

**LAURIER HOUSE LYNNWOOD RESIDENTS MENU**

	<b>MONDAY – Day 1</b>	<b>TUESDAY – Day 2</b>	<b>WEDNESDAY – Day 3</b>	<b>THURSDAY – Day 4</b>	<b>FRIDAY – Day 5</b>	<b>SATURDAY – Day 6</b>	<b>SUNDAY– Day 7</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
JUICE (4oz)	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Orange Juice	Apple Juice
HOT CEREAL (6oz)	Cream of Wheat	Rolled Oats	Cream of Wheat	Rolled Oats	Cream of Wheat	Rolled Oats	Cream of Wheat
PROTEIN	Hard Cooked Egg	Scrambled Egg	Hard Cooked Egg	Poached Egg	Scrambled Egg	Cheese	Poached Egg
STARCH	Muffin	Pancakes Warm Maple Syrup	Toast	Toast	Toast	Raisin Toast	Bacon Toast
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
SOUP (6oz)	Turkey Vegetable Soup	Corn Chowder Soup	Tomato Bisque Soup	Vegetable Soup	Chicken Rice Soup	Beef Vegetable Soup	Minestrone Soup
SALAD (4oz)	Mixed Greens Salad	Garden Salad	Cucumber Salad	Mixed Greens Salad	Overnight Coleslaw	Potato Salad	Garden Salad
MAIN ENTRÉE	Macaroni & Cheese	The Laurier House Burger Includes choice of whole wheat bun or white bun with bacon, sliced cheese, shredded lettuce, tomato	Pork Kabob With Tzatziki Sauce	Rueben Sandwich Sliced Dill Pickle	Battered Pollock Tartar Sauce	Grilled Sliced Chicken	Pasta Alfredo with Shrimp
STARCH			Steamed Rice		Steak Fries/Ketchup	Mexican Black Bean Salad	
VEGETABLES (3oz)	Fruit Cocktail	Yam Fries	Ice Cream Novelty - Revel	Diced Peaches	Fresh Fruit	Tropical Ambrosia with Whipped Topping	Home Baked Cookie
DESSERT (4oz)		Red Velvet Cake					
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
MAIN ENTRÉE	Sweet & Sour Pork ALT: Ginger Beef	Crispy Chicken	Homemade Shepherd's Pie With Gravy	Cranberry Quarter Chicken	Baked Pasta with Meat Sauce/Parmesan Cheese	BBQ Pork Ribs ALT: Garden Vegetable Pattie/Gravy	Roast Turkey/Gravy Cranberry Sauce
STARCH	Steamed Rice	Swarties Potatoes	French Cut Green Beans	Mashed Potatoes Dinner Bun	Garlic Bread Caesar Salad	Baked Potato	Mashed Potatoes
VEGETABLES (3oz)	Oriental Mixed Vegetables	Italian Mixed Vegetables	Garden Salad	Garden Salad	Pick of the Day Vegetables	Broccoli & Cauliflower with CheeseSauce	Julienne Dilled Carrots
DESSERTS (4oz)	Tossed Salad	Cobb Salad	Variety Cake Bites	Pumpkin Cake with Icing	Tiramisu Mousse With Whipped Topping	Tossed Salad	Mixed Greens Salad
	Pineapple Dessert	Fresh Fruit Parfait				Triple Choclote Fudge Cake	Banana CreamPie
<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>
	Shaved Beef & Mayo	Beef Salad	Chicken Salad	Tuna Salad	Corned Beef & Mustard	Beef Salad	Egg Salad
	Egg Salad	Egg Salad	Egg Salad	Egg Salad	Egg Salad	Egg Salad	Ham Salad
	Peanut Butter & Jam	Cheese & Lettuce	Cream Cheese & Cucumber	Ham Salad	Peanut Butter & Banana	Cheese, Lettuce & Mayo	Peanut Butter & Jam

**LAURIER HOUSE LYNNWOOD RESIDENTS MENU**

	MONDAY – Day 8	TUESDAY – Day 9	WEDNESDAY – Day 10	THURSDAY – Day 11	FRIDAY – Day 12	SATURDAY – Day 13	SUNDAY – Day 14
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
JUICE (4oz)	Apple Juice	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Orange Juice
HOT CEREAL (6oz)	Rolled Oats	Cream of Wheat	Rolled Oats	Cream of Wheat	Rolled Oats	Cream of Wheat	Rolled Oats
PROTEIN	Cheese	Hard Cooked Egg	Poached Egg	Scrambled Egg	Poached Egg	Cheddar Cheese	Scrambled Egg
STARCH	Muffin	Waffle Warm Maple Syrup	Toast	Raisin Toast	Toast	Muffin	Bacon Toast
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
SOUP (6oz)	Country Vegetable Soup	French Onion Soup	Chicken Noodle Soup	Tomato Soup	Harvest Vegetable Soup	Minestrone Soup	Beef Vegetable Soup
SALAD (4oz)	Tomato & Cucumber Salad	Mixed Greens	Tossed Salad	Mixed Greens	Pickled Beet Salad	Western or Cheese Omelet with Salsa	Teriyaki Turkey Burger On a Bun with Shredded Lettuce, Slice Tomato & Cheese
MAIN ENTRÉE	Pyrogies Diced Onions, Bacon Bits Sour Cream	Roast Beef with Gravy	<u>Cold Plate</u> Crab Salad Min Croissant	Grilled Cheese Sandwich	Ultimate Fish Sticks With Tartar Sauce	Pan Fried Potatoes	Onion Rings
STARCH	Rice Cabbage Roll	Mashed Potatoes	Avocado Salad	Sliced Dill Pickle	Potato Wedges	Mixed Greens	Garden Salad
VEGETABLES (3oz)	Fresh Fruit	Ice Cream Sandwich	Home Baked Cookie Key Lime Chocolate	Diced Pears	Cream Puffs With Drizzled Chocolate	Blueberry Danish	Fresh Fruit Parfait
DESSERT (4oz)							
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
MAIN ENTRÉE	Potato Chive Crusted Cod Lemon Dill Sauce <small>Alternate: Broccoli &amp; Cheese Stuffed Chicken</small>	Sweet & Sour Chicken Balls	Corned Beef with Steamed Buttered Cabbage	Home Style Chili With Shredded Cheese	Bombay Chicken Breast <small>ALT: Orange Glazed Chicken</small>	Beef Lasagna	Festive Baked Ham <small>Alternate: Crispy Chicken</small>
STARCH	Tossed Salad Mashed Potatoes	Fried Rice	Mixed Greens Salad	Corn Fritter	Mashed Potatoes Dinner Bun Pick of the Day Vegetables	Garlic Bread	Homemade Scalloped Potatoes
VEGETABLES (3oz)	Italian Mixed Vegetables	Spring Roll Fortune Cookie	Roasted Potatoes	Spinach Salad	Garden Salad	Caesar Salad	California Mixed Vegetables
DESSERTS (4oz)	Mocha Pudding with Whipped Topping	Oriental Mixed Vegetables Garden Salad Lemon Poppyseed Cake	Strawberry Shortcake With Whipped Toppingg	Neapolitan Ice Cream	Tapioca Pudding with Ciinnamon Garnish	Tiramisu Cake	Tossed Salad Pumpkin Pie
<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>
	Turkey & Mayo	Turkey Salad	Roast Beef & Mayo	Egg Salad	Egg Salad	Crab Salad	Salmon Salad
	Egg Salad	Egg Salad	Egg Salad	Tuna Salad	Ham Salad	Chicken Salad	Egg Salad
	Swiss Cheese & Lettuce	Cream Cheese & Cucumber	Peanut Butter & Jam	Corned Beef & Mustard	Cheese & Mayo	Peanut Butter & Banana	Swiss Cheese & Mayo

**LAURIER HOUSE LYNNWOOD RESIDENTS MENU**

	<b>MONDAY – Day 15</b>	<b>TUESDAY – Day 16</b>	<b>WEDNESDAY – Day 17</b>	<b>THURSDAY – Day 18</b>	<b>FRIDAY – Day 19</b>	<b>SATURDAY – Day 20</b>	<b>SUNDAY– Day 21</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
JUICE (4oz)	Apple Juice	Orange Juice	Cranberry Juice	Apple Juice	Orange Juice	Apple Juice	Cranberry Juice
HOT CEREAL (6oz)	Cream of Wheat	Rolled Oats	Cream of Wheat	Rolled Oats	Cream of Wheat	Rolled Oats	Cream of Wheat
PROTEIN	Poached Egg	Scrambled Egg	Cheddar Cheese	Hard Cooked Egg	Scrambled Egg	Cheese	Poached Egg Bacon
STARCH	Pancakes Warm Maple Syrup	Toast	Muffin	Toast	Toast	Raisin Toast	Toast
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
SOUP (6oz)	Cream of Broccoli Soup	Italian Wedding Soup	Beef Noodle Soup	Chicken Rice Soup	Cream of Mushroom Soup	Country Vegetable Soup Granny Smith Apple Salad	Beef Barley Soup
SALAD (4oz)	Beef Hot Dog on a Bun Fried Onions, Ketchup, Mustard	Cod Nuggets With Tartar Sauce	Chicken Caesar Salad	Homemade Broccoli & Cheese Frittata	<b>HOUSE SPECIAL</b> <b>Pizza</b> <b>(Ham &amp; Pineapple)</b> <b>(Vegetarian)</b>	Bacon Mushroom Melt	Pork Sausages French Toast With Strawberry Fruit Sauce & Whipped Topping
MAIN ENTRÉE	Baked Beans	Steak Fries	Garlic Bread	Mini Croissant		Curly Fries	Tossed Salad
STARCH	Tossed Salad	Coleslaw		Garden Salad			Fresh Fruit Salad
VEGETABLES (3oz)	Home Baked Cookie		2 Bite Chocolate Brownie	Mini Danish Variety		Crunchy Salad Ice Cream Novelty - Fudgsicle	Home Baked Cookie
DESSERT (4oz)		Diced Peaches					
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
MAIN ENTRÉE	Cranberry Quarter Chicken	Rotini with Beef & Mushrooms	Pork Tenderloin With Applesauce ALT: Garden Vegetable Pattie/Gravy	Hearty Beef Stew	Salmon Fillet with Dill Sauce Alternate: Shaved Turkey /Gravy	Pineapple Chicken ALT: Thai Coconut Curry Chicken	Roast Beef with Gravy
STARCH	Mashed Potatoes Dinner Bun	Parslied Julienne Carrots	Baked Potato Chives, Bacon Bits, Sour Cream	Baked Biscuit	Roasted Potatoes	Steamed Rice	Garlic Mashed Potatoes Dinner Bun
VEGETABLES (3oz)	Brussel Sprouts Garden Salad	Mixed Greens Salad	Diced Squash	French Cut Green Beans	Italian Mixed Vegetables	Pick of the Day Vegetables	Whipped Turnips Waldorf Salad
DESSERTS (4oz)	Mini Cupcakes	Cook's Choice	Tossed Salad Cheesecake/Blueberry	Mixed Greens Salad	Garden Salad Rice Pudding with Whipped Topping	Mixed Greens Salad	Pecan Pie
<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>	<b>SANDWICH</b>
	Ham Salad	Egg Salad	Tuna Salad	Egg Salad	Egg Salad	Egg Salad	Turkey Salad
		Ham Salad	Egg Salad	Crab Salad	Beef Salad	Turkey & Cranberry	Crab Salad
	Peanut Butter & Jam	Peanut Butter & Jam	Tomato & Cheddar Cheese	Peanut Butter & Banana	Cream Cheese & Cucumber	Peanut Butter & Jam	Cheese & Tomato