

11/17/2021

WEEK 1

Oct 25 – 31, Nov 15 – 21, Dec 6 – 12, Dec 27 – Jan 2, Jan 17 – 23, Feb 7 – 13, Feb 29 – Mar 6, Mar 21 – 27, Apr 11 – 17, May 2 - 8

	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	Autumn Butternut Squash	French Canadian Pea Soup	Cream of Broccoli Soup	Hamburger Soup With Spinach and Feta Bistro Or Bread / Margarine
SALAD (4 oz)		Mixed Green Salad (1 <sup>st</sup> Choice)	Turkey Sausage	Spinach Salad w/ Poppy seed Dressing (Regular 1 <sup>st</sup> choice)	Gluten Free Cod Nuggets Tartar Sauce	1 <sup>st</sup> Choice: Caesar Salad (Regular)	
MAIN ENTRÉE	Fish Stick with choice of garlic aioli or available condiments	1 <sup>st</sup> - Assorted Sandwich <i>See sandwich options below</i>	French Toast With Strawberry Sauce & Whip Topping/Syrup	2 <sup>nd</sup> Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)	Seasoned Steak Fries	Chicken Burger on bun With Condiments	
STARCH	Sweet Potato Fries	2 <sup>nd</sup> –Grilled Liver with Onions & Gravy	Mango Yogurt Parfait	Grilled Ham & Swiss Cheese	Green Beans	Mashed Potatoes / gravy (2 <sup>nd</sup> Choice)	Fresh Fruit (Honeydew)
VEGETABLES (3 oz)	Paradiso Blend Vegetable Pureed: Green Beans	Mashed Potatoes		Dill Pickle (1 wedge per serving)	Chocolate Chip Cookie (Baked on Unit)	2 <sup>nd</sup> Choice – Italian Mix (Dysphagia Soft, Minced ) Pureed: Beets	
DESSERT (4 oz)	Fruit Cocktail	Buttered Carrots Pureed: Carrots		Pureed: Brussel Sprouts		Diced Peaches & Pears	
	Rice Pudding			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 Sweet & Sour Sauce 2 <sup>nd</sup> option – Tofu bites in Sweet & Sour Sauce	Meatloaf with Resident Choice of Gravy or Condiments on unit ( <i>meatloaf with puree pulses</i> ) <i>MD – Meatballs with BBQ Sauce on side</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: Butternut Squash	Cauliflower with cheese sauce Pureed: Cauliflower with cheese sauce	Paradiso Blend Vegetable Pureed: Broccoli	California Mixed Vegetables Pureed: Peas	Mashed Potatoes	Pick of the Day Pureed: Turnips
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, &amp; Lettuce on multigrain bread</i>	Cream Cheese & Cucumber	Bologna			
		<i>Shaved Beef on brown bread/multigrain</i>					



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FALL & WINTER MENU 2021-2022

MENU SUBJECT TO CHANGE Edited:

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WEEK 2

Nov 1 - 7, Nov 22 – 28, Dec 13 – 19, Jan 3 – 9, Jan 24 – 30, Feb 14 – 20, Mar 7 – 13, Mar 28 – Apr 3, Apr 18 – 24, May 9 - 15

	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	Chicken Pot Pie Soup With Vienna Bun
SALAD (4 oz)	Marinated Cucumber Salad (1 <sup>st</sup> Choice)	1 <sup>st</sup> Choice: Tossed Salad (Regular)	Pork BBQ Riblette	Garlic Sausage	Caesar Salad (1 <sup>st</sup> Choice)	Grilled Cheese Sandwich With Bread & Butter Pickles (4 each)	2 <sup>nd</sup> option BLT Sandwich
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)	Fruit Cocktail
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) <i>Modified Textures – Canned Pears</i>		
<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 Pineapple Sauce	Beef Burger 2 <sup>nd</sup> option – Salmon 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 Brown sugar 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 Straight Cut Fries	Steamed Rice	Steamed Rice	Creamy Scalloped Potatoes
VEGETABLES (3 oz)		Brussel Sprouts Pureed: Brussel Sprouts	Oriental Vegetables Pureed: Carrots	Whipped Turnip Pureed: Buttered Turnips	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	Fruit Pie (Alternate Flavours: <i>Peach, Apple, Cherry</i> )
<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	Egg Salad Chicken Salad Sliced Cheese & Mayo	Crab Salad Egg Salad	Salmon Salad Egg Salad

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WEEK 3

Nov 8 – 14, Nov 29 – Dec 5, Dec 20 -26, Jan 10 – 16, Jan 31 – Feb 6, Feb 21 – 27, Mar 14 – 20, Apr 4 – 10, Apr 25 – May 1, May 16 - 22

	MONDAY Day 15	TUESDAY Day 16	WEDNESDAY Day 17	THURSDAY Day 18	FRIDAY Day 19	SATURDAY Day 20	SUNDAY Day 21
<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)	Cream of Cauliflower Soup	Beef Noodle Soup	Cream of Potato Soup	Heartland Bean Medley Soup	Chicken Noodle Soup		Turkey Vegetable Soup
SALAD (4 oz)							
MAIN	Beef Riblette with choice of available condiments or Gravy	Creamy Cucumber Salad (Regular)	Crispy Chicken Drumsticks		Beef Burger & Bun with Cheese, Lettuce	Country Beef Stew	Baked Ham & Cheese Omelet
STARCH (#20)	Mashed Potatoes	Battered Pollock/ Tartar Sauce	Mashed Potato	Macaroni & Cheese	Seasoned Straight-cut Fries	With Vienna Bun Or Bread / Margarine	Hash Browns
VEGETABLES (3 oz)	Pick of the Day Pureed – pureed carrots	Seasoned Steak Fries	Italian Mixed Veg Pureed: Broccoli	Peas	Buttered Squash Pureed: Squash		Buttered Peas Pureed : Peas
DESSERT (4 oz)	Mandarin Orange <i>(Fresh OR Canned if fresh not available)</i>	Reg 2 <sup>nd</sup> - Choice Buttered Beans (Dysphagia Soft, Minced & Pureed are to receive Hot Veg)	Mangoes	Diced Pears	Warm Peach Cobbler	Fruit Cocktail	Mixed Berries Parfait
<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	Roasted Chicken ( Bone In Thigh + Drumstick) with Resident Choice of Butter Chicken Sauce, Gravy OR Condiments on unit	Shaved Roasted Pork with Onion Gravy OR Condiments on unit	Pizza Hawaiian Vegetarian	Beef Stir Fry	1 <sup>st</sup> option – Roasted Chicken Breast with Resident Choice of Honey Mustard Sauce, Gravy OR Condiments on unit 2 <sup>nd</sup> option – Honey Mustard Salmon Fillet	Chicken Strips with Plum Sauce	Shaved Roast Beef /Gravy
STARCH (#20)	Herbed Rice	2 <sup>nd</sup> Option: Sliced Turkey	1 <sup>st</sup> Choice – Cauliflower with Cheese Sauce Pureed: Cauliflower 2 <sup>nd</sup> choice – Caesar Salad	Fried Rice		Cauliflower & Potato Mash	Garlic Mashed Potatoes
VEGETABLES (3 oz)	Winter Mix Pureed: Brussel Sprouts	Roasted Peeled Potatoes		Oriental Vegetables Pureed: Carrots	Parslied Potatoes	Italian Mix Vegetable Pureed: Yellow Waxed Beans	Whipped Turnips Pureed – Turnips
DESSERT	Home Baked Cookie <i>Reg: Oatmeal Raisin DS&amp;M: Ginger Molasses</i>	Braised Red Cabbage Pureed: Braised Red Cabbage	Reg & DS : Chocolate Tart M & P: Chocolate Pudding	Pound Cake with Cherry Fruit Sauce and whip topping	California Mix Pureed: Broccoli	Country Carrot Cake with Cream Cheese Frosting	Yorkshire Pudding
		Apple Turnovers <i>(Bake on Unit) DS,M,P: Butterscotch Pudding</i>			Caramel Vanilla Swirl Cake		Coconut cream Pie
<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	Egg Salad	Shaved Beef & Mustard	Egg Salad	Shaved Turkey, Mayo, Cranberry & Lettuce	Salmon Salad	Tuna Salad
	Sliced Cheese, Lettuce & Mayo	Beef Salad	Turkey Salad	Bologna & Cheese	Egg Salad	Egg Salad	Egg Salad
		Shaved Ham, Mustard & Lettuce	Egg Salad	Crab Salad	Cream Cheese & Dill		