

Nov 2 – 8 , Nov23 – 29, Dec 14 – 20, Jan 4 – 10, Jan 25 – 31, Feb 15 – 21, Mar 8 – 14, March 29 – Apr 4, Apr 19 – 25, May 10 - 16

	MONDAY Day 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5	SATURDAY Day 6	SUNDAY Day 7
<b>Continental Breakfast</b>							
<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 (6 oz)	Chicken Rice Soup	Tomato & Bean Bisque Soup	Beef Barley Soup	Corn Chowder Soup	French Canadian Pea Soup	Cream of Broccoli Soup	Hamburger Soup With Spinach and Feta Bistro Or Bread / Margarine
SALAD (4 oz)	Fish Stick with choice of garlic aioli or available condiments	Mixed Green Salad (1 <sup>st</sup> Choice)	Turkey Sausage	Spinach Salad w/ Poppy seed Dressing (Regular 1 <sup>st</sup> choice)	Coleslaw (1 <sup>st</sup> Choice)	1 <sup>st</sup> Choice: Caesar Salad (Regular)	
MAIN ENTRÉE		1 <sup>st</sup> - Assorted Sandwich <i>See sandwich options below</i>	French Toast With Raspberry Drizzle & Whip Topping Syrup	2 <sup>nd</sup> Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)	Gluten Free Cod Nuggets Tartar Sauce	Chicken Burger on bun With Condiments	
STARCH	Seasoned Steak Fries	2 <sup>nd</sup> –Grilled Liver with Onions & Gravy Mashed Potatoes	Mango Yogurt Parfait	Grilled Ham & Swiss Cheese	Seasoned Steak Fries	Mashed Potatoes / gravy (2 <sup>nd</sup> Choice)	Fresh Fruit (Honeydew)
VEGETABLES (3 oz)	Sunrise Vegetable Pureed: Green Beans	Buttered Carrots Pureed: Carrots		Dill Pickle (1 wedge per serving)	Pureed: Buttered Squash	2 <sup>nd</sup> Choice – Italian Mix (Dysphagia Soft, Minced ) Pureed: Beets	
DESSERT (4 oz)	Fruit Cocktail	Rice Pudding		Pureed: Peas	Orange Sorbet	Diced Peaches & Pears	
				Diced Pears			
<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	Chicken Alfredo Casserole	Pork Bites in Orange Ginger Sauce 2 <sup>nd</sup> option – Tofu bites in orange ginger sauce	Meatloaf with Resident Choice of Gravy or Condiments on unit ( <i>meatloaf with puree pulses</i> )	Lemon & Herb Chicken Breast	Spaghetti & Meat Sauce	Pork Chop with choice of Mushroom Sauce or Gravy	Shaved Roast Turkey /Gravy Cranberry Sauce
STARCH (#20)	Vienna Bun Or Bread / Margarine	Steamed Rice	Herb Roasted Potatoes (Red Potatoes)	Mashed Potatoes	Garlic Bread	2 <sup>nd</sup> Option: Beef Patty	Mashed Potatoes
VEGETABLES (3 oz)	Buttered Broccoli Pureed: Broccoli	Winter Mix Pureed: Brussels Sprouts	Whipped Turnip Pureed: Buttered Turnips	Sunrise Vegetable Pureed: Broccoli	California Mixed Vegetables Pureed: Green Beans	Mashed Potatoes	Pick of the Day Pureed: Peas
DESSERT (4 oz)	Lemon Buttermilk Cake	Diced Peaches	Vanilla Oreo Cheesecake	Traditional Spiced Pie with whip Topping	Fresh Fruit (Cantaloupe)	Diced Carrots Pureed: Carrots	Chocolate Fudge Cake
						Gingerbread Cake with Warm Lemon Sauce	
<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>
	Egg Salad	<i>Egg Salad on brown bread</i>	Crab Salad	Beef Salad	Shaved Ham & Mustard	Slice Cheese & Lettuce	Egg Salad
	Cream Cheese & Dill	<i>Turkey Salad on white tortilla wrap</i>	Egg Salad	Egg Salad	Egg Salad	Egg Salad	Chicken Salad
		<i>Cheese, Tomato &amp; Lettuce on multigrain bread</i>	Cream Cheese & Cucumber	Bologna			
		<i>Shaved Beef on brown bread/multigrain</i>					

Nov 9 – 15, Nov 30 – Dec 6, Dec 21 – 27, Jan 11 – 17, Feb 1 - 7, Feb 22 – 28, Mar 15 – 21, Apr 5 - 11, Apr 26 – May2 , May 17- 23

	MONDAY Day 8	TUESDAY Day 9	WEDNESDAY Day 10	THURSDAY Day 11	FRIDAY Day 12	SATURDAY Day 13	SUNDAY Day 14
<b>Continental Breakfast</b>							
<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 (6 oz)	Lentil Soup	Oriental Chicken Noodle Soup	Cream of Mushroom Soup	Borscht Soup	Italian Chicken Bean Soup	Bean & Vegetable Bisque	<b>Hearty Vegetable &amp; Chicken Lentil Soup</b>  <b>With Leek Parmesan Bistro Or Bread / Margarine</b>  <b>Fruit Cocktail</b>
SALAD (4 oz)	Marinated Cucumber Salad (1 <sup>st</sup> Choice)	1 <sup>st</sup> Choice: Tossed Salad (Regular)	Pork BBQ Riblette	Polish Sausage	Caesar Salad (1 <sup>st</sup> Choice)	Grilled Cheese Sandwich With Bread & Butter Pickles (4 each)	
MAIN ENTRÉE	Lemon Pepper Cod Tartar Sauce	Home-Style Chili with Shredded Cheese	Mashed Potatoes	Pyrogies Diced Onions, Bacon, Sour Cream	Meat Lasagna	Broccoli Pureed: Broccoli	
STARCH (#20)	Seasoned Steak Fries	Corn Muffin (Bake on Unit)	Kernel Corn Pureed: Corn	Rice Cabbage Roll (1 <sup>st</sup> Choice)	Garlic Bread	Yogurt Parfait (Mixed Berries & Yogurt)	
VEGETABLES (3 oz)	Pureed – pureed squash	Reg 2 <sup>nd</sup> – Choice Buttered Peas (Dysphagia Soft, Minced & Pureed are to receive Hot Veg)	Jello with whip topping (Thickened Fluids & Vegetarian – Mocha Mousse)	Pureed: Cabbage Rolls	2 <sup>nd</sup> Choice – Pick of the Day (Dysphagia Soft, Minced & Pureed are to receive Hot Veg ) Pureed: Yellow Wax Beans		
DESSERT (4 oz)	Mandarin Orange	Butterscotch Ice Cream		Diced Peaches	Fresh Fruit in Season (Fresh Fruit Salad – Pails) Modified Textures – Canned Pears		
<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	Shepherd's Pie (Homemade)	Oven Baked Chicken (Bone In Thigh + Drumstick)	Battered Chicken Balls with Sweet & Sour Sauce	Salmon Burger 2 <sup>nd</sup> option – Beef Burger With choice of condiments	Roasted Chicken Breast with Resident Choice of Creamy Spinach Mushroom Sauce or Condiments on unit	Plain Meatballs (Beef) with Resident Choice of Cranberry Sauce, Gravy OR Condiments on unit	Shaved Festive Baked Ham with Resident Choice of Pineapple Glaze OR Condiments on unit 2 <sup>nd</sup> option – Chicken Breast
STARCH (#20)	Beets Pureed: Beets	Cheesy Baked Barley	Steamed Rice (Pureed – Mashed Potatoes)	Seasoned Steak Fries	Steamed Rice	Steamed Rice	Creamy Scalloped Potatoes
VEGETABLES (3 oz)		Brussel Sprouts Pureed: Brussel Sprouts	Oriental Vegetables Pureed: Carrots	Cauliflower with cheese sauce Pureed: Cauliflower with cheese sauce	Julienne Carrots Pureed: Carrots	Buttered Squash Pureed: Squash	Buttered Peas Pureed: Peas
DESSERT (4 oz)	Date Square	Strawberries & Rhubarb with whip topping	Fruit Cocktail	Butter Tart	Warm Chocolate Banana Bread Pudding with Vanilla Sauce	Vanilla Bean Cake	Pumpkin Pie/ Whipped Topping
<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>	<b>SANDWICHES</b>
	Egg Salad Cream Cheese & Dill	Turkey Salad Egg Salad Swiss Cheese, Lettuce & Mayo	Bologna Egg Salad Peanut Butter & Banana	Shaved Beef & Mustard Egg Salad Tomato & Lettuce	Egg Salad Chicken Salad Sliced Cheese & Mayo	Crab Salad Egg Salad	Salmon Salad Egg Salad

Nov 16 – 22 , Dec 7 – 13 Dec 28 – Jan 3, Jan 18 – 24, Feb 8 – 14, Mar 1 – 7, Mar 22 - 28 – Apr 12 - 18, May 3 – 9, May 24 - 30

**MONDAY** Day 15

**TUESDAY** Day 16

**WEDNESDAY** Day 17

**THURSDAY** Day 18

**FRIDAY** Day 19

**SATURDAY** Day 20

**SUNDAY** Day 21

## Continental Breakfast

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>SOUP (6 oz)</b> <b>SALAD (4 oz)</b> <b>MAIN</b> <b>STARCH (#20)</b> <b>VEGETABLES (3 oz)</b> <b>DESSERT (4 oz)</b>	<b>Cream of Cauliflower Soup</b>  <b>Beef Riblette with choice of available condiments or Gravy</b>  <b>Mashed Potatoes</b>  <b>Pick of the Day</b> Pureed – pureed carrots  <b>Mandarin Orange</b> <i>(Fresh OR Canned if fresh not available)</i>	<b>Beef Noodle Soup</b>  <b>Creamy Cucumber Salad (Regular)</b>  <b>Battered Pollock/ Tartar Sauce</b>  <b>Seasoned Steak Fries</b>  <b>Reg 2<sup>nd</sup> - Choice Buttered Beans</b> <i>(Dysphagia Soft, Minced &amp; Pureed are to receive Hot Veg)</i>  <b>Diced Peaches</b>	<b>Clam Chowder Soup (Cream)</b>  <b>Crispy Chicken Drumsticks</b>  <b>Mashed Potato</b>  <b>Italian Mixed Veg</b> Pureed: Peas  <b>Mangoes</b>	<b>Heartland Bean Medley Soup</b>  <b>Macaroni &amp; Cheese</b>  <b>Stewed Tomatoes</b> Minced & Pureed – Green Beans  <b>Diced Pears</b>	<b>Cream of Potato Soup</b>  <b>Beef Burger &amp; Bun with Cheese, Lettuce</b>  <b>Seasoned Steak Fries</b>  <b>Buttered Squash</b> Pureed: Squash  <b>Warm Apple Crisp</b>	<b>Country Beef Stew</b>  <b>With Vienna Bun Or Bread / Margarine</b>  <b>Hash Browns</b>  <b>Buttered Peas</b> Pureed : Peas  <b>Fruit Cocktail</b>	<b>Turkey Vegetable Soup</b>  <b>Baked Omelet with cheese sauce</b>  <b>Hash Browns</b>  <b>Buttered Peas</b> Pureed : Peas  <b>Mixed Berries Parfait</b>
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
<b>MAIN ENTRÉE</b>  <b>STARCH (#20)</b>  <b>VEGETABLES (3 oz)</b>  <b>DESSERT</b>	<b>Roasted Chicken ( Bone In Thigh + Drumstick) with Resident Choice of Butter Chicken Sauce, Gravy OR Condiments on unit</b>  <b>Herbed Rice</b>  <b>Winter Mix</b> Pureed: Brussel Sprouts  <b>Home Baked Cookie</b> Chocolate Chip (Bake On Unit)	<b>Shaved Roasted Pork with Onion Gravy OR Condiments on unit</b>  <b>2<sup>nd</sup> Option: Sliced Turkey</b>  <b>Roasted Peeled Potatoes</b>  <b>Braised Red Cabbage</b> Pureed: Braised Red Cabbage  <b>Ice Cream</b>	<b>Pizza</b> Hawaiian Vegetarian  <b>1<sup>st</sup> Choice – Cauliflower with Cheese Sauce</b> Pureed: Cauliflower 2 <sup>nd</sup> choice – Caesar Salad  <b>Butterscotch Pudding</b>	<b>Beef Stir Fry</b>  <b>Fried Rice</b>  <b>Oriental Vegetables</b> Pureed: Carrots  <b>Pound Cake with Cherry Fruit Sauce and whip topping</b>	<b>1<sup>st</sup> option – Honey Mustard Salmon Fillet</b> <b>2<sup>nd</sup> option – Roasted Chicken Breast with Resident Choice of Honey Mustard Sauce, Gravy OR Condiments on unit</b>  <b>Parslied Potatoes</b>  <b>California Mix</b> Pureed: Broccoli  <b>Caramel Vanilla Swirl Cake</b>	<b>Chicken Strips with Plum Sauce</b>  <b>Cauliflower &amp; Potato Mash</b>  <b>Italian Mix Vegetable</b> Pureed: Yellow Waxed Beans  <b>Country Carrot Cake with Cream Cheese Frosting</b>	<b>Shaved Roast Beef /Gravy</b>  <b>Garlic Mashed Potatoes</b>  <b>Whipped Turnips</b> Pureed – Turnips  <b>Yorkshire Pudding</b>  <b>Coconut cream Pie</b>
SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES
	Egg Salad  Sliced Cheese, Lettuce & Mayo	Egg Salad  Beef Salad  Shaved Ham, Mustard & Lettuce	Shaved Beef & Mustard  Turkey Salad  Egg Salad	Egg Salad  Bologna & Cheese  Crab Salad	Shaved Turkey, Mayo, Cranberry & Lettuce  Egg Salad  Cream Cheese & Dill	Salmon Salad  Egg Salad	Tuna Salad  Egg Salad