

**SEASONAL MENU 2023/24
CAPITALCARE RESIDENTS' MENU**

WEEK I	MONDAY Day 1 Dec 18, Jan 8, 29, Feb 19, Mar 11, Apr 1, 22, May 13, Jun 3, 24, Jul 15	TUESDAY Day 2 Dec 19, Jan 9, 30, Feb 20, Mar 12, Apr 2, 23, May 14, Jun 4, 25, Jul 16	WEDNESDAY Day 3 Dec 20, Jan 10, 31, Feb 21, Mar 13, Apr 3, 24, May 15, Jun 5, 26, Jul 17	THURSDAY Day 4 Dec 21, Jan 11, Feb 1, 22, Mar 14, Apr 4, 25, May 16, Jun 6, 27, Jul 18	FRIDAY Day 5 Dec 22, Jan 12, Feb 2, 23, Mar 15, Apr 5, 26, May 17, Jun 7, 28, Jul 19	SATURDAY Day 6 Dec 23, Jan 13, Feb 3, 24, Mar 16, Apr 6, 27, May 18, Jun 8, 29, Jul 20	SUNDAY Day 7 Dec 24, Jan 14, Feb 4, 25, Mar 17, Apr 7, 28, May 19, Jun 9, 30, Jul 21
BREAKFAST	9:00 – 10:00						
JUICE	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
HOT 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	Cream of Wheat with Flax Choice of Cold Cereal
PROTEIN	Scrambled Egg	Poached Egg	Hard Boiled Egg Bacon	Scrambled Egg	Poached Egg Sausage	Scrambled Egg	Hard Boiled Egg Bacon
STARCH	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
LUNCH	12:00 – 1:00						
SOUP	Cream of Celery	Chicken Lentil & Rice	Cream of Tomato	Borscht	Cream of Potato	Cream of Carrot	Lasagna Soup
SALAD	Coleslaw	Tossed Salad	Pickled Beet Salad	Rice Cabbage Roll Casserole	Bean Salad	Tossed Salad	Tossed Salad
MAIN ENTRÉE	Turkey Schnitzel	Pesto Lasagna	Grilled Cheese Sandwich	Garlic Sausage	Cod Nuggets with Tartar Sauce	Chicken Alfredo	Assorted Sandwiches Egg Salad Crab Salad on Croissant Shaved Turkey & Mayo
STARCH	Mashed Potatoes			Perogies Diced Onions, Bacon Bits, Sour Cream	Crinkle Fries		
VEGETABLES	Butternut Squash	Northwest Mixed Vegetables	Bread & Butter Pickles	Rice Cabbage Roll Casserole	Diced Carrots & Peas	Broccoli	
DESSERT	Cinnamon Apple	Mandarin Orange Sections	Diced Pears	Flavored Yogurt w/ Berries	Diced Peaches	Fruit Cocktail	Mangos
SUPPER	5:00 – 6:00						
MAIN ENTRÉE	Sundried Pork Chop	Chicken Adobo (Thighs)	Salisbury Steak Gravy	Chicken Parmesan	Homemade Chili	Pot Roast Gravy	Baked Ham Pineapple Sauce
STARCH	Roasted Potatoes	Steamed Rice	Mashed Potatoes	Mashed Potatoes	Corn Bread	Mashed Potatoes	Scalloped Potatoes
VEGETABLES	Julienne Peppers	Paradisio Blend	Sauteed Mushrooms	Pick of the Day	Roasted Brussel Mix	Julienne Carrots	California Mixed Vegetables
DESSERT	Lemon Buttermilk Cake	Mello Jello	Baked Cookies	Carrot Cake	Orange Citrus Cake	Tiramisu Mousse	Angel Food Cake/ Strawberries/Whip Cream
SANDWICHES							
	Chicken Salad Egg Salad Peanut Butter and Jam	Shaved Ham, Cheese & Mustard Tuna Salad Egg Salad	Shaved Turkey, Lettuce, Tomato Egg Salad Beef Salad	Egg Salad Sliced Cucumber with Herb & Garlic Cream Cheese Crab Salad	Shaved Ham, Swiss Cheese & Mustard Egg Salad Beef Salad	Tuna Salad Chicken Salad Egg Salad	Crab Salad on Croissant Egg Salad Shaved Turkey, Cheese & Mayo

SUBJECT TO CHANGE

**SEASONAL MENU 2023/24
CAPITALCARE RESIDENTS' MENU**

WEEK II	MONDAY Day 8 Dec 25, Jan 15, Feb 5, 26, Mar 18, Apr 8, 29, May 20, Jun 10, Jul 1, 22	TUESDAY Day 9 Dec 26, Jan 16, Feb 6, 27, Mar 19, Apr 9, 30, May 21, Jun 11, Jul 2, 23	WEDNESDAY Day 10 Dec 27, Jan 17, Feb 7, 28, Mar 20, Apr 10, May 1, 22, Jun 12, Jul 3, 24	THURSDAY Day 11 Dec 28, Jan 18, Feb 8, 29, Mar 21, Apr 11, May 2, 23, Jun 13, Jul 4, 25	FRIDAY Day 12 Dec 29, Jan 19, Feb 9, Mar 1, 22, Apr 12, May 3, 24, Jun 14, Jul 5, 26	SATURDAY Day 13 Dec 30, Jan 20, Feb 10, Mar 2, 23, Apr 13, May 4, 25, Jun 15, Jul 6, 27	SUNDAY Day 14 Dec 31, Jan 21, Feb 11, Mar 3, 24, Apr 14, May 5, 26, Jun 16, Jul 7, 28
BREAKFAST	9:00 – 10:00						
JUICE	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
HOT 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	Rolled Oats with Flax Choice of Cold Cereal
PROTEIN	Poached Egg	Hard Boiled Egg	Scrambled Egg Bacon	Hard Boiled Egg	Sausage Poached Egg	Scrambled Egg	Hard Boiled Egg Bacon
STARCH	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
LUNCH	12:00 – 1:00						
SOUP	Chicken Noodle Soup	Turkey Lentil & Vegetable	Creole Chicken Gumbo	Tomato Ravioli	Cream Of Broccoli	Cream of Asparagus	Hamburger Soup
SALAD	Tossed Salad	Pasta Salad	Shredded Lettuce & Diced Tomato	Mixed Greens	Coleslaw	Tossed Salad	Bean Salad
MAIN ENTRÉE	Beef & Noodle Casserole	Cheese Smokies	Taco Salad With Sour Cream & Salsa	BBQ Chicken Pizza or Pizza Supreme <i>(bacon crumble, diced red and green peppers, mushroom, sliced olives)</i>	English Style Fish Lemon Wedge/Tartar Sauce	Lemon Lime Chicken Breast	Assorted Sandwiches Sliced Turkey & Mayo Salmon Salad Egg Salad on Croissant
STARCH		Roasted Potatoes			Steak Fries	Mashed Potatoes	
VEGETABLES	Bistro Mixed Vegetables	Beets	Corn	4 Way Mixed Vegetables	French Style Green Beans	Parslied Cauliflower	
DESSERT	Diced Pears	Diced Apricots	Diced Pears	Jello Fruit Cocktail	Mandarin Orange Sections	Diced Pears	Mango Parfait
SUPPER	5:00 – 6:00						
MAIN ENTRÉE	BBQ Ribs	Chicken Strips Honey Mustard Sauce	Swedish Meatballs	Corn Beef Gravy	Sweet & Sour Pork Spring Roll (2 nd Floor)	Meat Loaf Gravy	Roast Turkey Gravy
STARCH	Baked Potato Sour Cream, Green Onions	Curly Fries	Steamed Rice	Mashed Potatoes	Fried Rice	Swarties Potatoes	Cranberry Sauce Mashed Potatoes Dressing
VEGETABLES	Butternut Squash	Brussels Sprout	Italian Blend	Braised Cabbage	Oriental Mixed Vegetables	Dill Carrots	Bistro Mixed Vegetables
DESSERT	Double Chocolate Cake	Assorted Cakes	Vanilla Cream Puffs	Raspberry Mousse Cake	Crème Brulee	Maple Mania Cake	Chocolate Cream Pie
SANDWICHES							
	Chicken Salad Egg Salad Peanut Butter & Jam	Shaved Ham, Cheese & Mustard Tuna Salad Egg Salad	Shaved Turkey, Lettuce, Tomato Egg Salad Beef Salad	Egg Salad Sliced Cucumber with Herb & Garlic Cream Cheese Crab Salad	Shaved Ham, Swiss Cheese & Mustard Egg Salad Beef Salad	Tuna Salad Chicken Salad Egg Salad	Salmon Salad Egg Salad on Croissant Shaved Turkey, Cheese & Mayo

SUBJECT TO CHANGE

**SEASONAL MENU 2023/24
CAPITALCARE RESIDENTS' MENU**

WEEK III	MONDAY Day 15 Jan 1, 22, Feb 12, Mar 4, 25, Apr 15, May 6, 27, Jun 17, Jul 8, 29	TUESDAY Day 16 Jan 2, 23, Feb 13, Mar 5, 26, Apr 16, May 7, 28, Jun 18, Jul 9, 30	WEDNESDAY Day 17 Jan 3, 24, Feb 14, Mar 6, 27, Apr 17, May 8, 29, Jun 19, Jul 10, 31	THURSDAY Day 18 Jan 4, 25, Feb 15, Mar 7, 28, Apr 18, May 9, 30, Jun 20, Jul 11, Aug 1	FRIDAY Day 19 Jan 5, 26, Feb 16, Mar 8, 29, Apr 19, May 10, 31, Jun 21, Jul 12, Aug 2	SATURDAY Day 20 Jan 6, 27, Feb 17, Mar 9, 30, Apr 20, May 11, Jun 1, 22, Jul 13, Aug 3	SUNDAY Day 21 Jan 7, 28, Feb 18, Mar 10, 31, Apr 21, May 12, Jun 2, 23, Jul 14, Aug 4
BREAKFAST	9:00 – 10:00						
JUICE	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice	Choice of Juice
HOT 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 Pancakes	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
PROTEIN	Scrambled Egg	Hard Boiled Egg	Poached Egg Bacon	Hard Boiled Egg	Scrambled Egg	Poached Egg	Hard Boiled Egg Bacon
STARCH	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
LUNCH	12:00 – 1:00						
SOUP	Cream of Cauliflower with Cheese	Beef Noodle	Minestrone	Cream of Mushroom	Butternut Squash	Alphabet Lentil	Chicken Noodle
SALAD	Mixed Greens	Apple Cranberry Coleslaw	Macaroni Salad	Crunchy Salad	Cheeseburger w/lettuce, tomato, onion	Caesar Salad	Bean Salad
MAIN ENTRÉE	All Beef Hot Dog Diced Onions	Macaroni & Cheese	Crispy Chicken	Vegetable & Cheese Frittata		Pasta Primavera	Assorted Sandwich Platter Turkey/Cheddar on Croissant Tuna Salad Egg Salad
STARCH	Baked Beans		Parmesan Wedges	Focaccia Bread	Onion Rings		
VEGETABLES	Sauerkraut	Peas	Corn on the Cob	Mixed Vegetable	Harvard Beets	Green Beans	
DESSERT	Mandarin Oranges	Diced Peaches	Fruit Cocktail	Bananas	Diced Pears	Diced Apricots	Mangos
SUPPER	5:00 – 6:00						
MAIN ENTRÉE	Orange Ginger Chicken Thighs	Shepherd's Pie Gravy	Roast Pork Gravy	Champagne Chicken	Parsley Salmon Fillet Dill Sauce/Lemon Wedge	Herb Roasted Chicken Thighs Gravy	Roast Beef Gravy
STARCH	Lyonnais Potatoes	Brioche Bun	Mashed Potatoes	Seasoned Rice	Mashed Potatoes	Spanish Rice	Mashed Potatoes Brussel Sprouts w/ Cheese Sauce
VEGETABLES	Yellow Beans	Broccoli	Julienne Carrots	Roasted Root Vegetables	Bistro Mixed Vegetables	Roasted Cauliflower	
DESSERT	Cheesecake/Blueberry Sauce	Cinnamon Sugar Donut Hole	Swiss Mocha Pudding	Caramel Vanilla Swirl Cake	Banana Bread	2 Bite Brownies	Coconut Cream Pie
SANDWICHES							
	Chicken Salad Egg Salad Peanut Butter & Jam	Shaved Ham, Cheese & Mustard Tuna Salad Egg Salad	Shaved Turkey, Lettuce, Tomato Egg Salad Beef Salad	Egg Salad Sliced Cucumber with Herb & Garlic Cream Cheese Crab Salad	Shaved Ham, Swiss Cheese & Mustard Egg Salad Beef Salad	Tuna Salad Chicken Salad Egg Salad	Turkey, Cheese & Mayo on Croissant, Tuna Salad Egg Salad

SUBJECT TO CHANGE