CapitalCare STRATHCONA	HERITAGE HOUSE / LAURII	ER HOUSE - RESIDENT'S MENU	Menu Subject to Change	DAY 8 (MONDAY)
BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz)
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam	Banana Blended Breakfast (#6)
<b>Muffin of the Day</b>	Chocolate Chip Muffin (1)	Chocolate Chip Muffin (1)	Chocolate Chip Muffin (1)	

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Irish Potato Chowder Soup (6oz)	Pureed Irish Potato Chowder Soup (6oz)	Pureed Irish Potato Chowder Soup (6oz)	Pureed Irish Potato Chowder Soup (6oz)
SALAD				
ENTRÉE	Pulled Pork/Bun			Trepuree Fish Newburg (1)
	Macaroni Salad			Pureed Herbed Potato
				Pureed Butternut Squash
DESSERT	Mandarin Orange Sections (#8)	Mandarin Orange Sections (#8)	Pureed Mandarin Orange Sections (#8)	Pureed Mandarin Orange Sections (#8)

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Chicken Picatta (Breast) (1)	Cut-Up Chicken Picatta (Breast) (1)	Minced Old Style South Pork (#12) Gravy	Trepuree Roast Pork (1)
	OR	OR		
	Old Style South Pork (3oz)	Cut-Up Old Style South Pork (3oz)		
	Gravy on the Side	Gravy on the Side		
				Pureed Savory Potato
	Scalloped Potatoes (#20)	Scalloped Potatoes (#20)	Scalloped Potatoes (#20)	
				Pureed Carrot A L'Orange
	Baked Squash (3oz)	Baked Squash (3oz)	Baked Squash (3oz)	_
DESSERT	Swiss Mocha Pudding (#8) Whipped Topping			

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Bologna Shredded Lettuce Mustard Egg Salad Cream Cheese and Cucumber	Bologna Shredded Lettuce Mustard Egg Salad	Egg Salad	Alternate: Trequree Beef Roast Trepuree Chicken Roast

Capital Care

HERITAGE HOUSE / LAURIER HOUSE – RESIDENT'S MENU

**Menu Subject to Change** 

DAY 9 (TUESDAY)

Date: <u>6/30/2023</u>

BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Oat Bran (6oz)	Oat Bran (6oz)	Oat Bran (6oz)	Oat Bran (6oz)
	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled)	Choice of Egg (Poached, Boiled, Scrambled)	Choice of Egg (Poached, Boiled, Scrambled)	Maple Blended Breakfast (#6)
	Ham Slice / Hash Brown Patty	T 1/2 1/ 1) /A 1 11	T 1/0 1/ 1) /A 1 1 1	
	Toast (2 x ½ sl.) / Assorted Jam	Toast (2 x ½ sl.) / Assorted Jam	Toast (2 x ½ sl.) / Assorted Jam	
Muffin of the Day	Cranberry Bran Muffin (1)	Cranberry Bran Muffin (1)	Cranberry Bran Muffin (1)	
LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Mulligatawny Soup (6oz)	Pureed Mulligatawny Soup (6oz)	Pureed Mulligatawny Soup (6oz)	Pureed Mulligatawny Soup (6oz)
SOUP	Mulligatawny Soup (602)	Pureeu Mulligatawily Soup (602)	Fureed Munigatawny Soup (602)	Fulleed Mulligatawily Soup (602)
SALAD	Mexican Salad (#20)	Minced Mexican Salad (#20)	Minced Mexican Salad (#20)	
ENTRÉE				Trepuree Beef Old Fashioned (1)
	Turkey Stew			D'Had Dad Datata
	Cheese Tea Biscuit			Dilled Red Potato
				Pureed Broccoli
DESSERT	Jell-O (#8) Whipped Topping	Jell-O (#8) Whipped Topping	Jell-O (#8) Whipped Topping	Jell-O (#8) Whipped Topping
2222211	тен с (не) типррей террино	Jen e (ne) implest repping	Jen e (ne) milipou repping	Tom o (mo) improving
CLUDDED	DECIVE A D	DATE DATE OF THE SECOND	T T T T T T T T T T T T T T T T T T T	T TOTAL TOTA
		I IVODHATTA CART		
SUPPER	REGULAR Crieny Chieken Drumetiek (1)	DYSPHAGIA SOFT  Cut Un Crispy Chickon Drumetick (1)	Minaed Chieken (#12) Poultry Cross	PUREED Transpage Chicken Boost (1)
SUPPER ENTRÉE	Crispy Chicken Drumstick (1)	Cut-Up Crispy Chicken Drumstick (1)	MINCED  Minced Chicken (#12) Poultry Gravy	Trepuree Chicken Roast (1)
	Crispy Chicken Drumstick (1) OR	Cut-Up Crispy Chicken Drumstick (1) OR	· -	
	Crispy Chicken Drumstick (1)	Cut-Up Crispy Chicken Drumstick (1)	· -	
	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions	Minced Chicken (#12) Poultry Gravy	
	Crispy Chicken Drumstick (1) OR	Cut-Up Crispy Chicken Drumstick (1) OR	· -	Trepuree Chicken Roast (1)
	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions	Minced Chicken (#12) Poultry Gravy	Trepuree Chicken Roast (1)
	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions Mashed Potato (#20) Gravy	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions Mashed Potato (#20) Gravy	Minced Chicken (#12) Poultry Gravy  Mashed Potato (#20) Gravy	Trepuree Chicken Roast (1)  Pureed Golden Potato
ENTRÉE	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12)	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions Mashed Potato (#20) Gravy Creamed Corn (#12)	Minced Chicken (#12) Poultry Gravy  Mashed Potato (#20) Gravy  Creamed Corn (#12)	Trepuree Chicken Roast (1)  Pureed Golden Potato  Pureed Buttered Peas
ENTRÉE	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12)	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions Mashed Potato (#20) Gravy Creamed Corn (#12)	Minced Chicken (#12) Poultry Gravy  Mashed Potato (#20) Gravy  Creamed Corn (#12)	Trepuree Chicken Roast (1)  Pureed Golden Potato  Pureed Buttered Peas
ENTRÉE DESSERT	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream	Minced Chicken (#12) Poultry Gravy  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream	Trepuree Chicken Roast (1)  Pureed Golden Potato  Pureed Buttered Peas  Applesauce (#8) Caramel Topping
ENTRÉE DESSERT	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream  REGULAR	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions Mashed Potato (#20) Gravy Creamed Corn (#12) Apple Caramel Tart (1) with Ice Cream  DYSPHAGIA SOFT	Minced Chicken (#12) Poultry Gravy  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream  MINCED	Trepuree Chicken Roast (1)  Pureed Golden Potato  Pureed Buttered Peas  Applesauce (#8) Caramel Topping  PUREED
DESSERT SANDWICH	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream  REGULAR  Egg Salad	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream  DYSPHAGIA SOFT Egg Salad	Minced Chicken (#12) Poultry Gravy  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream  MINCED  Egg Salad	Pureed Golden Potato Pureed Buttered Peas Applesauce (#8) Caramel Topping  PUREED Alternate: Trepuree Turkey Roast
DESSERT  SANDWICH  Lunch & Supper	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12) Apple Caramel Tart (1) with Ice Cream  REGULAR Egg Salad Chicken Salad Sliced Cheese Shredded Lettuce	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12) Apple Caramel Tart (1) with Ice Cream  DYSPHAGIA SOFT  Egg Salad Chicken Salad Sliced Cheese Shredded Lettuce	Minced Chicken (#12) Poultry Gravy  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream  MINCED  Egg Salad Chicken Salad	Pureed Golden Potato Pureed Buttered Peas Applesauce (#8) Caramel Topping  PUREED  Alternate: Trepuree Turkey Roast Trepuree Pork Roast
DESSERT  SANDWICH  Lunch & Supper  CapitalCare STRATHCONA	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12) Apple Caramel Tart (1) with Ice Cream  REGULAR Egg Salad Chicken Salad Sliced Cheese Shredded Lettuce  HERITAGE HOUSE / LAURI	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12) Apple Caramel Tart (1) with Ice Cream  DYSPHAGIA SOFT Egg Salad Chicken Salad Sliced Cheese Shredded Lettuce  ER HOUSE - RESIDENT'S MENU	Minced Chicken (#12) Poultry Gravy  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream  MINCED  Egg Salad Chicken Salad  Menu Subject to Change  D	Pureed Golden Potato Pureed Buttered Peas Applesauce (#8) Caramel Topping  PUREED Alternate: Trepuree Turkey Roast Trepuree Pork Roast OAY 10 (WEDNESDAY)
DESSERT  SANDWICH  Lunch & Supper  CapitalCare STRATHCONA  BREAKFAST	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12) Apple Caramel Tart (1) with Ice Cream  REGULAR Egg Salad Chicken Salad Sliced Cheese Shredded Lettuce  HERITAGE HOUSE / LAURI REGULAR	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions Mashed Potato (#20) Gravy Creamed Corn (#12) Apple Caramel Tart (1) with Ice Cream  DYSPHAGIA SOFT Egg Salad Chicken Salad Sliced Cheese Shredded Lettuce ER HOUSE - RESIDENT'S MENU DYSPHAGIA SOFT	Minced Chicken (#12) Poultry Gravy  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream  MINCED  Egg Salad Chicken Salad  Menu Subject to Change  MINCED	Pureed Golden Potato Pureed Buttered Peas Applesauce (#8) Caramel Topping  PUREED Alternate: Trepuree Turkey Roast Trepuree Pork Roast  PAY 10 (WEDNESDAY) PUREED
DESSERT  SANDWICH  Lunch & Supper  CapitalCare STRATHCONA	Crispy Chicken Drumstick (1) OR Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12) Apple Caramel Tart (1) with Ice Cream  REGULAR Egg Salad Chicken Salad Sliced Cheese Shredded Lettuce  HERITAGE HOUSE / LAURI	Cut-Up Crispy Chicken Drumstick (1) OR Cut-Up Liver (3oz) and Onions  Mashed Potato (#20) Gravy  Creamed Corn (#12) Apple Caramel Tart (1) with Ice Cream  DYSPHAGIA SOFT Egg Salad Chicken Salad Sliced Cheese Shredded Lettuce  ER HOUSE - RESIDENT'S MENU	Minced Chicken (#12) Poultry Gravy  Mashed Potato (#20) Gravy  Creamed Corn (#12)  Apple Caramel Tart (1) with Ice Cream  MINCED  Egg Salad Chicken Salad  Menu Subject to Change  D	Pureed Golden Potato Pureed Buttered Peas Applesauce (#8) Caramel Topping  PUREED Alternate: Trepuree Turkey Roast Trepuree Pork Roast OAY 10 (WEDNESDAY)

	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled)	Choice of Egg (Poached, Boiled, Scrambled)	Choice of Egg (Poached, Boiled, Scrambled)	Carrot Blended Breakfast (#6)
Muffin of the Day	Toast (2 x ½ sl.) / Assorted Jam Carrot Raisin Muffin (1)	Toast (2 x ½ sl.) / Assorted Jam Carrot Raisin Muffin (1)	Toast (2 x ½ sl.) / Assorted Jam Carrot Muffin (1)	
•				_
LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Cabbage Roll Soup (6oz)	Pureed Cabbage Roll Soup (6oz)	Pureed Cabbage Roll Soup (6oz)	Pureed Cabbage Roll Soup (6oz)
SALAD	BLT Salad (spoodle)	Minced BLT Salad (#20)	Minced BLT Salad (#20)	
ENTRÉE	Beef Dip Sandwich with Au Jus	Beef Dip Sandwich with Au Jus	Minced Beef (#12) with Au Jus	Trepuree Turkey A La King (1) Pureed Pasta
			Mashed Potato (#20) Gravy	Pureed Buttered Peas
DESSERT	Vanilla Pudding (#8) Whipped Topping	Vanilla Pudding (#8) Whipped Topping	Vanilla Pudding (#8) Whipped Topping	Vanilla Pudding (#8) Whipped Topping
SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	<ol> <li>Sweet and Sour Pork Bites (3oz)</li> <li>Honey Garlic Pork Bites (3oz)</li> <li>OR</li> </ol>	<ol> <li>Sweet and Sour Pork Bites (3oz)</li> <li>Honey Garlic Pork Bites (3oz)</li> <li>OR</li> </ol>	Sole Fillet (1) Lemon Dill Sauce	Trepuree BBQ Pork (1)  Pureed Hemestyle Potato
	Sole Fillet (1) Lemon Dill Sauce	Sole Fillet (1) Lemon Dill Sauce	Steamed Rice (#20) Soya Sauce OR	
	Steamed Rice (#20)	Steamed Rice (#20) / Soya Sauce	Mashed Potato (#20) Gravy	
	Cauliflower (3oz)	Cauliflower (3oz)	Minced Cauliflower (#12)	Pureed Buttered Corn
DESSERT	Lemon Cream Cake (1 sl.)	Lemon Cream Cake (1 sl.)	Lemon Cream Cake (1 sl.)	Pureed Lemon Cream Cake (#8)
SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Shaved Ham Shredded Lettuce Mustard Egg Salad Shaved Turkey Shredded Lettuce Mayo	Shaved Ham Shredded Lettuce Mustard Egg Salad Shaved Turkey Shredded Lettuce Mayo	Egg Salad	Alternate: Trepuree Beef Roast Trepuree Fish Newburg
CapitalCare	HERITAGE HOUSE / LAURII	ER HOUSE - RESIDENT'S MENU	Menu Subject to Change	DAY 11 (THURSDAY)
BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Rolled Oats with Flax (6oz)	Rolled Oats with Flax (6oz)	Rolled Oats with Flax (6oz)	Rolled Oats with Flax (6oz)
	Choice of Cold Cereal	Choice of Cold Cereal	Choice of Cold Cereal	

	Raisin Toast (2 x ½ sl.) / Assorted Jam	Raisin Toast (2 x ½ sl.) / Assorted Jam	Toast (2 x 1/2 sl.) / Assorted Jam	
<b>Muffin of the Day</b>	Blueberry Oatmeal Muffin (1)	Blueberry Oatmeal Muffin (1)	Blueberry Oatmeal Muffin (1)	
LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP	Vegetable Soup (6oz)	Pureed Vegetable Soup (6oz)	Pureed Vegetable Soup (6oz)	Pureed Vegetable Soup (6oz)
SALAD	Creamy Coleslaw (#20)	Minced Creamy Coleslaw (#20)	Minced Creamy Coleslaw (#20)	
ENTRÉE	Grilled Pork Sausage (2)	Cut-Up Grilled Pork Sausage (2)	Minced Grilled Pork Sausage (#12)	Trepuree Ham (1) Pureed Carrots
	Potato Pancake (1) Sour Cream	Potato Pancake (1) Sour Cream	Potato Pancake (1) Sour Cream	Pureed Turnips
DESSERT	Banana (1)	Banana (1)	Banana (1) Mashed with Fork	Banana (1) Mashed with Fork
SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Spaghetti and Meatsauce (#8)     2. Spaghetti Meatballs (3)     OR     Lemon Lime Chicken Drumstick (1)     Oven Baked Garlic Bread (1 slice)	Spaghetti and Meatsauce (#8)     Spaghetti Meatballs (3)     OR     Lemon Lime Cut-Up Chicken Drumstick (1)     Oven Baked Garlic Bread (1 slice)	Minced Spaghetti and Meatsauce OR Meatballs Oven Baked Garlic Bread (1 slice) Minced Broccoli (#12)	Trepuree Beef Stroganoff (1)  Pureed Dilled Red Potato  Pureed Broccoli
DESSERT	Broccoli (3oz)  1. Creamy Blueberry Cheesecake	Minced Broccoli (#12)  1. Creamy Blueberry Cheesecake	Creamy Blueberry Cheesecake	Pureed Creamy Blueberry Cheesecake
	Creamy Cherry Cheesecake     Creamy Strawberry Cheesecake	Creamy Cherry Cheesecake     Creamy Strawberry Cheesecake	Creamy Cherry Cheesecake     Creamy Strawberry Cheesecake	Pureed Creamy Cherry Cheesecake     Pureed Creamy Strawberry Cheesecake
SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Egg Salad Chicken Salad Shaved Beef Shredded Lettuce Mustard	Egg Salad Chicken Salad Shaved Beef Shredded Lettuce Mustard	Egg Salad Chicken Salad	Alternate: Trepuree Fish Newburg Trepuree Chicken Roast
Capital Care	HERITAGE HOUSE / LAURI	ER HOUSE - RESIDENT'S MENU	Menu Subject to Change	DAY 12 (FRIDAY)
BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Oat Bran (6oz) Choice of Cold Cereal	Oat Bran (6oz) Choice of Cold Cereal	Oat Bran (6oz) Choice of Cold Cereal	Oat Bran (6oz)
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled) Pancakes (1) Syrup	Choice of Egg (Poached, Boiled, Scrambled) Pancakes (1) Syrup	Choice of Egg (Poached, Boiled, Scrambled) Pancakes (1) Syrup	Vanilla Blended Breakfast (#6)
<b>Muffin of the Day</b>	Pumpkin Muffin (1)	Pumpkin Muffin (1)	Pumpkin Muffin (1)	

LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
SOUP SALAD	Dill Pickle Soup (6oz) Salinas Salad (Spoodle)	Pureed Dill Pickle Soup (6oz)  Minced Salinas Salad (#20)	Pureed Dill Pickle Soup (6oz)  Minced Salinas Salad (#20)	Pureed Dill Pickle Soup (6oz)
ENTRÉE	Grilled Ham and Cheese Sandwich	Grilled Ham and Cheese Sandwich	Grilled Cheese Sandwich	Trepuree Fish Newburg (1)  Pureed Herbed Potato  Pureed Butternut Squash
DESSERT	Diced Peaches (#8)	Diced Peaches (#8)	Pureed Peaches (#8)	Pureed Peaches (#8)
CLIDDED	REGULAR	DYSPHAGIA SOFT	MINCED	DUDEED
SUPPER ENTRÉE	REGULAR  Roasted Chicken Thigh (1)  Mushroom Sauce on the Side  OR	Cut-Up Roasted Chicken Thigh (1) with Mushroom Sauce on the Side OR	Plain Baked Haddock Fillet (3oz) Tartar Sauce / Lemon Wedge	PUREED Pureed Turkey Roast (1)
	Homemade Fish and Chips Tartar Sauce / Lemon Wedge	Plain Baked Haddock Fillet (3oz) Tartar Sauce / Lemon Wedge	Mashed Potato (#20) Gravy Minced Green Beans Sautéed Onion (#12)	Pureed Savory Potato
	Steak Fries / Ketchup  Green Beans Sautéed Onion (3oz)	Steak Fries / Ketchup  Minced Green Beans Sautéed Onion (#12)		Pureed Butternut Squash
DESSERT	Tiramisu Mousse (#8) Whipped Topping	Tiramisu Mousse (#8) Whipped Topping	Tiramisu Mousse (#8) Whipped Topping	Tiramisu Mousse (#8) Whipped Topping
SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Bologna Shredded Lettuce Mayo Egg Salad Sliced Cheese and Tomato	Bologna Shredded Lettuce Mayo Egg Salad Sliced Cheese and Tomato	Egg Salad	Alternate: Trepuree Beef Roast Trepuree Pork Roast
CapitalCare STRATHCONA	HERITAGE HOUSE / LAURII	ER HOUSE - RESIDENT'S MENU	Menu Subject to Change	DAY 13 (SATURDAY)
BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Cream of Wheat with Flax (6oz) Choice of Cold Cereal	Cream of Wheat with Flax (6oz) Choice of Cold Cereal	Cream of Wheat with Flax (6oz) Choice of Cold Cereal	Cream of Wheat with Flax (6oz)
ENTRÉE  Muffin of the Day	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Raisin Bran Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Raisin Bran Muffin (1)	Choice of Egg (Poached, Boiled, Scrambled) Toast (2 x ½ sl.) / Assorted Jam Bran Muffin (1)	Banana Blended Breakfast (#6)
LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED

SOUP	Chicken Mushroom Soup (6oz)	Pureed Chicken Mushroom Soup (6oz)	Pureed Chicken Mushroom Soup (6oz)	Pureed Chicken Mushroom Soup (6oz)
SALAD	Mixed Green Salad (spoodle)	Minced Mixed Green Salad (#20)	Minced Mixed Green Salad (#20)	
ENTRÉE	Grilled Corn Beef & Swiss Sandwich (2 X 1/2)	Grilled Corn Beef & Swiss Sandwich (2 X ½)	Minced Corn Beef (#12) Beef Gravy	Trepuree Chicken Italiano (1)
	Gourmet Onion Rings / Ketchup	Mashed Potato (#20) Gravy	Mashed Potato (#20) Gravy	Pureed Macaroni
		Fried Sauerkraut	Minced Fried Sauerkraut	Pureed Herbed Tomato
DESSERT	Diced Pears (#8)	Diced Pears (#8)	Pureed Pears (#8)	Pureed Pears (#8)
CURRER	DECULAD.	DVCDIIACIA COET	MINCER	DIDEED
SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Homemade Beef Stew (#8) OR	Homemade Beef Stew (#8) OR	Minced Homemade Beef Stew (#8)	Trepuree Beef Roast (1)
	Octoberfest Sausage (1) Mustard	Cut-Up Octoberfest Sausage (1) Mustard		
	Brioche Dinner Bun (1) Margarine	Brioche Dinner Bun (1) Margarine	Brioche Dinner Bun (1) Margarine	Pureed Parsley Potato
	Sunrise Mix Vegetable (3oz)	Minced Sunrise Mix Vegetable (#12)	Minced Sunrise Mix Vegetable (#12)	Pureed Nutmeg Carrot
DESSERT	Oven Baked Apple Crisp	Oven Baked Apple Crisp	Oven Baked Apple Crisp	Applesauce with Cinnamon (#8)
SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
Lunch & Supper	Egg Salad Tuna Salad Cream Cheese Cucumber	Egg Salad Tuna Salad	Egg Salad Tuna Salad	Alternate: Trepuree Pork Roast Trepuree Turkey Roast
CapitalCare STRATHCONA	HERITAGE HOUSE / LAURII	ER HOUSE - RESIDENT'S MENU	Menu Subject to Change	DAY 14 (SUNDAY)
BREAKFAST	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
JUICE	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)	Assorted Chilled Fruit Juice (4oz)
CEREAL	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz) Choice of Cold Cereal	Rolled Oats with Flax (6oz)
ENTRÉE	Choice of Egg (Poached, Boiled, Scrambled)  Bacon (2 sl.)	Choice of Egg (Poached, Boiled, Scrambled)	Choice of Egg (Poached, Boiled, Scrambled)	Maple Blended Breakfast (#6)
Muffin of the Day	Toast (2 x ½ sl.) Assorted Jam Mini Cinnamon Bun (1)	Toast (2 x ½ sl.) Assorted Jam Mini Cinnamon Bun (1)	Toast (2 x ½ sl.) Assorted Jam Mini Cinnamon Bun (1)	
LUNCH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED

SOUP	Beef Barley Soup (6oz)	Pureed Beef Barley Soup (6oz)	Pureed Beef Barley Soup (6oz)	Pureed Beef Barley Soup (6oz)
SALAD	Tossed Salad (spoodle)	Minced Tossed Salad (#20)	Minced Tossed Salad (#20)	
ENTRÉE	Western Wrap with Salsa	Western Wrap with Minced Salsa	Cheese Omelet (1)	Trepuree Beef Old Fashioned (1)
	Tater Tots / Ketchup	Tater Tots / Ketchup	Tater Tots / Ketchup	Pureed Dilled Red Potato
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DESSERT	Fruit Cocktail (#8)	Fruit Cocktail (#8)	Pureed Fruit Cocktail (#8)	Pureed Fruit Cocktail (#8)

SUPPER	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
ENTRÉE	Festive Baked Ham (3oz) OR Asian Glazed Salmon (3oz)	Cut-Up Festive Baked Ham (3oz) OR Asian Glazed Salmon (3oz)	Asian Glazed Salmon (3oz)	Trepuree Ham (1)
	Cheesy Mashed Potato (#20)	Cheesy Mashed Potato (#20)	Cheesy Mashed Potato (#20)	Pureed Carrots
	Crinkle Cut Dilled Carrots (3oz)	Crinkle Cut Dilled Carrots (3oz)	Minced Crinkle Cut Dilled Carrots (#12)	Pureed Turnips
DESSERT	Steamed Bread Pudding with Vanilla Sauce	Steamed Bread Pudding with Vanilla Sauce	Steamed Bread Pudding with Vanilla Sauce	Pureed Steamed Bread Pudding/Van Sauce

SANDWICH	REGULAR	DYSPHAGIA SOFT	MINCED	PUREED
	Shaved Beef Shredded Lettuce Mustard	Shaved Beef Shredded Lettuce Mustard		Alternate: Trepuree Fish Newburg
Lunch & Supper	Egg Salad	Egg Salad	Egg Salad	Trepuree Chicken Roast
	Crab Salad	Crab Salad	Crab Salad	