

## SEASONAL FALL WINTER RESIDENT MENU 2024 –2025 McConnell Place North

Regular Menu: Week 1 at a glance: Nov 11 – 17, Dec 2 – 8, Dec 23 – 29, Jan 13 – 19, Feb 3 – 9 Feb 24 – March 2, March 17 – 23, April 1 – 13, April 28 – May 4, May 19 - 25  
CHANGE

\*MENU SUBJECT TO

WEEK 1	MONDAY – Day 1	TUESDAY – Day 2	WEDNESDAY – Day 3	THURSDAY – Day 4	FRIDAY – Day 5	SATURDAY – Day 6	SUNDAY– Day 7
<b>LUNCH</b>							
SOUP	Chicken Rice Soup	Tomato & Bean Bisque Soup	Italian Vegetable Soup	Vegetable Chowder	French Canadian Pea Soup	Cream of Mushroom Soup	Beef Barley Soup
SALAD	Coleslaw	BBQ Beef on a Bun	Turkey Sausage	Spinach Salad with Raspberry Summerfield Dressing	Cod Nuggets with Tartar Sauce	Chicken Burger on bun with Shredded Lettuce, Tomato, and Condiments	Vegetarian Lasagna
MAIN ENTRÉE	Lemon Pepper Cod With Tartar Sauce	Mashed Potatoes	French Toast with Strawberry Sauce & Whip Topping / Syrup	Grilled Ham & Swiss Cheese	Green Beans	Mashed Potatoes	Dinner Bun
STARCH	Sweet Potato Fries	Green Beans		2nd Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)	French Fries	Yellow Wax Beans	Choice Winter Mix Vegetables
VEGETABLE		Caramel Swirl Cake			Vanilla Oreo Cheesecake	Diced Peaches	Tropical Fruit Salad
DESSERT	Fruit Cocktail		Mangoes	Diced Pears			
<b>SUPPER</b>							
MAIN ENTRÉE	Chicken Alfredo Casserole	1 <sup>st</sup> Choice Sweet & Sour Pork	Meatloaf with Gravy	Seasoned Chicken Breast	Spaghetti & Meat Sauce	Breaded Veal Cutlet with Gravy	Chicken Kiev
STARCH	Vienna Bun Or Bread / Margarine	2 <sup>nd</sup> Choice Shaved Turkey	Herb Red Roasted Potatoes	Scalloped Potatoes	Garlic Toast	Mashed Potatoes	Yukon Gold Mashed Potatoes
VEGETABLE	Buttered Broccoli	Steamed Rice	Cauliflower with cheese sauce	Brussel Sprouts	California Mixed Vegetables	Italian Mixed Veg	Buttered Diced Carrots
DESSERT	Brownie	Diced Peaches	Rice Pudding	Cherry Crisp	Fresh Fruit in Season	Apple Pie	Chocolate Fudge Cake
<p>Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry, Peach medley), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Pastries). Selections will vary by day. Assorted Sandwiches offered at Lunch and Supper Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper</p>							

## SEASONAL FALL WINTER RESIDENT MENU 2024 –2025 McConnell Place North

Regular Menu: Week 2 at a glance: Nov 18 – 24, Dec 9 – 15, Dec 30 – Jan 5, Jan 20 – 26, Feb 10 – 16, Mar 3 – 9, Mar 24 – 30 – April 14 – 20 , May 5 – 11, May 26 – June 1 \*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
<b>LUNCH</b>							
<b>SOUP</b>	Lentil Soup	Oriental Chicken Noodle Soup	Cream of Broccoli Soup	Borscht Soup	Italian Chicken Bean Soup	Hamburger soup	Turkey Noodle Soup
<b>SALAD</b>	Creamy Coleslaw	Tossed Salad	Marinated Cucumber Salad	Sausage ( Pork)	Beef Hot Dog on Bun with Sauteed Onions, and condiments	Grilled Cheese Sandwich	Grilled Chicken
<b>MAIN ENTRÉE</b>	Fish Nuggets with choice Ranch or available condiments	Home-Style Chili with Shredded Cheese	Pulled Pork on a Bun 2 <sup>nd</sup> Choice: Mashed Potato	Pyrogies with Diced Onions, Bacon, Sour Cream	2 <sup>nd</sup> Choice: Mashed Potato	Buttered Broccoli	Diced Carrots
<b>STARCH</b>		Dinner Bun	2nd Choice: Creamed Corn (Dysphagia Soft, Minced, Pureed)	Rice Cabbage Roll	1st Choice: Yellow Waxed Beans	Yogurt Parfait (Mixed Berries & Yogurt)	Mashed Potatoes
<b>VEGETABLE</b>	French Fries				2 <sup>nd</sup> Choice: Baked Beans		
<b>DESSERT</b>	Diced Pears	Home Baked Chocolate Chip Cookie	Butterscotch Ice Cream	Diced Peaches	Fresh Fruit in Season		Mandarin Orange Sections
<b>SUPPER</b>							
<b>MAIN ENTRÉE</b>	Honey Garlic Beef Stir Fry	Chicken Parmesan ( MD on a bun)	Battered Chicken Balls with Pineapple Sauce	1 <sup>st</sup> Choice: Grilled Beef Burger/Bun with Cheese, Lettuce & Tomato	1 <sup>st</sup> Choice: Pork Cutlet with Mushroom Sauce	Beef and Macaroni Casserole with Cheese Sauce	1 <sup>st</sup> Choice: Shaved Festive Baked Ham with Choice of Brown sugar glaze or condiments
<b>STARCH</b>	Rice	Spaghetti Noodles	Steamed Rice	2 <sup>nd</sup> Choice: Fish Burger/Bun with choice of condiment	2 <sup>nd</sup> Choice: Shaved Turkey	Buttered Squash	2 <sup>nd</sup> option: Chicken Breast
<b>VEGETABLE</b>	Broccoli	California Mixed Veg	Asian Vegetables	Seasoned Potato Wedges	Mashed Potatoes		Cheesy Mashed Potatoes
<b>DESSERT</b>	Mini Donut	Strawberries & Rhubarb with whip topping	Fruit Cocktail	Whipped Turnip	Buttered Diced Carrots	Lemon Streusel Cake	Buttered Peas
				Macaroon Bar	Warm Chocolate Banan Bread Pudding with Vanilla Sauce		Coconut Cream Pie

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

## SEASONAL FALL WINTER RESIDENT MENU 2024 –2025 McConnell Place North

Regular Menu: Week 3 at a glance : Nov 25 – Dec 1, Dec 16 - -22, Jan 6 – 12, Jan 27 – Feb 2, Feb 17 – 23, Mar 10 – 16, Mar 31 – Apr 6, Apr 21 – 27, May 12 – 18, June 2 - 8 \*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
<b>LUNCH</b>							
SOUP	Cream of Cauliflower Soup	Beef Noodle Soup	Heartland Bean Medley Soup	Loaded Baked Potato Soup	Chicken Noodle Soup	Beef Vegetable Soup	Turkey Vegetable Soup
SALAD	Creamy Craisin Coleslaw	1 <sup>st</sup> Choice: Creamy Cucumber Salad	Crispy Chicken Drumsticks	Open Faced Turkey Sandwich	Grilled Beef Burger with cheese & Shredded lettuce, sliced pickles and available condiments	Three Cheese Macaroni	Garden Omelet
MAIN ENTRÉE	Beef Lasagna	Battered Pollock with Tartar Sauce	Mashed Potatoes	Green Beans	French Fries 2 <sup>nd</sup> Choice: Squash	Winter Mix Vegetables	Cubed Hashbrowns
STARCH	Garlic Toast 2 <sup>nd</sup> Choice: Mashed Potato	French Fries 2 <sup>nd</sup> Choice: Diced Carrots (Dysphagia Soft, Minced, Pureed)	Kernal Corn	Butterscotch Pudding	Pound Cake with Strawberry Sauce and whipped topping	Country Carrot Cake with Cream Cheese Frosting	Buttered Peas
VEGETABLE							
DESSERT	Honeydew Melon	Fruit Cocktail	Chocolate Tart				Diced Canteloup
<b>SUPPER</b>							
MAIN ENTRÉE	Roasted Chicken Breast with Resident Choice of Butter Chicken Sauce, Gravy OR Condiments on unit	1 <sup>st</sup> Choice: Breaded Pork Cutlet  2 <sup>nd</sup> Choice: Sliced Turkey	Pizza Bacon & Mushroom or Vegetarian  Caesar Salad  2 <sup>nd</sup> Choice: Cauliflower	Beef Stew    Tea Biscuit	1 <sup>st</sup> Choice Salmon Fillet with Creamy Dill Sauce  2 <sup>nd</sup> Choice: Roasted Chicken Breast with Resident Choice of Dill Sauce, Gravy OR Condiments on unit  Spanish Rice California Mix	Chicken Strips with Plum Sauce  Yukon Gold Mashed Potatoes  Italian Mix Vegetable	Shaved Roast Beef & Gravy  Garlic Mashed Potatoes  Yorkshire Pudding  Whipped Turnips
STARCH	Mashed Potatoes	Mashed Potatoes					
VEGETABLE	Harvard Beets	Peas					
DESSERT	Boston Cream Cake	Apple Turnover	Diced Peaches	Tropical Fruit Salad	Fresh Fruit in Season	Diced Pears	Lemon Meringue Pie
<p>Breakfast Menu consists of the following items: Juice (Apple, Orange, Cranberry, Peach Medley), Cereal (Hot, Cold), Protein (Egg, Yogurt) and Starch (Toast, Muffin, Pastry). Selections will vary by day.                      Assorted Sandwiches offered at Lunch and Supper                      Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper</p>							

