

SEASONAL SUMMER RESIDENT MENU 2024 – McConnell Place North

Regular Menu: Week 1 at a glance: June 24 – 30, July 15 -21, Aug 5 – 11, Aug 26 – Sept 1, Sept 16 – 22, Oct 7 – 13, Oct 28 – Nov 3

*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 SALAD MAIN ENTRÉE STARCH VEGETABLE DESSERT	Chicken Rice Soup Coleslaw Lemon Pepper Cod With Tartar Sauce Sweet Potato Fries Fruit Cocktail	Tomato & Bean Bisque Soup BBQ Beef on a Bun Mashed Potatoes Green Beans Caramel Swirl Cake	Beef Barley Soup Grated Carrot Salad with Lemon Dijon Vinaigrette Tuna Salad or Chicken Salad Croissant (Sliced) (Dinner Bun for DS/mcd) Saskatoon Berries with Whip Topping	Vegetable Chowder Spinach Salad with Poppy seed Dressing Grilled Ham & Swiss Cheese 2nd Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed) Diced Pears	French Canadian Pea Soup Taco Bake Kernal Corn Vanilla Oreo Cheesecake	Cream of Mushroom Soup Chicken Burger on bun with Lettuce, Tomato, Bread and Butter Pickles and Condiments Seasoned Steak Fries Yellow Wax Beans Diced Peaches	Italian Vegetable Soup Caesar Salad Vegetarian Lasagna Dinner Bun 2 nd Choice Winter Mix Veg Yogurt Parfait (Pureed Strawberries, Granola & Yogurt)
SUPPER							
MAIN ENTRÉE STARCH VEGETABLE DESSERT	Chicken Alfredo Casserole Vienna Bun Or Bread / Margarine Buttered Broccoli 2 Bite Brownies	1 st Choice Sweet & Sour Pork 2 nd Choice Shaved Turkey Steamed Rice Asian Mixed Veg Diced Peaches	Meatloaf with Gravy Herb Red Roasted Potatoes Cauliflower with cheese sauce Neapolitan Ice Cream Sandwich	Spaghetti & Meat Sauce Garlic Toast California Mixed Vegetables Mixed Berry Crumble	Seasoned Chicken Breast Scalloped Potatoes Paradisio Blend Vegetables Fresh Fruit in Season	1 st Choice: Spanish Style Pork Cutlet 2 nd Choice: Shaved Turkey Mashed Potatoes Italian Mixed Veg Apple Tart drizzled with caramel sauce	Chicken Kiev Yukon Gold Mashed Potatoes Buttered Diced Carrots Chocolate Fudge Cake

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

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Regular Menu: Week 2 at a glance: June 24 – 30, July 15 -21, Aug 5 – 11, Aug 26 – Sept 1, Sept 16 – 22, Oct 7 – 13, Oct 28 – Nov 3

*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 SALAD MAIN ENTRÉE STARCH VEGETABLE DESSERT	Lentil Soup Coleslaw Fish Nuggets with choice Ranch or available condiments Seasoned Steak Fries Diced Pears	Oriental Chicken Noodle Soup Tossed Salad Home-Style Chili with Shredded Cheese Corn Muffin Home Baked Chocolate Chip Cookie	Cream of Broccoli Soup Marinated Cucumber Salad Pulled Pork on a Bun 2 nd Choice: Mashed Potato 2nd Choice: Creamed Corn (Dysphagia Soft, Minced, Pureed) Butterscotch Ice Cream	Borscht Soup Pork Sausage Pyrogies with Diced Onions, Bacon, Sour Cream Rice Cabbage Roll Diced Peaches	Italian Chicken Bean Soup Beef Hot Dog on Bun with Sauteed Onions, Sauerkraut and condiments Baked Beans 2 nd Choice: Mashed Potato 2 nd Choice: Yellow Waxed Beans Fresh Fruit in Season	Bean & Vegetable Bisque Marinated Bean Salad Grilled Cheese Sandwich 2 nd Choice: Buttered Broccoli Yogurt Parfait (Mixed Berries & Yogurt)	Turkey Noodle Soup Grilled Chicken Caesar Salad Focaccia Bread Fruit Cocktail
SUPPER							
MAIN ENTRÉE STARCH VEGETABLE DESSERT	Honey Garlic Beef Stir Fry Rice Buttered Peas Mini Donut	Oven Baked Chicken (Breast) Loaded Potato Patty Brussel Sprouts Strawberries & Rhubarb with whip topping	Battered Chicken Balls with Pineapple Sauce Steamed Rice Oriental Vegetables Fruit Cocktail	1 st Choice: Grilled Beef Burger/Bun with Cheese, Lettuce & Tomato 2 nd Choice: Fish Burger/Bun with choice of condiment Seasoned Potato Wedges Whipped Turnip Macaroon Bar	1 st Choice: Pork Cutlet in Dijon Mustard Sauce 2 nd Choice: Shaved Turkey Steamed Rice Buttered Diced Carrots Mello Jello	Beef and Macaroni Casserole Buttered Squash Lemon Streusel Cake	1 st Choice: Shaved Festive Baked Ham with Choice of Brown sugar glaze or condiments 2 nd option: Chicken Breast Cheesy Mashed Potatoes Buttered Peas Peach Pie with Ice Cream

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SEASONAL SUMMER RESIDENT MENU 2024 – McConnell Place North

Regular Menu: Week 3 at a glance : July 1 – 7, July 22 – 28, Aug 19 – 25, Sept 2 – 8, Sept 23 – 29, Oct 14 – 20, Nov 4 -10

*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 Soup	Beef Noodle Soup	Hearland Bean Medley Soup	Loaded Baked Potato Soup	Chicken Noodle Soup	Beef Vegetable Soup	Turkey Vegetable Soup
SALAD	Creamy Crasin Coleslaw	1 st Choice: Creamy Cucumber Salad	Crispy Chicken Drumsticks	Pea Salad	Grilled Beef Burger with cheese & lettuce, sliced dills and available condiments	Three Cheese Macaroni	Garden Omelet
MAIN ENTRÉE	Beef Lasagna	Battered Pollock with Tartar Sauce	Cold Potato Salad	Assorted Sandwich and Wrap Platter	Seasoned Straight-Cut Fries	Winter Mix Vegetables	Cubed Hashbrowns
STARCH	Garlic Toast	Seasoned Steak Fries	Kernal Corn	1.Egg Salad on dinner roll	2 nd Choice: Squash	Country Carrot Cake with Cream Cheese Frosting	Buttered Peas
VEGETABLE	2 nd Choice: Mashed Potato	2 nd Choice: Diced Carrots (Dysphagia Soft, Minced, Pureed)	Blueberry Tart	2. Crab Salad on WW	Pound Cake with Strawberry Sauce and whipped topping	Yogurt Parfait (Mixed berries, Granola & Yogurt)	
DESSERT	Honeydew Melon	Mandarin Oranges		3.Bologna & Cheese wrap			
				4. Cheese & Lettuce on multigrain			
SUPPER							
MAIN ENTRÉE	Roasted Chicken Breast with Resident Choice of Butter Chicken Sauce, Gravy OR Condiments on unit	1 st Choice: Pork Stew	Pizza Ham & Pineapple & Vegetarian	Szechuan Beef Rice Bowl (Beef Strips, Green Cabbage)	1 st Choice Salmon Fillet with Creamy Dill Sauce	Chicken Strips with Plum Sauce	Shaved Roast Beef & Gravy
STARCH	Mashed Potato	2 nd Choice: Sliced Turkey	Caesar Salad	Rice	2 nd Choice: Roasted Chicken Breast with Resident Choice of Dill Sauce, Gravy OR Condiments on unit	Yukon Gold Mashed Potatoes	Garlic Mashed Potatoes
VEGETABLE	Harvard Beets	Dinner Bun	2 nd Choice: Cauliflower (Dysphagia Soft, Minced, Pureed)	Chocolate Pudding	Spanish Rice California Mix	Italian Mix Vegetable	Yorkshire Pudding
DESSERT	Boston Cream Cake	Fall Medley Mix	Mangoes		Fresh Fruit in Season	Diced Pears	Whipped Turnips
		Vanilla Ice Cream with Caramel or Raspberry Drizzle					Fudgesicles

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Beverage Cart (hot and cold) offered at Breakfast, Lunch and Supper