


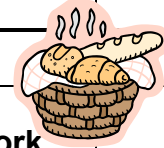



2018-19 Fall – Winter Menu (Residents only)

Week 3

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Nov 5	Jan 28	Nov 6	Jan 29	Nov 7	Jan 30	Nov 8	Jan 31	Nov 9	Feb 1	Nov 10	Feb 2	Nov 11	Feb 3
	Dec 3	Feb 25	Dec 4	Feb 26	Dec 5	Feb 27	Dec 6	Feb 28	Dec 7	March 1	Dec 8	March 2	Dec 9	March 3
	Dec 31	March 25	Jan 1	March 26	Jan 2	March 27	Jan 3	March 28	Jan 4	March 29	Jan 5	March 30	Jan 6	March 31
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
Breakfast	Oatmeal Waffles Toast or Cold Cereal		Oat Bran Scrambled Eggs Toast or Cold Cereal		Cream of Wheat Bacon Toast or Cold Cereal		Cornmeal French Toast Toast or Cold Cereal		 Oatmeal Western Omelet Toast or Cold Cereal		Cream of Wheat Turkey Sausage Toast or Cold Cereal		Oat Bran Toast Cheese Slice or Cold Cereal	
Lunch														
Entree	Baked Macaroni & Cheese with Ham Corn or Assorted Sandwiches		Potato & Cheddar Pyrohy Pork Sausage Sour Cream Beets or Assorted Sandwiches		Chicken Fingers French Fries Peas & Carrots or Assorted Sandwiches		BBQ Pulled Beef Brioche Bun Zucchini or Assorted Sandwiches		Vegetable Lasagna Spinach Salad or Assorted Sandwiches		Chicken Tempura Whipped Potatoes Carrot Coins or Assorted Sandwiches		Italian Sausage Squash Potato Salad or Assorted Sandwiches	
Dessert	Chocolate Cream Pie		Apricot Halves		Lemon Cream Cake		Butterscotch Pudding Pureed Cinnamon Bun		Honeydew & Strawberries		Fruit Cocktail		Ice Cream	
Soup	Tomato		Borshch		Mushroom		Sauerkraut		Chicken Noodle		Potato & Bacon		Beef Barley	
Supper														
Entrée	Hot Teriyaki Chicken Breast Rice Pilaf Green Beans Entrée 2 Fish Sticks 		Hot Beef Tips in Red Wine Mashed Potatoes Broccoli Spears Entrée 2 Vegetarian Lasagna		 Hot Sweet & Sour Pork Stir Fry Vegetables Fried Rice Entrée 2 Roast Beef		Hot Chicken Pot Pie Whipped Potatoes Carrot Coins Entrée 2 Crunchy Perch		Hot Basa & Fresh Dill Roasted Potatoes PEI Mixed Veggies Entrée 2 Cantonese Pork		 Hot Honey Glazed Ham Scalloped Potatoes Peas Entrée 2 Chicken Fingers		Hot Roast Turkey Gravy Whipped Potatoes Glazed Carrots Entrée 2 Beef Sausage	
Dessert	Banana Cake		Apple Crisp		Tapioca Pudding		Sliced Peaches		Brownie		Apple Strudel		Pumpkin Pie	
PM/HS Snack	Mini Muffin		Cheese Danish		Bon Ton Special		Baked Cookies		Croissants		Lemon Loaf		Danish	
Condiments	• Bread • Buns • Margarine •													

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