



## Menu for the Week of July 28th - August 3rd



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> <i>Fruit juice, coffee, tea, milk, cold cereals, yogurt, assorted toasted breads, jams, jellies &amp; peanut butter, as well as fruit lax are available daily.</i>						
<b>Main</b> A rotating selection of hot cream of wheat, hot oatmeal, eggs, bacon, sausages, assorted fruits, cheeses, bagels, muffins, and pastries.						
<b>LUNCH – Soup &amp; choice of main</b> <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>						
<b>Soup</b> Spring Vegetable	<b>Soup</b> Tomato Basil	<b>Soup</b> Vegetable Quinoa	<b>Soup</b> Italian Wedding	<b>Soup</b> Cream of Potato & Leek	<b>Soup</b> Green Pea	<b>Soup</b> Cauliflower
<b>Main</b> Macaroni & Cheese served with Vinegar & Honey Cucumber Salad	<b>Main</b> Vegetable Quiche served with Tossed Salad	<b>Main</b> Pork Sandwich on a Bun served with Creamy Coleslaw	<b>Main</b> Beans & Wieners Casserole served with Spinach Salad	<b>Main</b> Beefaroni Casserole served with Chef Salad	<b>Main</b> Roasted Pepper & Basil Frittata served with Spring Mix Salad	<b>Main</b> Philly Cheesesteak Sloppy Joe served with Garden Salad
Cobb Salad served with a Potato Roll	Shaved Pastrami on Rye served with Tossed Salad	Cod Nuggets with Plum Sauce served with French Fries & Creamy Coleslaw	Tuna Salad on 12-Grain Bread served with Spinach Salad	Plant Based BBQ Burger served with Chef Salad	Grilled Swiss Cheese on Whole Wheat served with Spring Mix Salad	Fettuccine in Primavera Sauce served with Garden Salad
<b>DINNER – Choice of entrée</b> <i>Assorted juices available; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i>						
<b>Entrée</b> Pork Loin Roast in Brown Gravy served with Mashed Potatoes, Green Beans, & Turnip	<b>Entrée</b> Turkey a la King served with a Patty Shell	<b>Entrée</b> Spaghetti with Meat Sauce served with Garlic Bread & Caesar Salad	<b>Entrée</b> Butter Chicken served with Steamed Rice & PEI Blend Vegetables	<b>Entrée</b> Cabbage Rolls served with Mashed Potatoes, Green Beans, & Beets	<b>Entrée</b> Chicken Adobo served with Roasted Potato & Bistro Blend Vegetables	<b>Entrée</b> Roast Turkey Breast in Gravy served with Boiled Potatoes, Asparagus, & Carrots
Tiger Shrimp with Cocktail Sauce served with Mashed Potatoes, Green Beans, & Turnip	Lemon Lamb Chops served with Parisian Rice, Roasted Peppers, & Cabbage	Montreal Baked Pollock served with Mashed Potatoes, Baby Corn, & Snap Peas	Liver & Onions served with Scalloped Potatoes & PEI Blend Vegetables	Battered Fish served with Tartar Sauce, a Lemon Wedge, French Fries, & Coleslaw	Swedish Meatballs served with Egg Noodles & Bistro Blend Vegetables	Egg Salad Sandwich on Honey Oat Bread served with Harvest Vegetable Soup
<b>Dessert</b> Butterscotch Pudding	<b>Dessert</b> Ice Cream & Cookies	<b>Dessert</b> Pineapple Upside Down Cake	<b>Dessert</b> Raspberry Cream Brownie	<b>Dessert</b> Apple Pie & Ice Cream	<b>Dessert</b> Spring Bars	<b>Dessert</b> Mini Cheesecake



## Menu for the Week of August 4th - August 10th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> <i>Fruit juice, coffee, tea, milk, cold cereals, yogurt, assorted toasted breads, jams, jellies &amp; peanut butter, as well as fruit lax are available daily.</i>						
<b>Main</b> A rotating selection of hot cream of wheat, hot oatmeal, eggs, bacon, sausages, assorted fruits, cheeses, bagels, muffins, and pastries.						
<b>LUNCH – Soup &amp; choice of main</b> <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>						
<b>Soup</b> French Onion	<b>Soup</b> Beef Rice	<b>Soup</b> Cream of Broccoli	<b>Soup</b> Carrot & Ginger	<b>Soup</b> Scotch Broth	<b>Soup</b> Mushroom	<b>Soup</b> Chicken Rice
<b>Main</b> Vegetable Falafel Wrap served with Romaine Salad	<b>Main</b> Sliced Turkey Sandwich on a Bun served with Couscous Salad	<b>Main</b> Chicken Shawarma Fries served with Chef Salad	<b>Main</b> Crab Salad Sandwich on a Croissant	<b>Main</b> Chicken Burger served with Mango Salad	<b>Main</b> Three Cheese Pizza served with Garden Salad	<b>Main</b> Salmon Salad on a Soft Bun served with Spring Mix Salad
Cottage Cheese & Apple Pear Salad served with Blueberry Loaf	Cod Sticks & Tartar Sauce served with Couscous Salad	Fruit Plate served with Melba Toast & Cottage Cheese	Hot Dog served with Mixed Greens Salad	Cobb Salad served with a Dinner Roll	Corned Beef on Rye served with Garden Salad	Black Bean Tortilla Bake served with Spring Mix Salad
<b>DINNER – Choice of entrée</b> <i>Assorted juices available; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i>						
<b>Entrée</b> Pesto Flank Steak served with Mashed Potatoes, Snap Peas, & Baked Tomatoes	<b>Entrée</b> Vegetable Lasagna served with Garlic Bread & Tossed Salad	<b>Entrée</b> Sweet & Sour Rhubarb Pork Chops served with Steamed Rice, Roasted Zucchini, & Butternut Squash	<b>Entrée</b> Turkey Pot Pie served with Mashed Potatoes, Green Beans, & Cauliflower	<b>Entrée</b> Veal Patty in Beef Gravy served with Boiled Potato & Montego Blend Vegetables	<b>Entrée</b> Turkey & Asparagus Stir-Fry served with Egg Noodles	<b>Entrée</b> Roast Beef served with Mashed Potatoes, Gravy, & PEI Blend Vegetables
Lemon Chicken served with Mashed Potatoes, Snap Peas, & Baked Tomatoes	Debrizini Sausage served Boiled Potatoes, Gravy, & Sauteed Pepper with Onions	Lamb Curry served with Steamed Rice, Roasted Zucchini, & Butternut Squash	Rotini Pasta served with Garlic Bread & Caesar Salad	Battered Fish served with Tartar Sauce, Lemon Wedge, French Fries, & Coleslaw	Pork Pot Pie served with Mashed Potatoes & Peas	Egg Salad Sandwich on Honey Oat Bread served with Harvest Vegetable Soup
<b>Dessert</b> Donuts	<b>Dessert</b> Cookies & Ice Cream	<b>Dessert</b> Butter Tart Square	<b>Dessert</b> Frosted Strawberry Cake	<b>Dessert</b> Chocolate Pudding	<b>Dessert</b> Raspberry Mousse	<b>Dessert</b> Coconut Cream Pie



## Menu for the Week of August 11th - August 17th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> <i>Fruit juice, coffee, tea, milk, cold cereals, yogurt, assorted toasted breads, jams, jellies &amp; peanut butter, as well as fruit lax are available daily.</i>						
<b>Main</b> A rotating selection of hot cream of wheat, hot oatmeal, eggs, bacon, sausages, assorted fruits, cheeses, bagels, muffins, and pastries.						
<b>LUNCH – Soup &amp; choice of main</b> <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>						
<b>Soup</b> Cream of Cauliflower  <b>Main</b> Beans & Wieners Casserole served with Tossed Salad  Antipasto Platter with Deli Meat	<b>Soup</b> Tomato Basil  <b>Main</b> Tuna Melt served with Broccoli Salad  Roast Beef Sandwich served with Broccoli Salad	<b>Soup</b> Curried Chickpea  <b>Main</b> Turkey Peach Pasta Salad served with Mixed Greens & a Dinner Roll  Grilled Cheddar Cheese Sandwich served with Mixed Greens	<b>Soup</b> Vegetable Garden  <b>Main</b> Chicken Dill Wrap served with Cucumber Salad  Plant Based BBQ Burger served with Potato Wedges & Cucumber Salad	<b>Soup</b> Cream of Potato & Leek  <b>Main</b> Macaroni & Three Cheese served with Spring Mix Salad  Fried Rice served with Vegetable Spring Rolls	<b>Soup</b> Minestrone  <b>Main</b> Pulled Pork on a Bun served with Pasta Salad  Cottage Cheese served with Fresh Summer Fruits & a Bran Muffin	<b>Soup</b> Turkey Noodle  <b>Main</b> Mini Sub Sandwich served with Tossed Salad  Chicken Strips & Plum Sauce served with Tossed Salad
<b>DINNER – Choice of entrée</b> <i>Assorted juices available; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i>						
<b>Entrée</b> Apple Braised Turkey Thigh served with Rice, Brussels Sprouts, & Baby Corn  Tangy Orange Glazed Meatballs served with Rice, Brussels Sprouts, & Baby Corn  <b>Dessert</b> Pound Cake	<b>Entrée</b> Pork Chop Supreme served with Mashed Potatoes, Buttered Green Beans, & Carrots  Chicken Cacciatore served with Buttered Green Beans, Carrots, & a Dinner Roll  <b>Dessert</b> Peanut Butter Square	<b>Entrée</b> Alfredo Tortellini served with a Garlic Knot, Asparagus, & Roasted Pepper  Seafood Newburg Style served with Asparagus, Roasted Pepper, and a Dinner Roll  <b>Dessert</b> Mousse	<b>Entrée</b> Pork Schnitzel served with Scalloped Potatoes, Cabbage, & Turnip  Meatloaf in Beef Gravy served with Scalloped Potatoes, Cabbage, & Turnip  <b>Dessert</b> Mini Bundt Cake	<b>Entrée</b> Chicken a la King served with a Tea Biscuit  Battered Fish served with Tartar Sauce, Lemon Wedge, French Fries, & Coleslaw  <b>Dessert</b> Lemon Cake	<b>Entrée</b> Turkey Paprikash served with Mashed Potatoes, Cauliflower, & Roasted Zucchini  Beef Stir Fry served with Mashed Potatoes, Cauliflower, & Roasted Zucchini  <b>Dessert</b> Chocolate Raspberry Pudding	<b>Entrée</b> Smoked Ham served with Scalloped Potatoes, Honey Glazed Carrots, & Corn Niblets  Egg Salad Sandwich on Honey Oat Bread served with Harvest Vegetable Soup  <b>Dessert</b> Apple Cobbler



## Menu for the Week of August 18th - August 24th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> <i>Fruit juice, coffee, tea, milk, cold cereals, yogurt, assorted toasted breads, jams, jellies &amp; peanut butter, as well as fruit lax are available daily.</i>						
<b>Main</b> A rotating selection of hot cream of wheat, hot oatmeal, eggs, bacon, sausages, assorted fruits, cheeses, bagels, muffins, and pastries.						
<b>LUNCH – Soup &amp; choice of main</b> <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>						
<b>Soup</b> Roasted Red Pepper	<b>Soup</b> French Onion	<b>Soup</b> Country Vegetable	<b>Soup</b> Borscht	<b>Soup</b> Chicken Noodle	<b>Soup</b> Cream of Asparagus	<b>Soup</b> Lentil Taco
<b>Main</b> Eggs Benedict with Ham served with Hollandaise Sauce & Garden Salad  Veggie Burrito Bowl served with Mexican Rice	<b>Main</b> Perogies with Fried Onions & Bacon Bits served with Tossed Salad  Pastrami Sandwich on Rye served with Tossed Salad	<b>Main</b> Hamburger served with Vegetable Pasta Salad  Wrap with Peppers, Mushroom, & Provolone Cheese served with Vegetable Pasta Salad	<b>Main</b> Chicken Fajita Salad served with a Dinner Roll  Hot Dog served with Mixed Greens	<b>Main</b> Sliced Turkey Sandwich served with Romaine Salad  Hawaiian Pizza served with Romaine Salad	<b>Main</b> Veal on a Bun served with Potato Salad  Black Bean Chili served with Naan Bread	<b>Main</b> Honey Garlic Chicken Wings served with Spring Mix Salad  Ham & Cheese Sandwich served with Spring Mix Salad
<b>DINNER – Choice of entrée</b> <i>Assorted juices available; bread, butter/margarine, water, milk, soy milk, oat milk, tea, and coffee are offered with every meal.</i>						
<b>Entrée</b> Beef Lasagna served with Caesar Salad & a Garlic Stick  Turkey Pot Pie served with Gravy, Carrots, & Broccoli	<b>Entrée</b> BBQ Chicken Legs served with Mashed Potatoes, Gravy, Stir-Fried Vegetables  Vegetarian Dhal served with Naan Bread & Stir-Fried Vegetables	<b>Entrée</b> Baked Five Cheese Fusilli served with Greek Salad & Garlic Bread  Florentine Baked Sole served with Mashed Potatoes, Cauliflower, & Green Peas	<b>Entrée</b> Lemon Herb Pork Chop served with Steamed Rice, Roasted Peppers, & Butternut Squash  Sweet & Sour Vegetable Meatballs served with Steamed Rice, Roasted Peppers, & Butternut Squash	<b>Entrée</b> Beef Stroganoff served with Egg Noodles & Spring Vegetables  Battered Fish served with Tartar Sauce, Lemon Wedge, French Fries, & Coleslaw	<b>Entrée</b> Vegetable Rotini Pasta served with Garlic Bread & Greek Salad  Skillet Pineapple BBQ Pork served with Chow Mein Noodles, Grilled Zucchini, & Cauliflower	<b>Entrée</b> Corned Beef & Gravy served with Roasted Potatoes, Green Peas, & Onions  Egg Salad Sandwich on Honey Oat Bread served with Harvest Vegetable Soup
<b>Dessert</b> German Chocolate Cake	<b>Dessert</b> Pineapple Cheesecake	<b>Dessert</b> Mousse	<b>Dessert</b> Bread Pudding with Caramel Sauce	<b>Dessert</b> Black Forest Cake	<b>Dessert</b> Mango Mousse	<b>Dessert</b> Cherry Pie & Ice Cream