



Menu for the Week of September 7th - September 13th



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 Vegetable Barley	Soup Beef Rice	Soup Cream of Broccoli	Soup Ginger & Carrot	Soup Minestrone	Soup Cream of Mushroom	Soup Chicken Noodle
Main Belgian Waffle served with Strawberries, Whipped Cream & Sausage	Main Spinach Alfredo Pasta served with Mixed Greens Salad	Main Grilled Hot Dog on a Bun served with Fries & Marinated Vegetable Salad	Main Ham & Cheese Sandwich served with Marinated Mango Salad	Main Broccoli & Cheese Quiche served with Romaine Salad	Main Three Cheese Pizza served with Garden Salad	Main Salmon Salad on a Bun served with Spring Mix Salad
Homemade Chili served with Cornbread	Perogies with Onion & Bacon Bits served with Mixed Greens Salad	Fruit Plate served with Cottage Cheese & Melba Toast	Chicken Fingers served with Plum Sauce & Marinated Mango Salad	Chicken Poutine	Chef Salad with Egg & Cheese served with a Croissant	Black Bean Tortilla Bake served with Spring Mix 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 Vegetable Lasagna served with Caesar Salad & Garlic Bread	Entrée Baked Chicken Legs served with Chalet Sauce, Steamed Rice, Corn & Peas	Entrée Vegetable Pot Pie served with Mashed Potatoes, Roasted Zucchini & Butternut Squash	Entrée Salisbury Steak served with Onion Gravy, Boiled Potatoes, Glazed Carrots & Mashed Turnip	Entrée Battered Fish served with French Fries, Coleslaw, Tartar Sauce & a Lemon Wedge	Entrée Turkey Schnitzel served with Cranberry Sauce, Mashed Potatoes, Snap Peas & Pearl Onions	Entrée Roast Beef served with Potatoes, Gravy, Roasted Peppers & Asparagus
Braised Pork Chops served with Mashed Potatoes, Brussels Sprouts & Baked Tomatoes	Salmon with Dill Butter Sauce served with Steamed Rice, Corn & Peas	Lamb Curry served with Mashed Potatoes, Roasted Zucchini & Butternut Squash	Rotini & Cheese Pasta Bake served with Multigrain Dinner Roll & Tossed Salad	Tangy Orange Glazed Meatballs served with Rice & Mixed Vegetables	Honey Garlic Pork served with Mashed Potatoes, Snap Peas & Pearl Onions	Egg Salad on Honey Oat Bread served with Harvest Vegetable Soup
Dessert Donuts	Dessert Cookies & Ice Cream	Dessert Tapioca Pudding	Dessert Brownies	Dessert Carrot Cake	Dessert Chocolate Pudding	Dessert Coconut Cream Pie



Menu for the Week of September 14th - September 20th



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 Cauliflower Main Cinnamon French Toast served with Fresh Berries & Whipped Cream Antipasto Deli Platter served with a Dinner Roll	Soup Tomato Basil Main Perogies with Onions & Bacon Bits served with Garden Salad Open-faced Corned Beef Sandwich served with a Garden Salad	Soup Lentil Main Chicken Waldorf Salad served with a Croissant Grilled Cheddar Cheese Sandwich on Whole Wheat Bread served with Mixed Greens Salad	Soup Vegetable Garden Main Tuna Melt served with Marinated Julienne Salad BBQ Garden Burger served with Onion Rings & Marinated Julienne Salad	Soup Cream of Potato & Leek Main Homemade Hawaiian Pizza served Harvest Mix Salad Fruit Plate served with Cottage Cheese & a Bran Muffin	Soup Navy Bean Main Spinach & Cheese Quiche served with Romaine Salad Pastrami on Rye served with Romaine Salad	Soup Turkey Noodle Main Mini Sub Sandwich served with Potato Salad Chicken Burger on a Bun served with Plum Sauce & Potato 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 Maple Balsamic Chicken Thighs served with Brussels Sprouts, Carrots & Beans Sweet Italian Vegetarian Sausage served with Boiled Potatoes, Carrots & Beans Dessert Chocolate Roll Cake	Entrée BBQ Pork Ribs served with Steamed Brown Rice & Stir Fry Vegetables Lemon Garlic Butter Shrimp served with Steamed Brown Rice & Stir Fry Vegetables Dessert Banana Pudding	Entrée Lamb Vegetable Stew served with a Tea Biscuit Baked Feta, Spinach, & Chickpea Casserole served with Mashed Potatoes Dessert Butter Tart	Entrée Homemade Beef Lasagna served with Caesar Salad & Garlic Bread Sweet & Sour Pork served with Egg Noodles, Roasted Mushrooms & Peppers Dessert Blueberry Pie	Entrée Battered Fish served with French Fries, Coleslaw, Tartar Sauce, and a Lemon Wedge Turkey Meatloaf served with Scalloped Potatoes, Gravy, Broccoli & Cauliflower Dessert Rice Pudding	Entrée Veal Paprikash served with Mashed Potatoes, Cabbage & Snap Peas Smoked Mozzarella Ravioli served with Greek Salad & a Dinner Roll Dessert Ice Cream	Entrée Smoked Ham in Pineapple Juice served with Baked Potato, Honey Glazed Carrots & Corn Niblets Egg Salad Sandwich on Honey Oat Bread served with Harvest Vegetable Soup Dessert Mini Bundt Cake



Menu for the Week of September 21st - September 27th



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 Roasted Red Pepper	Soup French Onion	Soup Country Vegetable	Soup Chicken Noodle	Soup Corn Chowder	Soup Creamy Sweet Potato	Soup Lentil Taco
Main Salmon Wrap served with Tomato & Onion Salad Veggie Burrito Bowl served with Mexican Rice	Main Eggs Benedict with Hollandaise Sauce served with Peameal Bacon & Garden Salad Chicken Strips with Honey Garlic Sauce served with Garden Salad	Main Hamburger served with Vegetable Pasta Salad Brie, Apple, & Cranberry Grilled Cheese Sandwich	Main Sliced Turkey on a Cranberry Bun served with Chef Salad Black Bean Chili served with Naan Bread	Main Homemade Pancakes served with Fresh Berries & Whipped Cream Falafel Platter served with Pita Bread	Main Mediterranean Vegetable Pizza served with Romaine Salad Loaded Potato Casserole served with Romaine Salad	Main Captain Burger on a Bun served with Spring Mix Salad Ham & Cheese Sandwich served with Spring Mix 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 Gravy & Grilled Vegetables Vegetable Lasagna served with Caesar Salad & Garlic Bread Dessert Chocolate Roll Cake	Entrée Mongolian Lamb served with Boiled Potatoes, Brussels Sprouts & Baked Tomatoes Sweet & Sour Vegetable Meatballs served with Boiled Potatoes, Brussels Sprouts & Baked Tomatoes Dessert Pineapple Cheesecake	Entrée Florentine Baked Sole served with Steamed Rice, Turnip & Green Peas Braised Pork Tenderloin served with Steamed Rice, Turnip & Green Peas Dessert White Chocolate Cookies with Ice Cream	Entrée Rotini & Cheese Pasta Bake served with Greek Salad & Garlic Bread Stuffed Peppers served with Mashed Potatoes, Baby Corn & Carrots Dessert Bread Pudding with Caramel Sauce	Entrée Battered Fish served with French Fries, Coleslaw, Tartar Sauce & a Lemon Wedge Beef Stroganoff served with Parsley Egg Noodles & Spring Vegetables Dessert Cherry Pie	Entrée Chicken Teriyaki served with Rice, Roasted Asparagus & Butternut Squash Vegetable Pot Pie served with Mashed Potatoes, Roasted Asparagus & Butternut Squash Dessert Black Forest Cake	Entrée Roast Beef served with Roasted Potatoes, Gravy, Green Beans & Pearl Onions Egg Salad Sandwich on Honey Oat Bread served with Harvest Vegetable Soup Dessert Raspberry Mousse



Menu for the Week of September 28th - October 4th



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 Spring Vegetable	Soup Tomato Basil	Soup Italian Wedding	Soup Cream of Cauliflower	Soup French Onion	Soup Chicken Noodle	Soup Green Pea
Main Macaroni & Cheese served with Greek Salad	Main Vegetable Quiche served with Tossed Salad	Main Pulled Pork on a Bun served with Creamy Coleslaw	Main Beans & Wieners Casserole served with Spinach Salad	Main Beefaroni Casserole served with Chef Salad	Main BBQ Black Bean Burger served with Spring Mix Salad	Main Salmon Melt served with Garden Salad
Cobb Salad served with a Multigrain Croissant	Shaved Pastrami Sandwich on Rye Bread served with Potato Salad	Fried Rice served with a Spring Roll & Cucumber Salad	Tuna Salad on 12 Grain Bread served with Spinach Salad	Homemade Pancakes served with Fresh Berries, Syrup, & Whipped Cream	Grilled Swiss Cheese served with Spring Mix Salad	Fettuccine with Primavera Sauce 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 Pork Loin Roast served with Mashed Potatoes, Gravy, Green Beans & Turnip	Entrée Turkey a la King served with Cornbread	Entrée Spaghetti with Meat Sauce served with Garlic Bread & Caesar Salad	Entrée Sweet & Sour Chicken served with Steamed Rice & Stir Fry Vegetables	Entrée Battered Fish served with French Fries, Coleslaw, Lemon Wedge & Tartar Sauce	Entrée Lamb Souvlaki served with Tzatziki, Roasted Potatoes, Broccoli & Cauliflower	Entrée Roast Turkey Breast served with Cranberry Sauce, Gravy, Boiled Potatoes, Asparagus & Honey Glazed Carrots
Tiger Shrimp served with Cocktail Sauce, Mashed Potatoes, Green Beans & Turnip	Chipotle Honey Glazed Tilapia served with Mashed Potatoes, Baby Corn & Snap Peas	Braised Lemon Lamb Chops served with Scalloped Potatoes, Roasted Peppers & Cabbage	Roasted Veal served with Steamed Rice & Stir Fry Vegetables	Cabbage Rolls served with Mashed Potatoes, Green Beans & Beets	Swedish Meatballs served with Egg Noodles, Broccoli & Cauliflower	Egg Salad Sandwich on Honey Oat Bread served with Harvest Vegetable Soup
Dessert Butterscotch Pudding	Dessert Pineapple Upside Down Cake	Dessert Ice Cream with Cookies	Dessert Tiramisu Mousse	Dessert Apple Pie with Ice Cream	Dessert Strawberry Shortcake	Dessert Lemon Tart