





# 2022-23 Fall - Winter Menu (Residents only)

Week 4

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Nov 7 Dec 5 Jan 2	Jan 30 Feb 27 March 27	Nov 8 Dec 6 Jan 3	Jan 31 Feb 28 March 28	Nov 9 Dec 7 Jan 4	Feb 1 March 1 March 29	Nov 10 Dec 8 Jan 5	Feb 2 March 2 March 30	Nov 11 Dec 9 Jan 6	Feb 3 March 3 March 31	Nov 12 Dec 10 Jan 7	Feb 4 March 4 April 1	Nov 13 Dec 11 Jan 8	Feb 5 March 5 April 2
<b>Beverages</b>	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
<b>Breakfast</b>	Oat Bran Cereal Scrambled 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	
<b>Lunch</b>														
<b>Entree</b>	Ham and Onion Quiche Caesar Salad or Assorted sandwiches		Chili Con Carne Garlic Stick Mix Vegetable or Assorted sandwiches		Hot Turkey Sandwich Tossed Salad California Vegetables or Assorted sandwiches		Leek, Cheese & Potato Puff Pastry Tomato Slices or Assorted sandwiches		Baked Herb Crusted Cod Potato Wedges Coleslaw Salad or Assorted sandwiches		Potato and Cheese Pyrohy Turkey Sausages Tossed Green Salad or Assorted Sandwiches		Mushroom and Cheddar Quiche PEI Mixed Vegetables or Assorted sandwiches	
<b>Dessert</b>	Assorted Desserts		Banana Cream Pie		Lemon Pie		Butter Tart		Cheese Cake		Vanilla Ice Cream		Bananas	
<b>Soup</b>	Garden Vegetable Soup		Navy Bean		Leek and Potato		Broccoli Chicken		Borshch		Chicken Noodle		Red Lentil	
<b>Supper</b>														
<b>Entrée</b>	Baked Salmon Fillet Hollandaise Sauce Rice Blend Snow Peas  Entrée 2 Meatballs with Mushroom Sauce		Southern Baked Chicken Whipped Potatoes Corn Niblets  Entrée 2 Pork Riblette		Sun Dried Tomato Pork Roast Gravy Whipped Potatoes Broccoli Florets  Entrée 2 Chicken Fingers		Creamy Chicken with Mushroom Marsala Shell Pasta Winter Vegetable  Entrée 2 Beer Battered Fish 		Pork Stroganoff Whipped Potatoes Carrots  Entrée 2 Bratwurst		Roast Beef and Mashed Potatoes Peas  Entrée 2 Pulled Pork		Turkey Meatballs Tomato Basil Sauce Spaghetti Carrots Entrée 2 Salmon hollandaise Sauce	
<b>Dessert</b>	Fruit Cocktail		Orange Sections		Peach Crumble		Diced Pears		Jell-O		Apple Pie		Lemon Meringue Pie	
<b>PM/HS Snack</b>	Puree Fruit Cup		Cheese & Crackers		Banana		Muffin		Croissants		Yogurt		Baked Cookie	
<b>Condiments</b>	• Bread • Buns • Margarine •													

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