

## FALL / WINTER RESIDENT MENU 2023 -2024 – MCCONNELL PLACE NORTH

Regular Menu: Week 1 at a glance    Nov 20 - 26, Dec 11 -17, Jan 1-7, Jan 22 - 28, Feb 12 -18, Mar 4 -10, Mar 25 -31, Apr 15 -21, May 6 -12, May 27 – June 2.    \*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
<b>LUNCH</b>							
SOUP	Chicken Rice Soup	Tomato & Bean Bisque Soup	Beef Barley Soup	Vegetable Chowder	French Canadian Pea Soup	Cream of Broccoli Soup	Italian Vegetable Soup
SALAD	Coleslaw			Spinach Salad with Poppy seed Dressing	Gluten Free Cod Nuggets With Tartar Sauce	Chicken Burger on bun with Lettuce & Tomato and Condiments	Meat Lasagna
MAIN ENTRÉE	Lemon Pepper Cod With Tartar Sauce	Salisbury Steak with Gravy	Turkey Sausage	Grilled Ham & Swiss Cheese	<b>CHOICE Program: Chicken Strips</b>		Garlic Toast
STARCH		Mashed Potatoes	French Toast With Strawberry Sauce & Whip Topping/Syrup	2nd Choice: Buttered Peas (Dysphagia Soft, Minced, Pureed)	Seasoned Steak Fries		Winter Mix Veg
VEGETABLE	Sweet Potato Fries	Buttered Carrots			Green Beans	Italian Mix	
DESSERT	Fruit Cocktail	Rice Pudding	Mango Yogurt Parfait	Diced Pears	Vanilla Oreo Cheesecake	Diced Peaches	Honeydew
<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	Pork Cutlet Baked in Mushroom Sauce	Chicken Kiev
STARCH	Vienna Bun Or Bread / Margarine	2 <sup>nd</sup> Choice Turkey Meatballs	Herb Red Roasted Potatoes	Scalloped Potatoes	Garlic Toast	2 <sup>nd</sup> Choice: Shaved Turkey	Yukon Gold Mashed Potatoes
VEGETABLE	Buttered Broccoli	Steamed Rice	Cauliflower with cheese sauce	Paradiso Blend Vegetable	California Mixed Vegetables	Mashed Potatoes	Diced Carrots
DESSERT	2 Bite Brownies	Squash	Home Baked Cookie (Peanut Butter)	Cherry Crisp	Cantaloupe	Yellow Waxed Beans	Chocolate Fudge Cake
Continental Breakfast served daily. Assorted Sandwiches offered at Lunch and Supper							

## FALL / WINTER RESIDENT MENU 2023 -2024 – MCCONNELL PLACE NORTH

Regular Menu: Week 2 at a glance    Nov 27 -Dec 3, Dec 18 -24, Jan 8 -14, Jan 29 -Feb 4, Feb 19 -25, Mar 11 --17, Apr 1 - 7, Apr 22 - 28, May 13 -19.    \*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>							
SOUP	Lentil Soup	Oriental Chicken Noodle Soup	Cream of Mushroom Soup	Borscht Soup	Italian Chicken Bean Soup	Bean & Vegetable Bisque	Turkey Noodle Soup
SALAD	Fish Fingers with choice Ranch or available condiments	Coleslaw	Cucumber Salad	Sausage	Roasted Chicken (Thighs & Drumsticks)	Grilled Cheese Sandwich	Grilled Chicken Caesar Salad
MAIN ENTRÉE	Seasoned Steak Fries	Home-Style Chili with Shredded Cheese	Pork BBQ Riblet	Pyrogies with Diced Onions, Bacon, Sour Cream	Mashed Potato	Broccoli	Garlic Toast
STARCH	Squash	Corn Muffin	Curly Fries	Rice Cabbage Roll	Julienne Carrots	Yogurt Parfait (Mixed Berries & Yogurt)	Fruit Cocktail
VEGETABLE		2nd Choice: Creamed Corn (Dysphagia Soft, Minced, Pureed)					
DESSERT	Mandarin Oranges	Butterscotch Ice Cream	Jello with whip topping	Diced Peaches	Fresh Fruit in Season		
<b>SUPPER</b>							
MAIN ENTRÉE	Beef Stroganoff	Oven Baked Chicken (Breast)	Battered Chicken Balls with Pineapple Sauce	1 <sup>st</sup> Choice: Beef Burger/Bun 2 <sup>nd</sup> Choice: Fish Burger/Bun with choice of condiment	1 <sup>st</sup> Choice: Pork Cutlet in Dijon Mustard Sauce 2 <sup>nd</sup> Choice Chicken Pot Pie	Beef and Macaroni Casserole  Buttered Squash	1 <sup>st</sup> Choice: Shaved Festive Baked Ham with Choice of Brown sugar glaze or condiments 2 <sup>nd</sup> option: Chicken Breast
STARCH	Egg Noodles	Cheesy Baked Barley	Steamed Rice	Seasoned Potato Wedges	Steamed Rice	Lemon Buttermilk Cake	Cheesy Mashed Potatoes
VEGETABLE	Buttered Peas	Brussel Sprouts	Oriental Vegetables	Whipped Turnip Butter Tart	Green Beans Warm Chocolate Banana Bread Pudding with Vanilla Sauce	Buttered Peas	Peach Pie with Ice Cream
DESSERT	Date Square	Strawberries & Rhubarb with whip topping	Fruit Cocktail				

Continental Breakfast served daily.  
Assorted Sandwiches offered at Lunch and Supper

## FALL / WINTER RESIDENT MENU 2023 -2024 – MCCONNELL PLACE NORTH

Regular Menu: Week 3 at a glance: Dec 4-10, Dec 25 -31, Jan 15 -21, Feb 5 -11, Feb 26 -Mar 3, Mar 18 -24, Apr 8 - 14, Apr 29 - May 5, May 20 - 26. \*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	Loaded Baked Potato Soup	Heartland Bean Medley Soup	Chicken Noodle Soup	Beef Vegetable Soup	Turkey Vegetable Soup
SALAD		1 <sup>st</sup> Choice: Creamy Cucumber Salad				Three Cheese Macaroni	
MAIN ENTRÉE	Open faced Hamburger Sandwich ( Slice Bread, Burger Patty topped with Gravy)	Battered Pollock with Tartar Sauce	Crispy Chicken Drumsticks	Chicken Pot Pie	Beef Burger with cheese & lettuce and available condiments		Garden Omelet
STARCH		Seasoned Steak Fries	Mashed Potato		Seasoned Straight-Cut Fries	Winter Mix Vegetables	
VEGETABLE	2 <sup>nd</sup> Choice: Mashed Potato	2 <sup>nd</sup> Choice: Diced Carrots (Dysphagia Soft, Minced, Pureed)	Italian Mixed Veg	Buttered Peas	Squash		Hash Browns
DESSERT	Kernel Corn		Chocolate Tart	Tropical Fruit Salad	Caramel Vanilla Swirl Cake	Country Carrot Cake with Cream Cheese Frosting	Buttered Peas Mixed Berries Parfait
<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: Pork Stew 2 <sup>nd</sup> Choice: Sliced Turkey	Pizza Bacon Mushroom & Vegetarian Caesar Salad	Szechuan Beef Rice Bowl (Beef Strips, Green Cabbage)	1 <sup>st</sup> Choice: Roasted Chicken Breast with 2 <sup>nd</sup> Choice: Honey Mustard Salmon Fillet With Choice of Honey Mustard Sauce, Gravy OR Condiments on unit	Chicken Strips with Plum Sauce	Shaved Roast Beef & Gravy
STARCH	Mashed Potato	Dinner Bun	2 <sup>nd</sup> Choice: Cauliflower (Dysphagia Soft, Minced, Pureed)	Rice		Yukon Gold Mashed Potatoes	Garlic Mashed Potatoes
VEGETABLE	Harvard Beets	Fall Medley Mix			Spanish Rice	Italian Mix Vegetable	Whipped Turnips
DESSERT	Home Baked Cookie (Chocolate Chip)	Apple Turnovers (Bake on Unit)	Mangoes	Pound Cake with Cherry Fruit Sauce and whip topping	California Mix Diced Pears	Cantaloupe	Yorkshire Pudding Banana Cream Pie
Continental Breakfast served daily. Assorted Sandwiches offered at Lunch and Supper							