9, Sep 6, Oct 4, Nov 1, 29
<b>BREAKFAST</b>	<b>9:00 – 10:00</b>						
<b>JUICE</b>	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
<b>HOT CEREAL</b>	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal
<b>PROTEIN</b>	Omelet	Scrambled Egg Bacon	Poached Egg Diced Hashbrowns	Hard Boiled Egg	Omelet Sausage	Scrambled Egg	Poached Egg Bacon
<b>STARCH</b>	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
<b>LUNCH</b>	<b>12:30 – 1:30</b>						
<b>SOUP</b>	Creamy Sausage Gnocchi	Minestrone Soup	Broccoli & Cheese	Cream of Tomato Soup	Loaded Baked Potato Soup	Alphabet Lentil Soup	Hamburger Soup
<b>SALAD</b>	Vegetable Sticks Ranch Dip	Tossed Salad	Apple Cranberry Coleslaw	Pickled Beet Salad	Marinated Vegetable Salad	Vegetable Sticks Ranch Dip	Tossed Salad
<b>MAIN ENTRÉE</b>	Chicken Tenders w/ Plum Sauce	Quiche <i>(spinach &amp; cheese)</i> with Cheese Sauce	Hot Dogs w/ Bun	BBQ Chicken Pizza or Pepperoni & Mushroom	Lemon Pepper Cod <i>With Tartar Sauce</i>	Chicken Wings	Reuben Slider
<b>STARCH</b>	Roasted Potatoes	Montego Mixed Vegetables			Greek Rice Pilaf	Seasoned Crinkle Fries	Tropical Fruit Salad
<b>VEGETABLES</b>			Sauerkraut	Honeydew	Peas	Seasonal Fresh Fruit	
<b>DESSERT</b>	Diced Pears	Fruit Cocktail	Seasonal Fresh Fruit		Diced Peaches		
<b>SUPPER</b>	<b>5:00 – 6:00</b>						
<b>MAIN ENTRÉE</b>	Chili	Macaroni & Beef Casserole	Hawaiian Chicken Thighs	Corned Beef Honey Mustard	Creamy Mushroom Pork <i>2<sup>nd</sup> option – Chicken Breast w/mushroom sauce</i>	Beef & Vegetable Stir Fry	Roast Turkey Gravy
<b>STARCH</b>	With Loaded Baked Potato <i>(sour cream, shredded cheese, chives)</i>		Rice	Mashed Potatoes	Garlic Baby Potatoes	Chow Mein	Cranberry Sauce Mashed Potatoes Dressing
<b>VEGETABLES</b>	Corn on the Cob	Beets	Broccoli	Braised Cabbage	Sunrise Vegetables		Bistro Mixed Vegetables
<b>DESSERT</b>	Ice Cream Dixie	Buttertart Square	Vanilla Cream Puffs	Apple Strudel	Mini Bundt Cake	Chocolate Cream Pie	Tiramisu
<b>SANDWICHES</b>							
	Chicken Salad Egg Salad Peanut Butter & Jam	Shaved Ham, Cheese & Mustard Tuna Salad Egg Salad	Shaved Turkey, Lettuce, Tomato Egg Salad Crab Salad	Egg Salad Sliced Cucumber with Herb & Garlic Cream Cheese Crab Salad	Shaved Ham, Swiss Cheese & Mustard Egg Salad Peanut Butter and Jam	Tuna Salad Chicken Salad Egg Salad	Salmon Salad Egg Salad Shaved Turkey, Cheese & Mayo

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CAPITALCARE RESIDENTS' MENU**

<b>WEEK III</b>	<b>MONDAY</b> Day 15 May 18, Jun 15, Jul 13, Aug 10, Sep 7, Oct 5, Nov 2	<b>TUESDAY</b> Day 16 May 19, Jun 16, Jul 14, Aug 11, Sep 8, Oct 6, Nov 3	<b>WEDNESDAY</b> Day 17 May 20, Jun 17, Jul 15, Aug 12, Sep 9, Oct 7, Nov 4	<b>THURSDAY</b> Day 18 May 21, Jun 18, Jul 16, Aug 13, Sep 10, Oct 8, Nov 5	<b>FRIDAY</b> Day 19 May 22, Jun 19, Jul 17, Aug 14, Sep 11, Oct 9, Nov 6	<b>SATURDAY</b> Day 20 May 23, Jun 20, Jul 18, Aug 15, Sep 12, Oct 10, Nov 7	<b>SUNDAY</b> Day 21 May 24, Jun 21, Jul 19, Aug 16, Sep 13, Oct 11, Nov 8
<b>BREAKFAST</b>	<b>9:00 – 10:00</b>						
<b>JUICE</b>	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
<b>HOT CEREAL</b>	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal Pancake Hard boiled Egg	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal
<b>PROTEIN</b>	Scrambled Egg		Omelet Bacon	Poached Egg	Hardboiled Egg Sausage	Scrambled Egg	Omelet Bacon
<b>STARCH</b>	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Mini Cinnamon Bun	Toast/Muffin	Toast/Muffin	Toast/Muffin
<b>LUNCH</b>	<b>12:30 – 1:30</b>						
<b>SOUP</b>	Pasta Fagioli	Chicken Noodle Soup	French Canadian Pea Soup	Butternut Squash	Country Vegetable	Cream of Mushroom	Lasagna Soup
<b>SALAD</b>	Greek Salad	Coleslaw	Vegetable Sticks Ranch Dip	Pickled Beet Salad	Garden Salad	Bean Salad	Tossed Salad
<b>MAIN ENTRÉE</b>	Persian Chicken Breast with Tzatziki Sauce	Beef Sausage Roll	Crispy Chicken Drumstick	Sloppy Joes on a Bun	Cheddar Biscuit Hake	Macaroni & Cheese	Assorted Sandwich Platter Shaved Turkey, Lettuce, Cheese & Mayo Tuna Salad Egg Salad on croissant
<b>STARCH</b>	Lemon & Herb Potatoes		Parmesan Potato Wedges		Cactus Cut Potatoes	Roasted Brussels Mix	
<b>VEGETABLES</b>	New England Blend				Kernal Corn	Seasonal Fresh Fruit	
<b>DESSERT</b>	Mandarin Oranges	Diced Peaches	Seasonal Fresh Fruit	Tropical Fruit Salad	Diced Pears		Mangos
<b>SUPPER</b>	<b>5:00 – 6:00</b>						
<b>MAIN ENTRÉE</b>	Spaghetti & Meatballs	Lemon Salmon <i>2<sup>nd</sup> option – Lemon Chicken</i> Dill Sauce Roasted Fingerling Potatoes	Meatloaf	Chicken Alfredo Pasta	Cheeseburger in BBQ Sauce w/ lettuce, tomato, onion, cheese	Chicken Balls w/ Pineapple Sauce	Shredded Roast Pork w/ Gravy <i>2<sup>nd</sup> option – BBQ Chicken</i> Mashed Potatoes
<b>STARCH</b>	Garlic Bread		Mashed Potatoes		Potato Salad	Steamed Rice	
<b>VEGETABLES</b>	Pick of the Day Vegetable	Broccoli	Buttered Peas	California Blend	Baked Beans	Stir Fry Medley	Roasted Carrots
<b>DESSERT</b>	Two Bite Brownies	Cinnamon Sugar Donut Hole	Deep N Delicious Chocolate Cake	Mini Cupcakes	Lemon Raspberry Loaf	Ice Cream Sandwich <i>(alternate: Vanilla and Neapolitan)</i>	Coconut Cream Pie
<b>SANDWICHES</b>							
	Chicken Salad Egg Salad Peanut Butter & Jam	Shaved Ham, Cheese & Mustard Tuna Salad Egg Salad	Shaved Turkey, Lettuce, Tomato Egg Salad Peanut Butter and Jam	Egg Salad Sliced Cucumber with Herb & Garlic Cream Cheese Crab Salad	Shaved Ham, Swiss Cheese & Mustard Egg Salad Peanut Butter and Jam	Tuna Salad Chicken Salad Egg Salad	Turkey, Cheese & Mayo on Croissant, Tuna Salad Egg Salad

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<b>WEEK IV</b>	<b>MONDAY Day 22</b> Apr 27, May 25, Jun 22, Jul 20, Aug 17, Sep 14, Oct 12, Nov 9	<b>TUESDAY Day 23</b> Apr 28, May 26, Jun 23, Jul 21, Aug 18, Sep 15, Oct 13, Nov 10	<b>WEDNESDAY Day 24</b> Apr 29, May 27, Jun 24, Jul 22, Aug 19, Sep 16, Oct 14, Nov 11	<b>THURSDAY Day 25</b> Apr 30, May 28, Jun 25, Jul 23, Aug 20, Sep 17, Oct 15, Nov 12	<b>FRIDAY Day 26</b> May 1, 29, Jun 26, Jul 24, Aug 21, Sept 18, Oct 16, Nov 13	<b>SATURDAY Day 27</b> May 2, 30, Jun 27, Jul 25, Aug 22, Sep 19, Oct 17, Nov 14	<b>SUNDAY Day 28</b> May 3, Jun 1, 28, Jul 26, Aug 23, Sep 20, Oct 18, Nov 15
<b>BREAKFAST</b>	<b>9:00 – 10:00</b>						
<b>JUICE</b>	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
<b>HOT CEREAL</b>	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal	Cream of Wheat with Flax Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal
<b>PROTEIN</b>	Scrambled Egg	Hardboiled Egg Bacon	Poached Egg	Hardboiled Egg Sausage	Omelet	Scrambled Egg Bacon	Poached Egg
<b>STARCH</b>	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
<b>LUNCH</b>	<b>12:30 – 1:30</b>						
<b>SOUP</b>	Lemon Chicken Orzo	Corn Chowder	Cream of Potato & Leek	Italian Wedding	Chicken Rice	Creamy Vegetable	Taco Soup
<b>SALAD</b>	Creamy Cucumber Salad	Moroccan Carrot Salad	Tossed Salad	Hawaiian Coleslaw	Tossed Salad	Tossed Salad	Fresh Vegetable Sticks and Ranch
<b>MAIN ENTRÉE</b>	Crab Cakes	Vegetable & Cheese Frittata	Turkey Bratwurst	Asado Chicken Breast	Beef Cannelloni	Chicken Cordon Blue	Assorted Sandwich Platter Shaved Turkey, Lettuce, Cheese & Mayo on croissant
<b>STARCH</b>	Potato Wedge Fries	Seasoned Diced Potatoes	Mini Pretzel Bites	Lyonnaise Potatoes	Garlic Bread	Rice	Tuna Salad Egg Salad
<b>VEGETABLES</b>			German Red Cabbage	Julienne Carrots	Parmesan Garlic Cauliflower	Paradiso blend	
<b>DESSERT</b>	Mandarin Orange Sections	Fruit Cocktail	Seasonal Fresh Fruit	Diced Peaches	Diced Pears	Seasonal Fresh Fruit	Mango
<b>SUPPER</b>	<b>5:00 – 6:00</b>						
<b>MAIN ENTRÉE</b>	Bourbon Chicken Thighs	Veal Rouladen	Thai Sweet Chili Pork <i>2<sup>nd</sup> option – Thai Chicken Breast</i> Rice	Coconut Curry Meatballs	Miso Glazed Salmon <i>2<sup>nd</sup> option – Broccoli &amp; Cheese</i> stuffed Chicken Ranch Potatoes	Breaded Pork Cutlet <i>2<sup>nd</sup> option – Herb Roasted</i> Chicken Breast Scalloped Potatoes	Roast beef
<b>STARCH</b>	Steamed Rice	Baked Potato <i>w/ sour cream, shredded cheese, chive</i>		Mashed Potatoes			Yorkshire Pudding Mashed Potatoes
<b>VEGETABLES</b>	Montego Mixed Vegetables	Mashed Turnips	Mix Vegetable & Corn	Green Beans	Sunrise Vegetables	Peas	Green Wax beans
<b>DESSERT</b>	Strawberry Cream Multi-Layer	Chocolate Cake	Mixed Berry Crumble	Tangerine Mousse	Red Velvet Cake	Peach Danish	Banana Cream Pie
<b>SANDWICHES</b>							
	Chicken Salad Egg Salad Peanut Butter & Jam	Shaved Ham, Cheese & Mustard Tuna Salad Egg Salad	Shaved Turkey, Lettuce, Tomato Egg Salad Peanut Butter and Jam	Egg Salad Sliced Cucumber with Herb & Garlic Cream Cheese Crab Salad	Shaved Ham, Swiss Cheese & Mustard Egg Salad Peanut Butter and Jam	Tuna Salad Chicken Salad Egg Salad	Shaved Turkey, Lettuce, Cheese & Mayo on croissant Tuna Salad Egg Salad

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