

SEASONAL RESIDENT MENU 2022 - 2023

Regular Menu: Week 1 at a glance

May 30 – June 5, June 20-26, July 11-17, Aug 1-7, Aug 22-28, Sept 12-18, Oct 3-9, Oct 24-30

*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	Cream of Celery	Chicken Lentil & Rice	Cream of Tomato	Italian Wedding	Cream of Chicken	Cream of Carrot	Beef Barley
SALAD	Coleslaw	Tossed Salad	Bean Salad	Rice Cabbage Roll Casserole	Pickled Beet Salad	Tossed Salad	Macaroni Salad
MAIN ENTRÉE	Turkey Schnitzel	Vegetarian Lasagna	Grilled Cheese Sandwich	Garlic Sausage	Fish Burger	Chicken Cordon Bleu	Assorted Sandwich Egg Salad Crab Salad Croissant Shaved Turkey & Mayo
STARCH	Mashed Potatoes			Perogies. Diced Onions, Bacon Bits, Sour Cream	Crinkle Cut Fries	Mashed Potatoes	
VEGETABLE	Butternut Squash	Northwest Mixed Vegetables	Bread & Butter Pickles		Diced Carrots & Peas	Parmesan Broccoli	
DESSERT	Cinnamon Apple	Mandarin Orange Sections	Diced Pears	Diced Apricots	Diced Peaches	Fruit Cocktail	Mandarin Orange Sections
SUPPER							
MAIN ENTRÉE	Sweet & Sour Pork Bites	Pineapple Curry Chicken Thighs	Salisbury Steak with Gravy	Chicken Parmesan	Homemade Chili	Pot Roast with Gravy	Baked Ham Pineapple Sauce
STARCH	Rice or Mashed Potatoes	Roasted Potatoes	Mashed Potatoes	Parmesan Pasta	Corn Bread	Mashed Potatoes	Swarties Potatoes
VEGETABLE	Julienne Peppers	Peas	Corn	Pick of the Day	Brussel Sprouts	Julienne Carrots	California Mixed Vegetables
DESSERT	Lemon Buttermilk Cake	Mello Jello	Flavored Yogurt w/ Berries	Carrot Cake	Orange Citrus Cake	Banana Pudding	Angel Food Cake / Strawberries /Whip Cream

Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin). 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 2022 – 2023

Regular Menu: Week 2 at a glance

June 6-12, June 27 – July 3, July 18-24, Aug 8-14, Aug 29- Sept 4, Sept 19-25, Oct 10-16, Oct 31 – Nov 6

*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	Cream of Broccoli	Turkey Lentil & Vegetable	Cream of Vegetable	Tomato Ravioli	Chicken Noodle	Chicken Potato	Hamburger Soup
SALAD	Tossed Salad	Mixed Greens	Potato Salad	Mixed Greens	Coleslaw	Tossed Salad	Bean Salad
MAIN ENTRÉE	Teriyaki Beef Stir- fry	Macaroni & Cheese	Chicken Strips with Plum Sauce	Pulled Pork on a Bun	English Style Fish/Tartar Sauce	Lemon Lime Chicken Breast	Assorted Sandwiches Sliced Turkey & Mayo
STARCH	Rice or Mashed Potatoes		Curly Fries		Baby Roasted Potato	Mashed Potatoes	Salmon Salad
VEGETABLE	Stir-fry Vegetable	Beets	Broccoli & Cheese Sauce	4 Way Mixed Vegetables	French Style Green Beans	Parslied Cauliflower	Egg Salad on Croissant
DESSERT	Diced Pears	Diced Apricots	Diced Peaches	Fruit Cocktail	Mandarin Orange Sections	Diced Pears	Diced Apricots
SUPPER							
MAIN ENTRÉE	BBQ Ribs	Chicken Pot Pie	Pasta with Meatballs	Corn Beef / Gravy	Honey Garlic Pork (2 nd Floor: Spring Rolls/Plum Sauce)	Meat Loaf with Gravy	Roast Turkey w/ Gravy, Cranberry Sauce Dressing
STARCH	Baked Potato Sour Cream, Green Onions	Mashed Potatoes	Garlic Toast	Mashed Potatoes	Rice Pilaf	Mashed Potatoes	Mashed Potatoes
VEGETABLE	Green Beans	Brussel Sprouts	Peas	Cream Corn	Oriental Mixed Vegetables	Dill Carrots	Bistro Mixed Vegetables
DESSERT	Double Chocolate Cake	Assorted Cakes	Butterscotch Confetti Square	Raspberry Mousse Cake	Crème Brulee	Maple Mania Cake	Chocolate Pudding

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

SEASONAL RESIDENT MENU 2022 – 2023

Regular Menu: Week 3 at a glance

May 23-29, June 13 -19, July 4-10, July 25-31, Aug 15-21, Sept 5-11, Sept 26-Oct 2, Oct 17-23 *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 Cauliflower with Cheese	Beef Noodle	Minestrone	Cream of Mushroom	Butternut Squash	Alphabet Lentil	Clam Chowder
SALAD	Mixed Greens	Apple Cranberry Coleslaw	Macaroni Salad	Crunchy Salad	Tossed Salad	Garden Salad	Tossed Salad
MAIN ENTRÉE	Hot Dog with Diced Onions	Pasta Primavera	Crispy Chicken	Quiche w/ Cheese Sauce	Beef Sliders	Sausage Link	Assorted Sandwich/ Croissant Platter Turkey/Cheddar on Croissant Tuna Salad Egg Salad
STARCH	Baked Beans		Sweet Potato Fries		Onion Rings	Potato Pancake Sour Cream	
VEGETABLE	Sauerkraut	Peas	Corn on the Cob	Mixed Vegetable	Harvard Beets	Green Beans	
DESSERT	Stewed Strawberries/Rhubarb	Diced Peaches	Fruit Cocktail	Mandarin Oranges	Diced Pears	Diced Apricots	Diced Peaches
SUPPER							
MAIN ENTRÉE	Orange Ginger Chicken Thighs	Shepherd's Pie with Gravy	Roast Pork Gravy	Champagne Chicken	Parsley Salmon Filet Dill Sauce/Lemon Wedge	Herb Roasted Chicken Breast w/ Gravy	Roast Beef With Gravy
STARCH	Lyonnais Potatoes	Brioche Bun	Mashed Potatoes	Seasoned Rice	Mashed Potatoes	Parmesan Potato Wedges	Mashed Potatoes
VEGETABLE	Yellow Beans	Broccoli	Julienne Carrots	Diced Turnips	Bistro Mixed Vegetables	Roasted Cauliflower	Brussel Spouts w/ Cheese Sauce
DESSERT	Cheesecake/Cherry Sauce	Cinnamon Bun Cake	Swiss Mocha Pudding	Caramel Vanilla Swirl Cake	Banana Bread	Chocolate Silk Truffle Bar	Coconut Cream Pie

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