

**SEASONAL MENU 2024  
CAPITALCARE RESIDENTS' MENU**

<b>WEEK I</b>	<b>MONDAY Day 1</b> June 24, July 15, Aug 5, 26, Sept 16, Oct 7, 28, Nov 18, Dec 9, 30, Jan 20	<b>TUESDAY Day 2</b> June 25, July 16, Aug 6, 27, Sept 17, Oct 8, 29, Nov 19, Dec 10, 31, Jan 21	<b>WEDNESDAY Day 3</b> June 26, July 17, Aug 7, 28, Sept 18, Oct 9, 30, Nov 20, Dec 11, Jan 1, 22	<b>THURSDAY Day 4</b> June 27, July 18, Aug 8, 29, Sept 19, Oct 10, 31, Nov 21, Dec 12, Jan 2, 23	<b>FRIDAY Day 5</b> June 28, July 19, Aug 9, 30, Sept 20, Oct 11, Nov 1, 22, Dec 13, Jan 3, 24	<b>SATURDAY Day 6</b> June 29, July 20, Aug 10, 31, Sept 21, Oct 12, Nov 2, 23, Dec 14, Jan 4, 25	<b>SUNDAY Day 7</b> June 30, July 21, Aug 11, Sept 1, 22, Oct 13, Nov 3, 24, Dec 15, Jan 5, 26
<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 <i>(Applesauce and Cinnamon)</i> 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 <i>(Cocoa)</i> 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	Hard Boiled Egg Bacon	Scrambled Egg	Poached Egg Sausage	Scrambled 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 Lentil & Rice	Tomato Bisque	Borscht	Creole Chicken Gumbo	Moroccan Vegetable	Beef & Zucchini
<b>SALAD</b>	Marinated Coleslaw	Caesar Salad	Pickled Beet Salad			Creamy Cucumber Salad	Tossed Salad
<b>MAIN ENTRÉE</b>	Philly Cheese Steak Slider <i>(white dinner rolls)</i>	Spinach and Cheese Cannelloni With Rose Sauce	Grilled Cheese Sandwich	Garlic Sausage	Filet O Fish <i>(Fish burger with Tartar Sauce)</i>	Monte Cristo Sandwich	Assorted Sandwiches Egg Salad
<b>STARCH</b>	Tater Tots	Garlic Bread		Perogies Diced Onions, Bacon Bits, Sour Cream	Sweet Potato Fries with Garlic Aioli		Crab Salad on Croissant Shaved Turkey, Lettuce, Cheese & Mayo on a wrap
<b>VEGETABLES</b>		Northwest Mixed Vegetables	Bread & Butter Pickles	Fried Cabbage	Diced Carrots & Peas	Dill Pickle	
<b>DESSERT</b>	Jello <i>(Alternate Flavors)</i>	Tropical Fruit Salad	Diced Pears	Mandarin Orange	Seasonal Fresh Fruit	Fruit Cocktail	Mangos
<b>SUPPER</b>	<b>5:00 – 6:00</b>						
<b>MAIN ENTRÉE</b>	Sweet & Sour Pork <i>2<sup>nd</sup> option – Sweet &amp; Sour Chicken Spring Roll (regular diets only)</i>	Garlic Steak Bites with Sesame Sauce	Chicken Adobo (Thighs)	Beef Stew	Vegetarian Lasagna	Veal Roulade <i>With Creamy Mushroom Sauce</i>	Baked Ham Pineapple Sauce
<b>STARCH</b>	Fried Rice	Lemon & Dill Roasted Potatoes	Steamed Rice	Cheese Biscuit	Focaccia Bread	Rotini Pasta	Scalloped Potatoes
<b>VEGETABLES</b>	Oriental Mixed Vegetables	Montego Mix Vegetable	Paradisio Blend	Roasted Brussel Mix	Pick of the Day	Montego Mix Vegetable	Green Beans
<b>DESSERT</b>	Tapioca Pudding	Mini Donuts <i>(alternate: Strawberry &amp; variety pack)</i>	Mocha Mousse Cake	Mini Danish	Tres Leche Cake	Date Square	Fruit Pie <i>(Alternate Flavors)</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 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

**CAPITALCARE RESIDENTS' MENU**

<b>WEEK II</b>	<b>MONDAY</b> Day 8 June 10, July 1, 22, Aug 12, Sept 2, 23, Oct 14, Nov 4, 25, Dec 16, Jan 6, 27	<b>TUESDAY</b> Day 9 June 11, July 2, 23, Aug 13, Sept 3, 24, Oct 15, Nov 5, 26, Dec 17, Jan 7, 28	<b>WEDNESDAY</b> Day 10 June 12, July 3, 24, Aug 14, Sept 4, 25, Oct 16, Nov 6, 27, Dec 18, Jan 8, 29	<b>THURSDAY</b> Day 11 June 13, July 4, 25, Aug 15, Sept 5, 26, Oct 17, Nov 7, 28, Dec 19, Jan 9, 30	<b>FRIDAY</b> Day 12 June 14, July 5, 26, Aug 16, Sept 6, 27, Oct 18, Nov 8, 29, Dec 20, Jan 10, 31	<b>SATURDAY</b> Day 13 June 15, July 6, 27, Aug 17, Sept 7, 28, Oct 19, Nov 9, 30, Dec 21, Jan 11, Feb 1	<b>SUNDAY</b> Day 14 June 16, July 7, 28, Aug 18, Sept 8, 29, Oct 20, Nov 10, Dec 1, 22, Jan 12, Feb 2
<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 (Cocoa) 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 (Applesauce and Cinnamon) 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>	Poached Egg	Hard Boiled Egg	Scrambled Egg	Hard Boiled Egg	Sausage Poached Egg	Scrambled 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>	Creamy Sausage Gnocchi	Turkey Lentil & Vegetable	French Onion Soup (topped with seasoned croutons) Carrot Salad	Tomato Ravioli	Corn Chowder	Cream of Asparagus	Hamburger Soup
<b>SALAD</b>	Tossed Salad	Cucumber Corn Salad		Mixed Greens		Tossed Salad	Tossed Salad
<b>MAIN ENTRÉE</b>	Leek & Parmesan Bistro	Quiche (ham, cheese, broccoli) with Cheese Sauce	BLT Sandwich (built in house) (Bacon, Lettuce, Tomato)	Hawaiian Pizza or Veggie Supreme (red onion, diced red and green peppers, mushroom, sliced olives)	Tuna Casserole	Maple Pork Sausage	Assorted Sandwiches Shaved Turkey, Lettuce, Cheese & Mayo on a wrap Salmon Salad Egg Salad on Croissant
<b>STARCH</b>			Corn			French Toast with strawberry puree and whip topping	
<b>VEGETABLES</b>	Bistro Mixed Vegetables		Seasonal Fresh Fruit	4 Way Mixed Vegetables	French Style Green Beans		
<b>DESSERT</b>	Diced Pears	Fruit Cocktail		Honeydew	Mandarin Orange Sections	Diced Peaches	Mango Parfait
<b>SUPPER</b>	<b>5:00 – 6:00</b>						
<b>MAIN ENTRÉE</b>	Memphis Style Pork Ribs <i>2<sup>nd</sup> option – Meatballs</i> Baked Potato	Chicken Tenders with Plum Sauce	Beef & Vegetable Stir Fry	Corned Beef Honey Mustard	Five Cheese Ravioli with Tomato & Basil Sauce	Beef Wellington Gravy	Roast Turkey Gravy Cranberry Sauce Mashed Potatoes Dressing
<b>STARCH</b>	Sour Cream, Green Onions	Steak Fries	Chow Mein	Mashed Potatoes	Garlic Stick		
<b>VEGETABLES</b>	Sauteed Zucchini	Beets		Braised Cabbage	Peas	Dill Carrots	Bistro Mixed Vegetables
<b>DESSERT</b>	Ice Cream Dixie (Alternate flavors)	Buttertart Square	Vanilla Cream Puffs	Raspberry Mousse Cake	Tiramisu	Apple Strudel	Chocolate 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 Crab 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



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

<b>WEEK III</b>	<b>MONDAY</b> Day 15 June 17, July 8, 29, Aug 19, Sept 9, 30, Oct 21, Nov 11,	<b>TUESDAY</b> Day 16 June 18, July 9, 30, Aug 20, Sept 10, Oct 1, 22, Nov 12, Dec	<b>WEDNESDAY</b> Day 17 June 19, July 10, 31, Aug 21, Sept 11, Oct 2, 23, Nov 13, Dec	<b>THURSDAY</b> Day 18 June 20, July 11, Aug 1, 22, Sept 12, Oct 3, 24, Nov 14, Dec 5, 26,	<b>FRIDAY</b> Day 19 June 21, July 12, Aug 2, 23, Sept 13, Oct 4, 25, Nov 15,	<b>SATURDAY</b> Day 20 June 22, July 13, Aug 3, 24, Sept 14, Oct 5, 26, Nov 16,	<b>SUNDAY</b> Day 21 June 23, July 14, Aug 4, 25, Sept 15, Oct 6, 27, Nov 17,
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SUBJECT TO CHANGE

	Dec 2, 23, Jan 13	3, 24, Jan 14	4, 25, Jan 15	Jan 16	Dec 6, 27, Jan 17	Dec 7, 28, Jan 18	Dec 8, 29, Jan 19
<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 <i>(Applesauce &amp; Cinnamon)</i> Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal Pancake	Cream of Wheat with Flax <i>(Cocoa)</i> 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	Hard Boiled Egg	Poached Egg Bacon	Hard Boiled Egg	Scrambled Egg	Poached Egg	Hard Boiled Egg 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	Cream of Mushroom Soup	Egg Drop Soup	Creamy Tortellini Soup	Butternut Squash	Alphabet Lentil	Chicken Noodle
<b>SALAD</b>	Coleslaw			Potato Salad	Sweet & Tangy Cucumber Salad	Caesar Salad	Tossed Salad
<b>MAIN ENTRÉE</b>	Turkey Pesto Slider <i>(use focaccia bread)</i>	Macaroni & Cheese	Chicken Pancit Vegetarian Spring Roll	Cold Plate: Rotate Between • Sliced Ham, cheddar cheese slice, bread and butter pickle, dinner bun. • Muffin, Cottage Cheese, fresh fruit slices	Cheeseburger in BBQ Sauce w/lettuce, tomato, onion, cheese	Reuben Sliders	Assorted Sandwich Platter Shaved Turkey, Lettuce, Cheese & Mayo on a wrap Tuna Salad Egg Salad on croissant
<b>STARCH</b>			Julienne Carrots		Seasoned Steak Fries		
<b>VEGETABLES</b>		Stewed Tomatoes		Mixed Vegetable		Dill Pickle	
<b>DESSERT</b>	Mandarin Oranges	Diced Peaches	Seasonal Fresh Fruit	Strawberry & Rhubarb Crumble	Diced Pears	Diced Apricots	Mangos
<b>SUPPER</b>	<b>5:00 – 6:00</b>						
<b>MAIN ENTRÉE</b>	Spaghetti & Meatballs	Potato Crusted Cod Fillet <i>2<sup>nd</sup> option – Vegetarian Pizza</i>	Pork Stew <i>2<sup>nd</sup> option – Broccoli &amp; Cheese Stuffed Chicken</i>	Champagne Chicken	Teriyaki Salmon <i>2<sup>nd</sup> option – Teriyaki Chicken</i>	Honey Mustard Chicken Breast	Roast Beef Gravy
<b>STARCH</b>	Garlic Bread	Mashed Potatoes	Steamed Rice	Orzo Pasta	Steamed Rice	Roasted Potatoes Green Beans	Mashed Potatoes Fried Cabbage
<b>VEGETABLES</b>	Pick of the Day Vegetable	Diced Peas & Carrots	Pick of the Day	Roasted Root Vegetables	Bistro Mixed Vegetables		
<b>DESSERT</b>	Cookies N Cream Cheesecake	Cinnamon Sugar Donut Hole	Jelly Roll Cream	Fruit Tart	Mango Mousse Cake	Ice Cream Sandwich <i>(alternate: Vanilla and Neapolitan)</i>	Lemon Meringue 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 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