






2023 Spring - Summer Menu (Residents only)

Week 2

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Apr 17 May 15 Jun 12	Jul 10 Aug 07 Sep 04	Apr 18 May 16 Jun 13	Jul 11 Aug 08 Sep 05	Apr 19 May 17 Jun 14	Jul 12 Aug 09 Sep 06	Apr 20 May 18 Jun 15	Jul 13 Aug 10 Sep 07	Apr 21 May 19 Jun 16	Jul 14 Aug 11 Sep 08	Apr 22 May 20 Jun 17	Jul 15 Aug 12 Sep 09	Apr 23 May 21 Jun 18	Jul 16 Aug 13 Sep 10
Beverages	• Tea • Coffee • Lactaid • Fruit Juice • Buttermilk •													
Breakfast	Oatmeal Cereal French Toast and Yogurt Or Cold Cereal 		Cornmeal Cereal Fried Eggs Toast and Fruit or Cold Cereal		Cream of Wheat Bacon Toast and Fruit or Cold Cereal		Oatmeal Cereal Toast Cheddar Cheese and Sausage Bake or Cold Cereal		Oat bran Cereal Toast and Fruit Waffles and Yogurt or Cold Cereal 		Cornmeal Cereal Toast and Fruit Scrambled Eggs or Cold Cereal		Cream of Wheat Toast Turkey Sausage or Cold Cereal	
Lunch														
Entree	Chicken Salad Wrap Caesar Salad or Assorted Sandwiches		Turkey Swiss on Rye Fresh Vegetables or Assorted Sandwiches		Chicken Kebob with Greek Salad Rice or Assorted Sandwiches		Hamburger Tomato and Onion on a Brioche Bun, Tossed Salad Fries or Assorted Sandwiches		Nalysnyky/Sour Cream Kobasa Beets or Assorted Sandwiches		Ginger Beef with Rice and Vegetables or Assorted Sandwiches		Beer Battered Cod Potato Wedges Carrots and Peas or Assorted Sandwiches	
Dessert	Fresh Seasonal Fruit		Jell-O		Fresh Berries		Ice Cream		Vanilla Caramel Cake		Sliced Peaches		Bananas	
Soup	Lentil		Butternut Squash and Coconut 		Tomato and Spinach		Cream of Carrot		Tortilla Soup		Minestrone		Chicken Noodle	
Supper														
Entrée <i>*Alternative entrée</i>	Honey Mustard Chicken Rice PEI Mixed Vegetables <i>Pork Chops*</i>		Tomato Basil Pork Roast Roast Potatoes Californian Vegetables <i>Chicken Pot Pie*</i>		Beef Pot Roast Whipped Potatoes Broccoli Florets <i>Sole Fillets *</i>		BBQ Pork Ribs Mashed Potatoes Buttered Squash <i>Roast Beef*</i>		Grilled Salmon with Cream and Dill Creamy Risotto PEI Mixed Vegetables <i>Hot Corned Beef*</i>		Stuffed Chicken with Apple and Brie Mashed Potatoes Italian Mixed Veg <i>Turkey Sausage*</i>		Roast Beef /Gravy Whipped Potatoes California Vegetables <i>Poached Sole*</i>	
Dessert	Carrot Cake		Trifle		Chocolate Cake		Berry Bread Pudding		Assorted Desserts		Pumpkin Pie		Strawberry Ice Cream	
PM/HS Snack	Fruit Loaf		Fresh Banana		Assorted Mini Danish		Mini Muffin		Fresh Fruit 		Yogurt		Pudding	
Condiments	• Bread • Buns • Margarine •													