

**SEASONAL MENU 2025
CAPITALCARE RESIDENTS' MENU**

WEEK I	MONDAY Day 1 Mar 3, 24, Apr 14, May 5, 26, Jun 16, Jul 7, 28, Aug 18, Sept 8, 29, Oct 20	TUESDAY Day 2 Mar 4, 25, Apr 15, May 6, 27, Jun 17, Jul 8, 29, Aug 19, Sept 9, 30, Oct 21	WEDNESDAY Day 3 Mar 5, 26, Apr 16, May 7, 28, Jun 18, Jul 9, 30, Aug 20, Sept 10, Oct 1, 22	THURSDAY Day 4 Mar 6, 27, Apr 17, May 8, 29, Jun 19, Jul 10, 31, Aug 21, Sept 11, Oct 2, 23	FRIDAY Day 5 Mar 7, 28, Apr 18, May 9, 30, Jun 20, Jul 11, Aug 1, 22, Sept 12, Oct 3, 24	SATURDAY Day 6 Mar 8, 29, Apr 19, May 10, 31, Jun 21, Jul 12, Aug 2, 23, Sept 13, Oct 4, 25	SUNDAY Day 7 Mar 9, 30, Apr 20, May 11, Jun 1, 22, Jul 13, Aug 3, 24, Sept 14, Oct 5, 26
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 <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
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 Bagel	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
LUNCH	12:30 – 1:30						
SOUP	Roasted Red Pepper	Chicken Lentil & Rice	Borscht	Tomato Bisque	Creole Chicken Gumbo	Moroccan Vegetable	Beef & Zucchini
SALAD	Coleslaw	Pickled Beet Salad		Omelets with cheese sauce		Creamy Cucumber Salad	Tossed Salad
MAIN ENTRÉE	Fish Tacos Cod Nuggets	Grilled Cheese Sandwich	Garlic Sausage		Lemon Sole Fillet (Breaded)	Monte Cristo Sandwich	Assorted Sandwiches Egg Salad
STARCH	Steak Fries		Perogies Diced Onions, Bacon Bits, Sour Cream	Tator Tots	Rice Pilaf		Crab Salad on Croissant Shaved Turkey, Lettuce, Cheese & Mayo on a wrap
VEGETABLES	Sunrise Vegetable	Bread & Butter Pickles	Parlsied Steamed Carrots	Bistro Blend	Broccoli	Dill Pickle	
DESSERT	Jello <i>(Alternate Flavours)</i>	Tropical Fruit Salad	Mandarin Orange	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Fruit Cocktail	Diced Peaches
SUPPER	5:00 – 6:00						
MAIN ENTRÉE	Steak & Mushroom Pot Pie	Chili	Cranberry Chicken Thighs	Beef Stew	Vegetarian Lasagna	Veal Cutlet	Baked Ham Pineapple Sauce
STARCH		With loaded baked potato <i>(Sour cream, shredded cheese, chives)</i>	Mashed Potatoes	Viena Buns (baked in house)	Focaccia Bread	Mashed Potatoes	Scalloped Potatoes
VEGETABLES	Asparagus	Broccoli	Italian Blend	Roasted Brussel Mix	Pick of the Day	Kernel Corn	Green Beans
DESSERT	Tapioca Pudding	Strawberry Donut <i>(Strawberry Bismarck)</i>	Mocha Mousse Cake	Mini Danish	Wildberry Macaroon	Date Square	Fruit Pie <i>(Alternate Flavours)</i>
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 2025
CAPITALCARE RESIDENTS' MENU

WEEK II	MONDAY Day 8 Mar 10, 31, Apr 21, May 12, Jun 2, 23, Jul 14, Aug 4, 25, Sept 15, Oct 6, 27	TUESDAY Day 9 Mar 11, Apr 1, 22, May 13, Jun 3, 24, Jul 15, Aug 5, 26, Sept 16, Oct 7, 28	WEDNESDAY Day 10 Mar 12, Apr 2, 23, May 14, Jun 4, 25, Jul 16, Aug 6, 27, Sept 17, Oct 8, 29	THURSDAY Day 11 Mar 13, Apr 3, 24, May 15, Jun 5, 26, Jul 17, Aug 7, 28, Sept 18, Oct 9, 30	FRIDAY Day 12 Mar 14, Apr 4, 25, May 16, Jun 6, 27, Jul 18, Aug 8, 29, Sept 19, Oct 10, 31	SATURDAY Day 13 Mar 15, Apr 5, 26, May 17, Jun 7, 28, Jul 19, Aug 9, 30, Sep 20, Oct 11, Nov 1	SUNDAY Day 14 Mar 16, Apr 6, 27, May 18, Jun 8, 29, Jul 20, Aug 10, 31, Sept 21, Oct 12, Nov 2
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 (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
PROTEIN	Poached Egg	Hard Boiled Egg Bagel	Scrambled Egg Bacon	Sausage Hard Boiled Egg	Poached Egg	Scrambled Egg	Hard Boiled Egg Bacon
STARCH	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Muffin
LUNCH	12:30 – 1:30						
SOUP	Creamy Sausage Gnocchi	Turkey Lentil & Vegetable	Beef Barley Soup	Tomato Ravioli	Corn Chowder	Alphabet Lentil Soup	Hamburger Soup
SALAD	Mixed Greens		Tossed Salad	Mixed Greens	Apple Coleslaw Salad	Maple Pork Sausage	Tossed Salad
MAIN ENTRÉE	Beef Cabbage Rolls In tomato sauce (soup)	Quiche (ham, cheese, broccoli) with Cheese Sauce	Cheese Smokies Parmesan Potato Wedge	Hawaiian Pizza or Veggie Supreme (red onion, diced red and green peppers, mushroom, sliced olives)	Lemon Pepper Cod With Tartar Sauce	French Toast with strawberry puree and whip topping	Assorted Sandwiches Shaved Turkey, Lettuce, Cheese & Mayo on a wrap Salmon Salad Egg Salad on Croissant
STARCH					Seasoned Steak Fries		
VEGETABLES	Beets	Vegetable Sticks Ranch Dip	Kalebanzo Blend	4 Way Mixed Vegetables		Mandarin Orange Sections	
DESSERT	Diced Pears	Fruit Cocktail	Seasonal Fresh Fruit	Honeydew	Diced Peaches		Tropical Fruit Salad
SUPPER	5:00 – 6:00						
MAIN ENTRÉE	BBQ Pork Ribs 2 nd option – BBQ Beef Rib Shaped Patty Baked Potato Sour Cream, Green Onions Coleslaw (Reg) Zucchini (DS, Minced, Pureed) Ice Cream Dixie (Alternate flavors)	Chicken Tenders with Plum Sauce	Beef Stroganoff	Corned Beef Honey Mustard	Beef & Vegetable Stir Fry	Five Cheese Ravioli with Spaghetti Sauce	Roast Turkey Gravy Cranberry Sauce Mashed Potatoes Dressing
STARCH		Steak Fries	Egg Noodles	Mashed Potatoes		Garlic Stick	
VEGETABLES		Sunrise Blend	Green Beans	Braised Cabbage	Chow Mein	Peas	Bistro Mixed Vegetables
DESSERT		Buttertart Square	Vanilla Cream Puffs	Apple Strudel	Tiramisu Mousse	Tripleberry Crumble	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 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

SUBJECT TO CHANGE

SEASONAL MENU 2025
CAPITALCARE RESIDENTS' MENU

WEEK III	MONDAY Day 15 Mar 17, Apr 7, 28, May 19, Jun 9, 30, Jul 21, Aug 11, Sept 1, 22, Oct 13, Nov 3	TUESDAY Day 16 Mar 18, Apr 8, 29, May 20, Jun 10, Jul 1, 22, Aug 12, Sept 2, 23, Oct 14, Nov 4	WEDNESDAY Day 17 Mar 19, Apr 9, 30, May 21, Jun 11, Jul 2, 23, Aug 13, Sept 3, 24, Oct 15, Nov 5	THURSDAY Day 18 Mar 20, Apr 10, May 1, 22, Jun 12, Jul 3, 24, Aug 14, Sept 4, 25, Oct 16, Nov 6	FRIDAY Day 19 Mar 21, Apr 11, May 2, 23, Jun 13, Jul 4, 25, Aug 15, Sept 5, 26, Oct 17, Nov 7	SATURDAY Day 20 Mar 22, Apr 12, May 3, 24, Jun 14, Jul 5, 26, Aug 16, Sept 6, 27, Oct 18, Nov 8	SUNDAY Day 21 Mar 23, Apr 13, May 4, 25, Jun 15, Jul 6, 27, Aug 17, Sept 7, 28, Oct 19, Nov 9
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 (Applesauce & Cinnamon) Choice of Cold Cereal	Rolled Oats with Flax Choice of Cold Cereal Pancake	Cream of Wheat with Flax (Cocoa) 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
PROTEIN	Scrambled Egg	Hard Boiled Egg	Poached Egg Bacon	Hard Boiled Egg Sausage	Scrambled Egg	Poached Egg	Hard Boiled Egg Bacon
STARCH	Toast/Muffin	Toast/Muffin	Toast/Muffin	Toast/Mini Cinnamon Bun	Toast/Muffin	Toast/Muffin	Toast/Muffin
LUNCH	12:30 – 1:30						
SOUP	Pasta Fagioli	Chicken Noodle	French Canadian Pea Soup	Creamy Tortellini Soup	Butternut Squash	Lasagna Soup	Cream of Mushroom
SALAD	Greek Salad	Beef Fried Rice	Crispy Chicken Drumstick	Potato Salad	Cheeseburger in BBQ Sauce w/lettuce, tomato, onion, cheese	Caesar Salad	Tossed Salad
MAIN ENTRÉE	Persian Chicken Breast with Tzatziki Sauce	Vegetarian Spring Roll with plum sauce	Potato Salad	Cold Plate: Rotate Between • Sliced Ham, cheddar cheese slice, bread and butter pickle, dinner bun. • Muffin, Cottage Cheese, fresh fruit slices	Seasoned Steak Fries	Reuben Sliders	Assorted Sandwich Platter Shaved Turkey, Lettuce, Cheese & Mayo on a wrap Tuna Salad Egg Salad on croissant
STARCH	Lemon & Herb Potatoes	Zucchini	Kernel Corn	Mixed Vegetable	Baked Beans	Dill Pickle	
VEGETABLES	New England Blend	Diced Peaches	Seasonal Fresh Fruit	Strawberry & Rhubarb Crumble	Diced Pears	Diced Apricots	Mangos
DESSERT	Mandarin Oranges						
SUPPER	5:00 – 6:00						
MAIN ENTRÉE	Spaghetti & Meatballs	Teriyaki Salmon <i>2nd option – Teriyaki Chicken</i>	Seasoned Pork wrapped in bacon <i>2nd option – Broccoli & Cheese Stuffed Chicken</i>	Chicken Alfredo Pasta	Potato Crusted Cod Fillet <i>2nd option – Sliced Roast Beef</i>	Pineapple Chicken Balls	Roast Beef Gravy
STARCH	Garlic Bread	Roasted Fingerling Potatoes	Steamed Rice	Garlic Bread	Mashed Potatoes	Steamed Rice	Mashed Potatoes Fried Cabbage
VEGETABLES	Pick of the Day Vegetable	Broccoli	Pick of the Day	California Blend	Crinkle Cut Carrots	Stir Fry Medley	
DESSERT	Two Bite Brownies	Cinnamon Sugar Donut Hole	Deep N Delicious Chocolate Cake	Fruit Tart	Lemon Buttermilk Cake	Ice Cream Sandwich <i>(alternate: Vanilla and Neapolitan)</i>	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