



Menu for the Week of October 27th - November 2nd



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 November 3rd - November 9th



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



Menu for the Week of November 10th - November 16th



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	Soup Cream of Vegetable	Soup Lentil Pea	Soup Tomato Ravioli	Soup Cream of Potato & Leek	Soup Beef Vegetable	Soup Lobster Bisque
Main Hot Dog on a Bun served with Cauliflower Bites	Main Honey Garlic Chicken Wings served with Harvest Crisp Salad	Main Spinach Frittata served with Carrot & Celery Sticks	Main Pancake & Sausage served with Mixed Berries	Main Pepperoni Pizza served with Garden Salad	Main Belgian Waffles served with Mixed Berry Compote & Whipped Cream	Main Sunday Brunch Casserole served with Sweet Potato Fries
Assorted Cold Cut Submarine served with Broccoli Salad	Veggie Burrito Bowl served with Mexican Rice	Roast Beef Wrap served with Carrot Salad	Monte Cristo served with Julienne Lettuce Salad	Beef Burger served with Onion Rings & Chipotle Sauce	Grilled Cheese on Panini Bread served Pickles	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	Entrée Wood Smoked Turkey Sausage served with Boiled Potatoes, Snap Peas, & Carrot Coins	Entrée Spaghetti & Meatballs served with a Garlic Bread Knot & Greek Salad	Entrée Turkey Cutlet served with Cranberry Sauce, Mashed Potatoes, Brussels Sprouts, & Mashed Turnip	Entrée Vegetable Shepherd's Pie served with Asparagus & Butternut Squash	Entrée Roasted Chicken Legs served with Rice & Snow Blend Vegetables	Entrée BBQ Ribs served with Roasted Potatoes, Green Peas, & Carrot Coins
Beef Lasagna served with a Garlic Stick and Caesar Salad	Lemon Crusted Cod served with Boiled Potatoes, Snap Peas, & Carrot Coins	Vegetable Gyoza Dumpling served with Greek Salad	Liver & Onions served with Gravy, Mashed Potatoes, & Mashed Turnip	Battered Fish served with Tartar Sauce, Lemon Wedge, Potato Wedges, & Coleslaw	Shrimp Skewers served with Lemon Dill Sauce, Rice, & Snow Blend Vegetables	Mac & Cheese served with Stewed Tomatoes
Dessert Mini Cheesecake	Dessert Peach Pie	Dessert Strawberry Pudding	Dessert English Trifle	Dessert Rhubarb-Apple Crisp	Dessert Lemon Cake	Dessert Raspberry Coconut Tart



Menu for the Week of November 17th - November 23rd



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	Soup Green Pea	Soup Tomato Florentine	Soup Hamburger	Soup Butternut Squash	Soup Vegetable Noodle	Soup Mushroom
Main Perogies with Fried Onions & Bacon Bits served with Garden Salad	Main Pulled Pork on a Bun served with Garden Salad	Main Vegetable Burger served with Sweet Potato	Main Honey Garlic Pork Bites served with Warm Stir-Fried Noodles	Main Belgian Waffle served with Mixed Berry Compote & Whipped Cream	Main Tuna Melt served with Julienne Salad	Main BBQ Chicken Wings served with Waffle Fries & Coleslaw
Cobb Salad served with a Potato Roll	French Toast served with Mixed Berry Compote & Syrup	Salmon & Lettuce on a Croissant served with Cucumber Slices	Pastrami on Rye served with Carrot & Celery Sticks	BLT on Honey Oat Bread served with Potato Salad	Fruit Plate served with Cottage Cheese and a Chocolate Chip Bran Muffin	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	Entrée Grilled Tiger Shrimp served with Lemon Dill Sauce, Mashed Potatoes, & Mixed Root Vegetables	Entrée Spaghetti with Meat Sauce served with Garlic Bread & Mixed Greens	Entrée Lamb Vegetable Stew served with Boiled Potato, Snap Peas, & Cauliflower	Entrée Butter Chicken served with Rice, Broccoli, & Corn	Entrée Sweet & Sour Pork served with Mashed Potatoes & Mixed Vegetables	Entrée Pot Roast served with Yorkshire Pudding, Roasted Potatoes, & Root Vegetables
Beef Meatloaf served with Boiled Potatoes, Brussels Sprouts, & Turnip	Chicken Teriyaki served with Mashed Potatoes & Mixed Root Vegetables	Braised Liver & Onions served with Roasted Mini Potatoes, Beets, & Zucchini	Marinated Turkey Thigh served with Boiled Potato, Snap Peas, & Cauliflower	Battered Fish served with Tartar Sauce, a Lemon Wedge, French Fries, & Coleslaw	Vegetable Dumpling served with Garden Salad	Egg Salad Sandwich served with Harvest Vegetable Soup
Dessert Toffee Cake	Dessert Bread Pudding with Caramel Sauce	Dessert Pumpkin Pie	Dessert Pineapple Upside Down Cake	Dessert Nanaimo Bar	Dessert Red Velvet Cake	Dessert Apple Blossom