




2022 Spring-Summer Menu (Residents only)

Week 3

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Apr 18	Jul 11	Apr 19	Jul 12	Apr 20	Jul 13	Apr 21	Jul 14	Apr 22	Jul 15	Apr 23	Jul 16	Apr 24	Jul 17
	May 16	Aug 08	May 17	Aug 09	May 18	Aug 10	May 19	Aug 11	May 20	Aug 12	May 21	Aug 13	May 22	Aug 14
	Jun 13	Sept 05	Jun 14	Sept 06	Jun 15	Sept 07	Jun 16	Sept 08	Jun 17	Sept 09	Jun 18	Sept 10	Jun 19	Sept 11
	Oct 03		Oct 04		Oct 05		Oct 06		Oct 07		Oct 08		Oct 09	
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
Breakfast	Oat Bran Toast and Fruit Blueberry Pancakes and Yogurt <i>or</i> Cold Cereal		Oatmeal Scrambled Eggs Toast and Fruit <i>or</i> Cold Cereal		Cream of Wheat Boiled Eggs Toast and Fruit <i>or</i> Cold Cereal		Oatmeal Bacon Toast and Fruit <i>or</i> Cold Cereal		Cornmeal French Toast and Sausages Toast and Fruit <i>or</i> Cold Cereal		Cream of Wheat Turkey Sausage Toast and Fruit <i>or</i> Cold Cereal		Oat Bran Toast and Fruit Cheese Slice and Yogurt <i>or</i> Cold Cereal	
Lunch														
Entree	Bacon & Cheddar Quiche Italian Vegetables <i>or</i> Assorted Sandwiches		Cabbage Rolls Kovbasa Tossed Salad <i>or</i> Assorted Sandwiches		Pulled Beef on a Bun Caesar Salad Potato Wedges <i>or</i> Assorted Sandwiches		Salmon Salad Croissant Spinach Salad <i>or</i> Assorted Sandwiches		Butternut Squash and Sweet Potato in Coconut Garlic Stick Mixed Vegetables <i>or</i> Assorted Sandwiches		Chicken Strips Potato Salad Tossed Salad <i>or</i> Assorted Sandwiches		Pyrohy Kobasa Sour Cream Garden Salad Assorted Sandwiches	
Dessert	Ice Cream		Fruit Cocktail		Jell-O		Nanaimo Bar		Rhubarb and Granola Parfait		Butterscotch Pudding		Ice Cream	
Soup	Beef Vegetable		Mushroom		Tortilla Soup		Borscht		Chicken Noodle		Cream of Vegetable		Tomato and Lentil Soup	
Supper														
Entrée <i>*Alternative entrée</i>	Beef Stew in Red Wine Mashed Potatoes Green Beans <i>Savory Meatballs*</i>		Butter Chicken Basmati Rice Carrot Coins <i>Roast Beef*</i>		Pasta with Meatballs & Tomato Sauce Mixed Vegetables <i>Roast Turkey *</i>		Mexican Chicken Bake Broccoli Rice <i>Crunchy Perch*</i>		Baked Basa Whipped Potatoes Garden Peas <i>Cantonese Pork*</i>		Beef Strips in Red Wine Mashed Potatoes Broccoli Florets <i>Chicken Fingers*</i>		Ham Scalloped Potatoes PEI Mixed Vegetables <i>Chicken Cacciatore*</i>	
Dessert	Red Velvet Cake		Berry Crumble		Trifle		Chocolate Eclair		Assorted Desserts		Diced Peaches		Banana Cream Pie	
PM/HS Snack	Fruit Bread		Fresh Banana		Bon Ton Special		Coffee Cake		Doughnut		Yogurt		Muffin	
Condiments	• Bread • Buns • Margarine •													