



Menu for the Week of September 8th - September 14th



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 Beans & Wieners Casserole served with Tossed Salad Antipasto Platter with Deli Meat	Soup Tomato Basil Main Tuna Melt served with Broccoli Salad Roast Beef Sandwich served with Broccoli Salad	Soup Curried Chickpea Main Turkey Peach Pasta Salad served with Mixed Greens & a Dinner Roll Grilled Cheddar Cheese Sandwich served with Mixed Greens	Soup Vegetable Garden Main Chicken Dill Wrap served with Cucumber Salad Plant Based BBQ Burger served with Potato Wedges & Cucumber Salad	Soup Cream of Potato & Leek Main Macaroni & Three Cheese served with Spring Mix Salad Fried Rice served with Vegetable Spring Rolls	Soup Minestrone Main Pulled Pork on a Bun served with Pasta Salad Cottage Cheese served with Fresh Summer Fruits & a Bran Muffin	Soup Turkey Noodle Main Mini Sub Sandwich served with Tossed Salad Chicken Strips & Plum Sauce served with Tossed 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 Apple Braised Turkey Thigh served with Rice, Brussels Sprouts, & Baby Corn Tangy Orange Glazed Meatballs served with Rice, Brussels Sprouts, & Baby Corn Dessert Pound Cake	Entrée Pork Chop Supreme served with Mashed Potatoes, Buttered Green Beans, & Carrots Chicken Cacciatore served with Buttered Green Beans, Carrots, & a Dinner Roll Dessert Peanut Butter Square	Entrée Alfredo Tortellini served with a Garlic Knot, Asparagus, & Roasted Pepper Seafood Newburg Style served with Asparagus, Roasted Pepper, and a Dinner Roll Dessert Mousse	Entrée Pork Schnitzel served with Scalloped Potatoes, Cabbage, & Turnip Meatloaf in Beef Gravy served with Scalloped Potatoes, Cabbage, & Turnip Dessert Mini Bundt Cake	Entrée Chicken a la King served with a Tea Biscuit Battered Fish served with Tartar Sauce, Lemon Wedge, French Fries, & Coleslaw Dessert Lemon Cake	Entrée Turkey Paprikash served with Mashed Potatoes, Cauliflower, & Roasted Zucchini Beef Stir Fry served with Mashed Potatoes, Cauliflower, & Roasted Zucchini Dessert Chocolate Raspberry Pudding	Entrée Smoked Ham served with Scalloped Potatoes, Honey Glazed Carrots, & Corn Niblets Egg Salad Sandwich on Honey Oat Bread served with Harvest Vegetable Soup Dessert Apple Cobbler



Menu for the Week of September 15th - September 21st



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 Borscht	Soup Chicken Noodle	Soup Cream of Asparagus	Soup Lentil Taco
Main Eggs Benedict with Ham served with Hollandaise Sauce & Garden Salad Veggie Burrito Bowl served with Mexican Rice	Main Perogies with Fried Onions & Bacon Bits served with Tossed Salad Pastrami Sandwich on Rye served with Tossed Salad	Main Hamburger served with Vegetable Pasta Salad Wrap with Peppers, Mushroom, & Provolone Cheese served with Vegetable Pasta Salad	Main Chicken Fajita Salad served with a Dinner Roll Hot Dog served with Mixed Greens	Main Sliced Turkey Sandwich served with Romaine Salad Hawaiian Pizza served with Romaine Salad	Main Veal on a Bun served with Potato Salad Black Bean Chili served with Naan Bread	Main Honey Garlic Chicken Wings 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 Beef Lasagna served with Caesar Salad & a Garlic Stick Turkey Pot Pie served with Gravy, Carrots, & Broccoli	Entrée BBQ Chicken Legs served with Mashed Potatoes, Gravy, Stir-Fried Vegetables Vegetarian Dhal served with Naan Bread & Stir-Fried Vegetables	Entrée Baked Five Cheese Fusilli served with Greek Salad & Garlic Bread Florentine Baked Sole served with Mashed Potatoes, Cauliflower, & Green Peas	Entrée Lemon Herb Pork Chop served with Steamed Rice, Roasted Peppers, & Butternut Squash Sweet & Sour Vegetable Meatballs served with Steamed Rice, Roasted Peppers, & Butternut Squash	Entrée Beef Stroganoff served with Egg Noodles & Spring Vegetables Battered Fish served with Tartar Sauce, Lemon Wedge, French Fries, & Coleslaw	Entrée Vegetable Rotini Pasta served with Garlic Bread & Greek Salad Skillet Pineapple BBQ Pork served with Chow Mein Noodles, Grilled Zucchini, & Cauliflower	Entrée Corned Beef & Gravy served with Roasted Potatoes, Green Peas, & Onions Egg Salad Sandwich on Honey Oat Bread served with Harvest Vegetable Soup
Dessert German Chocolate Cake	Dessert Pineapple Cheesecake	Dessert Mousse	Dessert Bread Pudding with Caramel Sauce	Dessert Black Forest Cake	Dessert Mango Mousse	Dessert Cherry Pie & Ice Cream



Menu for the Week of September 22nd - September 28th



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 Vegetable Quinoa	Soup Italian Wedding	Soup Cream of Potato & Leek	Soup Green Pea	Soup Cauliflower
Main Macaroni & Cheese served with Vinegar & Honey Cucumber Salad	Main Vegetable Quiche served with Tossed Salad	Main Pork Sandwich on a Bun served with Creamy Coleslaw	Main Beans & Wieners Casserole served with Spinach Salad	Main Beefaroni Casserole served with Chef Salad	Main Roasted Pepper & Basil Frittata served with Spring Mix Salad	Main 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
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 in Brown Gravy served with Mashed Potatoes, Green Beans, & Turnip	Entrée Turkey a la King served with a Patty Shell	Entrée Spaghetti with Meat Sauce served with Garlic Bread & Caesar Salad	Entrée Butter Chicken served with Steamed Rice & PEI Blend Vegetables	Entrée Cabbage Rolls served with Mashed Potatoes, Green Beans, & Beets	Entrée Chicken Adobo served with Roasted Potato & Bistro Blend Vegetables	Entrée 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
Dessert Butterscotch Pudding	Dessert Ice Cream & Cookies	Dessert Pineapple Upside Down Cake	Dessert Raspberry Cream Brownie	Dessert Apple Pie & Ice Cream	Dessert Spring Bars	Dessert Mini Cheesecake



Menu for the Week of September 29th - October 5th



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 French Onion Main Vegetable Falafel Wrap served with Romaine Salad Cottage Cheese & Apple Pear Salad served with Blueberry Loaf	Soup Beef Rice Main Sliced Turkey Sandwich on a Bun served with Couscous Salad Cod Sticks & Tartar Sauce served with Couscous Salad	Soup Cream of Broccoli Main Chicken Shawarma Fries served with Chef Salad Fruit Plate served with Melba Toast & Cottage Cheese	Soup Carrot & Ginger Main Crab Salad Sandwich on a Croissant Hot Dog served with Mixed Greens Salad	Soup Scotch Broth Main Chicken Burger served with Mango Salad Cobb Salad served with a Dinner Roll	Soup Mushroom Main Three Cheese Pizza served with Garden Salad Corned Beef on Rye served with Garden Salad	Soup Chicken Rice Main Salmon Salad on a Soft Bun served with Spring Mix Salad 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 Pesto Flank Steak served with Mashed Potatoes, Snap Peas, & Baked Tomatoes Lemon Chicken served with Mashed Potatoes, Snap Peas, & Baked Tomatoes Dessert Donuts	Entrée Vegetable Lasagna served with Garlic Bread & Tossed Salad Debrizini Sausage served Boiled Potatoes, Gravy, & Sauteed Pepper with Onions Dessert Cookies & Ice Cream	Entrée Sweet & Sour Rhubarb Pork Chops served with Steamed Rice, Roasted Zucchini, & Butternut Squash Lamb Curry served with Steamed Rice, Roasted Zucchini, & Butternut Squash Dessert Butter Tart Square	Entrée Turkey Pot Pie served with Mashed Potatoes, Green Beans, & Cauliflower Rotini Pasta served with Garlic Bread & Caesar Salad Dessert Frosted Strawberry Cake	Entrée Veal Patty in Beef Gravy served with Boiled Potato & Montego Blend Vegetables Battered Fish served with Tartar Sauce, Lemon Wedge, French Fries, & Coleslaw Dessert Chocolate Pudding	Entrée Turkey & Asparagus Stir-Fry served with Egg Noodles Pork Pot Pie served with Mashed Potatoes & Peas Dessert Raspberry Mousse	Entrée Roast Beef served with Mashed Potatoes, Gravy, & PEI Blend Vegetables Egg Salad Sandwich on Honey Oat Bread served with Harvest Vegetable Soup Dessert Coconut Cream Pie