



Menu for the Week of April 27th - May 3rd



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|--|--|
| BREAKFAST | | | | | | |
| <i>Fruit juice, coffee, tea, milk, cold cereals, yogurt, assorted toasted breads, jams, jellies & peanut butter, as well as fruit lax are available daily.</i> | | | | | | |
| Main | | | | | | |
| A rotating selection of hot cream of wheat, hot oatmeal, eggs, bacon, sausages, assorted fruits, cheeses, bagels, muffins, and pastries. | | | | | | |
| LUNCH – Soup & choice of main | | | | | | |
| <i>Served with fresh fruit selection for dessert; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i> | | | | | | |
| Soup Navy Bean Main Hot Dog on a Bun served with Cauliflower Bites Assorted Cold Cut Submarine served with Broccoli Salad | Soup Cream of Vegetable Main Honey Garlic Chicken Wings served with Harvest Crisp Salad Veggie Burrito Bowl served with Mexican Rice | Soup Lentil Pea Main Spinach Frittata served with Carrot & Celery Sticks Roast Beef Wrap served with Carrot Salad | Soup Tomato Ravioli Main Pancake & Sausage served with Mixed Berries Monte Cristo served with Julienne Lettuce Salad | Soup Cream of Potato & Leek Main Pepperoni Pizza served with Garden Salad Beef Burger served with Onion Rings & Chipotle Sauce | Soup Beef Vegetable Main Belgian Waffles served with Mixed Berry Compote & Whipped Cream Grilled Cheese on Panini Bread served Pickles | Soup Lobster Bisque Main Sunday Brunch Casserole served with Sweet Potato Fries Turkey Strips served with Cranberry Green Salad & a Mini Croissant |
| DINNER – Choice of entrée | | | | | | |
| <i>Assorted juices available; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i> | | | | | | |
| Entrée Pork Pot Pie served with Mashed Potatoes, Zucchini, & Roasted Peppers Beef Lasagna served with a Garlic Stick and Caesar Salad Dessert Mini Cheesecake | Entrée Wood Smoked Turkey Sausage served with Boiled Potatoes, Snap Peas, & Carrot Coins Lemon Crusted Cod served with Boiled Potatoes, Snap Peas, & Carrot Coins Dessert Peach Pie | Entrée Spaghetti & Meatballs served with a Garlic Bread Knot & Greek Salad Vegetable Gyoza Dumpling served with Greek Salad Dessert Strawberry Pudding | Entrée Turkey Cutlet served with Cranberry Sauce, Mashed Potatoes, Brussels Sprouts, & Mashed Turnip Liver & Onions served with Gravy, Mashed Potatoes, & Mashed Turnip Dessert English Trifle | Entrée Vegetable Shepherd's Pie served with Asparagus & Butternut Squash Battered Fish served with Tartar Sauce, Lemon Wedge, Potato Wedges, & Coleslaw Dessert Rhubarb-Apple Crisp | Entrée Roasted Chicken Legs served with Rice & Snow Blend Vegetables Shrimp Skewers served with Lemon Dill Sauce, Rice, & Snow Blend Vegetables Dessert Lemon Cake | Entrée BBQ Ribs served with Roasted Potatoes, Green Peas, & Carrot Coins Mac & Cheese served with Stewed Tomatoes Dessert Raspberry Coconut Tart |



Menu for the Week of May 4th - May 10th



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|---|---|
| BREAKFAST | | | | | | |
| <i>Fruit juice, coffee, tea, milk, cold cereals, yogurt, assorted toasted breads, jams, jellies & peanut butter, as well as fruit lax are available daily.</i> | | | | | | |
| Main | | | | | | |
| A rotating selection of hot cream of wheat, hot oatmeal, eggs, bacon, sausages, assorted fruits, cheeses, bagels, muffins, and pastries. | | | | | | |
| LUNCH – Soup & choice of main | | | | | | |
| <i>Served with fresh fruit selection for dessert; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i> | | | | | | |
| Soup Cream of Vegetable Main Perogies with Fried Onions & Bacon Bits served with Garden Salad Cobb Salad served with a Potato Roll | Soup Green Pea Main Pulled Pork on a Bun served with Garden Salad French Toast served with Mixed Berry Compote & Syrup | Soup Tomato Florentine Main Vegetable Burger served with Sweet Potato Salmon & Lettuce on a Croissant served with Cucumber Slices | Soup Hamburger Main Honey Garlic Pork Bites served with Warm Stir-Fried Noodles Pastrami on Rye served with Carrot & Celery Sticks | Soup Butternut Squash Main Belgian Waffle served with Mixed Berry Compote & Whipped Cream BLT on Honey Oat Bread served with Potato Salad | Soup Vegetable Noodle Main Tuna Melt served with Julienne Salad Fruit Plate served with Cottage Cheese and a Chocolate Chip Bran Muffin | Soup Mushroom Main BBQ Chicken Wings served with Waffle Fries & Coleslaw Crab Cake served with Lemon Sauce & Coleslaw |
| DINNER – Choice of entrée | | | | | | |
| <i>Assorted juices available; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i> | | | | | | |
| Entrée Vegetable Lasagna served a Garlic Stick Beef Meatloaf served with Boiled Potatoes, Brussels Sprouts, & Turnip Dessert Toffee Cake | Entrée Grilled Tiger Shrimp served with Lemon Dill Sauce, Mashed Potatoes, & Mixed Root Vegetables Chicken Teriyaki served with Mashed Potatoes & Mixed Root Vegetables Dessert Bread Pudding with Caramel Sauce | Entrée Spaghetti with Meat Sauce served with Garlic Bread & Mixed Greens Braised Liver & Onions served with Roasted Mini Potatoes, Beets, & Zucchini Dessert Pumpkin Pie | Entrée Lamb Vegetable Stew served with Boiled Potato, Snap Peas, & Cauliflower Marinated Turkey Thigh served with Boiled Potato, Snap Peas, & Cauliflower Dessert Pineapple Upside Down Cake | Entrée Butter Chicken served with Rice, Broccoli, & Corn Battered Fish served with Tartar Sauce, a Lemon Wedge, French Fries, & Coleslaw Dessert Nanaimo Bar | Entrée Sweet & Sour Pork served with Mashed Potatoes & Mixed Vegetables Vegetable Dumpling served with Garden Salad Dessert Red Velvet Cake | Entrée Pot Roast served with Yorkshire Pudding, Roasted Potatoes, & Root Vegetables Egg Salad Sandwich served with Harvest Vegetable Soup Dessert Apple Blossom |



Menu for the Week of May 11th - May 17th



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|---|--|
| BREAKFAST | | | | | | |
| <i>Fruit juice, coffee, tea, milk, cold cereals, yogurt, assorted toasted breads, jams, jellies & peanut butter, as well as fruit lax are available daily.</i> | | | | | | |
| Main | | | | | | |
| A rotating selection of hot cream of wheat, hot oatmeal, eggs, bacon, sausages, assorted fruits, cheeses, bagels, muffins, and pastries. | | | | | | |
| LUNCH – Soup & choice of main | | | | | | |
| <i>Served with fresh fruit selection for dessert; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i> | | | | | | |
| Soup Potato Bacon Chowder Main Steak Fajitas on a Bun served with Broccoli Salad Salmon Salad Wrap served with Broccoli Salad | Soup Vegetable Rice Main Hawaiian Pizza served with Chef Salad Turkey Salad on a Cranberry Bun served with Chef Salad | Soup Cream of Cauliflower Main Chicken Fingers served with Plum Sauce & Sweet Potato Fries Pastrami with Swiss Cheese on Rye served with Dill Pickles | Soup Roasted Pepper & Tomato Basil Main Strawberry Cheese Monte Cristo Mac & Cheese served with Greek Salad | Soup Scotch Broth Main Chicken Burger served with Cauliflower Bites Fried Rice served with an Egg Roll | Soup Split Pea Main Mini Submarine served with Beet & Onion Salad Spanakopita served with Tzatziki & Beet & Onion Salad | Soup Carrot & Ginger Main Egg Salad on a Panini served with Garden Salad BBQ Pork Bites served with Garden Salad |
| DINNER – Choice of entrée | | | | | | |
| <i>Assorted juices available; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i> | | | | | | |
| Entrée Braised Pork Chop in Mushroom Gravy served with Basmati Rice & Stir Fry Vegetables Vegetable Meatballs served with Marsala Sauce, Basmati Rice, & Stir Fry Vegetables Dessert German Chocolate Cake | Entrée Fettuccine Alfredo served with a Garlic Bread Knot & Caesar Salad Polish Sausage served with Sauerkraut, Mashed Potatoes, & Winter Blend Vegetables Dessert Rice & Raisin Pudding | Entrée Almond Crusted Sole served with Tartar Sauce, Mini Roasted Potatoes, Peas, & Corn Lamb Chops served with Mini Roasted Potatoes, Peas, & Corn Dessert Apple Crumble | Entrée Vegetable Pot Pie served with Scalloped Potatoes, Carrots, & Brussels Sprouts Pork Cutlet with Apple Sauce served with Scalloped Potatoes, Carrots, & Brussels Sprouts Dessert Cheesecake | Entrée Eggplant Parm served with Marinara Sauce, Mashed Potatoes, and Mixed Vegetables Fish and Chips served with Tartar Sauce, Lemon Wedge, & Coleslaw Dessert Chocolate Pudding | Entrée Beef Meatloaf served with Baked Potato, Broccoli, & Cauliflower Jumbo Shrimp with Cocktail Sauce served with Baked Potato, Broccoli, & Cauliflower Dessert Pecan Streusel Cake | Entrée Chicken Souvlaki served with Tzatziki, Rice, & Mixed Root Vegetables Cheesy Ravioli served with Caesar Salad Dessert Donuts |



Menu for the Week of May 18th - May 24th



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|--|--|
| BREAKFAST | | | | | | |
| <i>Fruit juice, coffee, tea, milk, cold cereals, yogurt, assorted toasted breads, jams, jellies & peanut butter, as well as fruit lax are available daily.</i> | | | | | | |
| Main | | | | | | |
| A rotating selection of hot cream of wheat, hot oatmeal, eggs, bacon, sausages, assorted fruits, cheeses, bagels, muffins, and pastries. | | | | | | |
| LUNCH – Soup & choice of main | | | | | | |
| <i>Served with fresh fruit selection for dessert; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i> | | | | | | |
| Soup Clam Chowder Main Eggs Benedict with Ham served with Hollandaise Sauce, English Muffin, & Garden Salad Vegetable Falafel Wrap served with Corn Nuggets | Soup Vegetable Barley Main Perogies with Fried Onions & Bacon Bits served with Garden Salad Cobb Salad served with a Multigrain Croissant | Soup Lentil Main Poutine with Chef's Special Sauce served with Cucumber, Tomato, & Onion Salad Colourful Frittata served with Cucumber, Tomato, & Onion Salad | Soup Sweet Potato Main Veal Patty on a Brioche Bun served with Sweet Potato Fries Roast Beef Sandwich served with Garden Salad | Soup Cream of Broccoli Main Cinnamon French Toast served Mixed Berry Compote & Maple Syrup Antipasto Platter with Deli Meat | Soup Minestrone Main Vegetable Cheeseburger served with French Fries Chicken Caesar Salad served with a Dinner Roll | Soup Butternut Squash Main Turkey & Cheese Sandwich on Honey Oat Bread served with House Salad Egg Salad Sandwich on Honey Oat Bread served with House Salad |
| DINNER – Choice of entrée | | | | | | |
| <i>Assorted juices available; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i> | | | | | | |
| Entrée Shepherd's Pie served with Mashed Potatoes, Roasted Mushrooms, & Corn Asian Style Salmon served with Mashed Potatoes, Roasted Mushrooms, & Corn Dessert Fruit Cobbler | Entrée Turkey Vegetable Stew served with a Tea Biscuit Lamb Kebob served with Greek Salad Dessert Nanaimo Bar | Entrée Vegetarian Chili with Guacamole Sauce served with Naan Bread Almond Crusted Sole served with Parsley Mashed Potatoes, Baked Tomatoes, & Cabbage Dessert Carrot Cake with Cream Cheese Icing | Entrée Lemon Chicken served with Rice & Fajita Mixed Vegetables Creamy Vegetable Pasta served with Garlic Bread & Tossed Salad Dessert Chocolate Eclair | Entrée Cabbage Roll served with Boiled Potatoes, Snap Peas, & Mashed Turnip Battered Fish served with Tartar Sauce, Lemon Wedge, French Fries, & Coleslaw Dessert Lemon Pudding Cake | Entrée Roasted Pork Loin served with Roasted Potatoes, Green Beans, & Butternut Squash Rosemary Lamb Chops served with Roasted Potatoes, Green Beans, & Butternut Squash Dessert Apple Pie served with Ice Cream | Entrée Brisket served with Scalloped Potatoes, Corn, & Brussels Sprouts Poached Lemon Haddock served with Scalloped Potatoes, Corn, & Brussels Sprouts Dessert Pecan Butter Tart |