





2017-18 Fall - Winter Menu (Residents only)

Week 4

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Nov 13	Feb 5	Nov 14	Feb 6	Nov 15	Feb 7	Nov 16	Feb 8	Nov 17	Feb 9	Nov 18	Feb 10	Nov 19	Feb 11
	Dec 11 Jan 8	March 5 April 2	Dec 12 Jan 9	March 6 April 3	Dec 13 Jan 10	March 7 April 4	Dec 14 Jan 11	March 8 April 5	Dec 15 Jan 12	March 9 April 6	Dec 16 Jan 13	March 10 April 7	Dec 17 Jan 14	March 11 April 8
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
Breakfast	Oat Bran Cereal Poached Eggs Toast or Cold Cereal 		Cream of Wheat Cereal Toast Pancakes or Cold Cereal		Oatmeal Cereal Toast Grilled Bacon or Cold Cereal		Corn Meal Toast Boiled Eggs or Cold Cereal		Cream of Wheat Cereal Toast French Toast or Cold Cereal 		Oatmeal Cereal Toast Pan Omelet or Cold Cereal		Oat Bran Toast Cheese & Fresh Fruit or Cold Cereal	
Lunch														
<i>Entree</i>	Pasta Meat Sauce Caesar Salad or Assorted sandwiches		Shepherd's pie Gravy Mix Vegetable or Assorted sandwiches		Cabbage Rolls Kovbasa Sliced Beets or Assorted sandwiches		Leek, Cheese & Potato Puff Pastry Ham Tomato Slices or Assorted sandwiches		Mushroom Meatballs Egg Noodles Tomato Salad or Assorted sandwiches		Potato and Cheese Pyrohy Turkey Sausages Tossed Green Salad or Assorted Sandwiches		Quiche PEI Mixed Vegetables or Assorted sandwiches	
<i>Dessert</i>	Assorted Desserts		Orange Sections		Lemon Pie		Butter Tart		Cheese Cake		Vanilla Ice Cream		Bananas	
<i>Soup</i>	Garden Vegetable Soup		Cream of Mushroom		Chicken Noodle		Bean Soup		Spring Borshch		Chicken Rice		Potato Corn	
Supper														
<i>Entrée</i>	Hot Baked Salmon Fillet Lemon Sauce Rice Blend Snow Peas Entrée 2 Meatballs with Mushroom Sauce		Hot Breaded Chicken Breast Whipped Potatoes Corn Niblets Entrée 2 Riblets		Hot Roast Pork w Gravy Whipped Potatoes Broccoli Florets Entrée 2 Chicken Chunks		Hot Chicken a la King Steamed Potatoes Winter Vegetable Entrée 2 Roast Beef 		Hot Hungarian Goulash Whipped Potatoes Carrots Entrée 2 Beer Battered Fish		Hot Chicken Drumsticks Baby Potatoes Peas Entrée 2 Liver & Onions		Hot Hamburger Steak with Onions & Gravy Whipped Potatoes Green Beans Entrée 2 Sole Fillets	
<i>Dessert</i>	Fruit Cocktail		Banana Cream Pie		Cake		Diced Pears		Jello		Apple Pie		Chocolate Cream Pie	
PM/HS Snack	Puree Fruit Cup		Cheese & Crackers		Banana		Muffin		Croissants		Yogurt		Baked Cookie	
Condiments	• Bread • Buns • Margarine •													

Gravy With All Meals –Soup And Dessert May Change Without Notice