

Week at A Glance Menu: SPRING/SUMMER 2020
APRIL 2020 – OCTOBER 2020

APR 20 – APR 26
JUL 13 – JUL 19

MAY 11 – MAY 17
AUG 03 – AUG 09

JUN 01 – JUN 07
AUG 24 – AUG 30

JUN 22 – JUN 28
SEP 14 – SEP 20

OCT 05 – OCT 11

WK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R F S T	Orange / Prune / Cran Juice Cream of Wheat Cereal Boiled Egg Hash Browns Toast	Orange / Prune / Cran Juice Oatmeal Poached Egg Toast	Orange / Prune / Cran Juice Oatmeal Scrambled Egg Whipped Cream Cheese Bagel or Toast	Orange / Prune / Cran Juice Oatmeal Sausage Links Buttermilk Pancakes with Maple Syrup or Toast	Orange / Prune / Cran Juice Oatmeal Boiled Egg Toast	Orange / Prune / Cran Juice Oatmeal Poached Egg and Bacon Rye Toast	Orange / Prune / Cran Juice Oatmeal Cheddar Cheese Fresh Baked Muffin or Toast Diced Fresh Fruit
A L T	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes
AM	Grape Juice	Orange Pineapple Juice	Apple Juice	Grape Juice	Orange Juice	Cranberry Juice	Apple Juice
L U N C H	Turkey Vegetable Soup Roast Beef Sandwich with Mayonnaise Sweet Potato Fries with Dip Diced Peaches	Cream of Tomato Soup Chicken Fingers Plum Sauce Mexican Corn Mandarin Orange Sections	Chicken Gumbo Soup Battered Cod Tartar Sauce California Mixed Vegetables Tropical Fruit Salad	Cream of Potato Soup Vegetarian Taco Salad Buttered Whole Wheat Roll Cantaloupe	Cream of Carrot Soup Sliced Turkey Cold Plate Buttered Whole Wheat Bread Diced Pears	Tomato Macaroni Soup Steak and Mushroom Pot Pie Beef Gravy Pearl Harvest Vegetables Lemon Pudding	Beef Barley Soup Tuna Noodle Casserole Italian Mixed Vegetables Banana
A L T	Baked Pizza Caesar Salad Baked Cookie	Salmon Salad Plate Buttered Whole Wheat Bread Mini Ice Cream Sandwich	Pastrami on Rye with Mustard and Dill Pickle Coleslaw Rice Pudding with Cinnamon	Egg Salad Sandwich Marinated Vegetable Salad Rainbow Gelatin	Vegetarian Lasagna Parmesan Cheese Garlic Bread Butter Tart	Cottage Cheese and Fruit Plate Fruit Bread Baked Cookie	Hot Dog with Ketchup Mustard and Relish Tossed Salad Sherbet
PM	Diet Orange Drink Fancy Crackers	Diet Pear Drink Grape Clusters	Diet Raspberry Drink Turnover Cookie	Chocolate Milk Maxi Fruit Cookie	Diet Peach Drink Banana	Ginger Ale Potato Chips	Diet Lemonade Drink Maple Cream Cookie
D I N N E R	Tomato or Apple Juice Baked Fish with White Sauce and tartar sauce OR Veal Roast with Gravy Scalloped Potatoes Sautéed Kale and Sliced Fresh Carrots Triple Berry Crumble OR Honeydew Melon	Tomato or Apple Juice Vegetable Frittata OR Honey Garlic Pork Drummies Parslied Potatoes Fresh Spinach and Whipped Squash Crème Caramel OR Fruit Cocktail	Tomato or Apple Juice Beef Tips with Buttered Noodles OR Tuscan Turkey Breast with Chive Whipped Potatoes Brussel Sprouts and Mashed Turnip with butter and brown sugar Cream Pie OR Apple Wedges	Tomato or Apple Juice BBQ Pork Ribs OR Stuffed Chicken Garlic Whipped Potatoes Mashed Parsnips and Green Beans with Cherry Tomatoes Warm Apple Brown Betty and Vanilla Ice Cream OR Fresh Pineapple	Tomato or Apple Juice Swedish Meatballs OR Breaded Pollock and tartar sauce Oven Roasted Rosemary Potatoes Mustard-Mayo Glazed Tomato and Pick of the Day Vegetables Iced Chocolate Cake OR Seasonal Fresh Fruit	Tomato or Apple Juice Maple Baked Ham OR Lemon Basil Chicken Baked Potatoes with Sour Cream and Chives Corn Niblets and Caesar Salad Sponge Cake with Berries and Whipped Topping OR Apricots	Tomato or Apple Juice Roast Beef with Gravy Horseradish Yorkshire Pudding OR Turkey Schnitzel and cranberry sauce Whipped Potatoes Mashed Turnip and Broccoli Cauliflower mix Warm Baked Fruit Pie and Vanilla Ice Cream OR Fruit Cocktail
HS	Egg Salad Sandwich Milk	Buttered Raisin Bread Gouda Cheese Milk	Marble Cheese & Crackers Milk	PB & Jam Sandwich Milk	Apple Cranberry Loaf Mild Cheddar Cheese Milk	Apple Wedges Creamy Yogurt Milk	Medium Cheddar & Crackers Milk

Bread, margarine and/or crackers are available at Lunch and Dinner.

Coffee, tea, water and milk offered at each meal and evening nourishment. (Total milk offered daily = 875mL) If a resident chooses not to have soup at lunch, apple juice will be offered.

Nourishment choice subject to change due to product availability

Week at A Glance Menu: SPRING/SUMMER 2020
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APR 27 – MAY 03
JUL 20 – JUL 26

MAY 18 – MAY 24
AUG 10 – AUG 16

JUN 08 – JUN 14
AUG 31 – SEP 06

JUN 29 – JUL 05
SEP 21 – SEP 27

OCT 12 – OCT 18

WK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R F S T	Orange / Prune / Cran Juice Oatmeal Scrambled Egg Toast	Orange / Prune / Cran Juice Oatmeal Cottage Cheese Danish or Toast	Orange / Prune / Cran Juice Cream of Wheat Cereal Poached Egg Raisin Toast	Orange / Prune / Cran Juice Oatmeal Boiled Egg Rye Toast	Orange / Prune / Cran Juice Oatmeal Scrambled Egg and Bacon Toast	Orange / Prune / Cran Juice Oatmeal Fruit Yogurt Berry Parfait Toast	Orange / Prune / Cran Juice Oatmeal Boiled Egg and Hash Browns Toast Orange Wedges
A L T	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes
AM	Cranberry Juice	Grape Juice	Orange Pineapple Juice	Cranberry Juice	Apple Juice	Grape Juice	Orange Juice
L U N C H	Chicken Noodle Soup Perogy Casserole Broccoli Mandarin Orange Sections	Cream of Cauliflower and Cheese Soup Cheeseburger Mustard, Ketchup and Relish Tossed Salad Cantaloupe	Beef Vegetable Soup Potato Spinach Casserole Prince Edward Mixed Vegetables Tropical Fruit Salad	Cream of Tomato Red Pepper Soup Fish Burger with Tartar Mayo Spread and Lettuce Mixed Green Salad Banana	Cream of Celery Soup Cucumber and Cream Cheese Sandwich ChickPea Salad Diced Fresh Fruit	Chicken Rice Soup Devilled Egg Cold Plate Buttered Whole Wheat Bread Apricots	Cream of Mushroom Soup Roast Beef Sandwich with Mayonnaise Tossed Salad Diced Pears
A L T	Ham and Lettuce on Marble Rye with Mayonnaise Copper Penny Salad Jelly Roll	Garden Omelet Buttered Whole Wheat Roll Candied Sweet Potatoes Frozen Yogurt	Turkey Salad Sandwich Garden Salad Lemon Tart	Pasta Salad Cold Plate Buttered Whole Wheat Bread Chocolate Pudding	Chicken Fingers Plum Sauce Pasta Vegetable Blend Ice Cream Treat	Macaroni and Cheese Broccoli Jell-O Whipped Topping	Honey Garlic Chicken Wings French Fries Green Peas Baked Cookie
PM	Diet Pineap/Oran/Ban Drink Turnover Cookie	Diet Apple Drink Orange Wedges	Ginger Ale Cheese Puffs	Diet Raspberry Drink Fudge Delicious Cookie	Chocolate Milk Wafer Cookie	Diet Peach Drink Banana	Diet Lemonade Shortbread Cookie
D I N N E R	Tomato or Apple Juice Barbecued Chicken OR Country Sausage and mustard Potato Puffs Coleslaw and Kale Garbanzo Blend Date Square OR Mixed Berries	Tomato or Apple Juice Battered Pollock and tartar sauce OR Beef and Vegetable Stew Tea Biscuit Whipped Potatoes Baked Tomato and Peas Cream Pie OR Diced Peaches	Tomato or Apple Juice Parmesan Coated Chicken OR Cottage Roll and Mustard Baked Potatoes with Sour Cream and Fresh Chives Italian Mixed Vegetables and Brussel Sprouts Iced Carrot Cake OR Fresh Pineapple	Tomato or Apple Juice Beef Lasagna with Parmesan Cheese and Garlic Bread OR Cranberry Glaze Pork Loaf Whipped Potato Caesar Salad and Turnip Cheesecake with Toppings OR Seasonal Fresh Fruit	Tomato or Apple Juice Shepherd's Pie with Gravy OR Salmon Salad Cold Plate Buttered Whole Wheat Bread Sliced Fresh Carrots and Tossed Salad Lemon Buttermilk Cake OR Honeydew Melon	Tomato or Apple Juice Baked Chicken OR Sweet n Sour Meatballs Rice Pilaf Whipped Squash and Sautéed Kale Warm Baked Fruit Pie and Vanilla Ice Cream OR Fruit Cocktail	Tomato or Apple Juice Pork Roast with Dressing Gravy and Applesauce OR Cabbage Rolls Oven Brownd Potatoes Mashed Parsnip Carrot mix and Fresh Spinach Nanaimo Bar OR Strawberries
HS	Apple Spice Loaf with Cream Cheese Milk	Peanut Butter & Jam Sandwich / Milk	Egg Salad Sandwich Milk	Old Cheddar & Crackers Milk	Banana Loaf Gouda Cheese Milk	Turnover Cookie Creamy Yogurt Milk	Egg Salad Sandwich Milk

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MAY 04 – MAY 10
JUL 27 – AUG 02

MAY 25 – MAY 31
AUG 17 – AUG 23

JUN 15 – JUN 21
SEP 07 – SEP 13

JUL 06 – JUL 12
SEP 28 – OCT 04

OCT 19 – OCT 25

WK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R F S T	Orange / Prune / Cran Juice Oatmeal Poached Egg Toast	Orange / Prune / Cran Juice Oatmeal Toasted Bacon and Tomato Sandwich Toast	Orange / Prune / Cran Juice Oatmeal Scrambled Egg English Muffins	Orange / Prune / Cran Juice Cream of Wheat Cereal Boiled Egg Toast	Orange / Prune / Cran Juice Oatmeal Fruit Yogurt Sticky Bun or Toast	Orange / Prune / Cran Juice Oatmeal Poached Egg Toast	Orange / Prune / Cran Juice Oatmeal Scrambled Egg and Bacon Rye Toast Orange Wedges
A L T	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes
AM	Cranberry Juice	Apple Juice	Orange Juice	Grape Juice	Orange Pineapple Juice	Cranberry Juice	Apple Juice
L U N C H	Tomato Rice Soup Tuna Salad Plate Buttered Whole Wheat Bread Diced Fresh Fruit	Canadian Pea Soup Cheese Omelet Sweet Potato Puffs Buttered Whole Wheat Bread Fresh Pineapple	Chicken Noodle Soup Wieners & Baked Beans Buttered Whole Wheat Toast Tossed Salad Butterscotch Pudding	Beef Barley Soup Cottage Cheese and Fruit Plate Fresh Baked Muffin Lemon Square	Cream of Broccoli Soup Quiche Lorraine Oriental Mixed Vegetable Diced Pears	Loaded Potato Soup Buttermilk Pancakes with Maple Syrup Sausage Links Sliced Peaches Fruit Cocktail	Beef Noodle Soup Macaroni and Cheese Green Peas Seasonal Fresh Fruit
A L T	Beef Pot Pie Beef Gravy Green Beans Ice Cream	Ham Salad Sandwich Spinach Salad Banana Cake	Turkey Salad Sandwich Ambrosia Fruit Salad Baked Cookie	Pork Tortierre Pork Gravy Tossed Salad Vanilla Pudding	Chicken Burger with Mayo and Lettuce Citrus Romaine Salad Jell-O Whipped Topping	Breaded Cod Nuggets Tartar Sauce Sweet n Sour Vegetables Frozen Yogurt	Mini Submarine Tossed Salad Chocolate Brownie
PM	Diet Pear Drink Assorted Cream Cookie	Diet Fruit Punch Drink Bran Crunch Cookie	Diet Cherry Drink Banana	Ginger Ale Cheese Puffs	Diet Lemonade Spice Cookie	Chocolate Milk Apple Wedges	Diet Peach Drink Wafer Cookie
D I N N E R	Tomato or Apple Juice Spaghetti and Meat Sauce Parmesan Cheese and Garlic Bread OR Crunchy Perch and tartar sauce Whipped Potatoes Caesar Salad and Mexican Mixed Vegetables Lemon Meringue Pie OR Cantaloupe	Tomato or Apple Juice Chicken w/ Garlic and Oregano OR Corned Beef Brisket and mustard Scalloped Potatoes Mashed Turnip and Steamed Cabbage Dark Chocolate Mousse OR Raspberries	Tomato or Apple Juice Farmers Sausage with Sauerkraut OR Hamburger with Tomato and onions Potato Dollar Chips Cauliflower and Greek Salad Bundt Cake OR Diced Peaches	Tomato or Apple Juice Crispy Chicken OR Roast Beef with Gravy Horseradish & Pickled Beets Lyonnais Potatoes Whipped Squash and Brussel Sprouts Poke Cake OR Honeydew Melon	Tomato or Apple Juice Liver & Onions with Gravy OR Turkey Goulash with Sour Cream and Chives Buttered Whole Wheat Bread Whipped Potatoes Sliced Fresh Carrots and Mashed Parsnips Warm Baked Fruit Pie and Vanilla Ice Cream OR Apricots	Tomato or Apple Juice Salisbury Steak with Gravy OR Chicken Pot Pie Whipped Potatoes Corn Niblets and Fresh Spinach Chocolate Éclair OR Strawberries	Tomato or Apple Juice Roast Turkey with Dressing Gravy and Cranberry Sauce OR Salmon Fillet in a Creamy Dill Sauce Paprika Whipped Potatoes Mashed Turnip and Broccoli Iced Vanilla Cake OR Banana
HS	Carrot Pineapple Loaf Mild Cheddar Cheese Milk	Grape Clusters Marble Cheddar Milk	Turnover Cookie Creamy Yogurt Milk	Egg Salad Sandwich Milk	Buttered Raisin Bread Old Cheddar Cheese Milk	PB & Jam Sandwich Milk	Medium Cheddar & Crackers Milk

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