

Fall-Winter Menu 2022-2023

WEEK 3

Day		Breakfast	Lunch	Supper
Sunday	Quinoa bean salad	<ul style="list-style-type: none"> • Cream of wheat • Corn Flakes • Toast & strawberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Beef Stew</u> • Mashed potato • Vanilla pudding 	<ul style="list-style-type: none"> • Cream of tomato • <u>Chicken à la king (S)</u> • Served on vol-au-vent • Fruit salad
Monday	Coleslaw	<ul style="list-style-type: none"> • Cream of wheat • Raisin Bran Flakes • <u>Poached egg</u> • Toast strawberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Pulled pork sandwich</u> • Sesame bun • Coleslaw & Pickle • Apple Crisp 	<ul style="list-style-type: none"> • Beef barley lentil soup • <u>Cottage cheese & fruit (S)</u> • Muffin • Jello
Tuesday	Variety Salad	<ul style="list-style-type: none"> • Oatmeal • Special K • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • <u>Chicken chili</u> • Bread roll • Strawberry pudding 	<ul style="list-style-type: none"> • Cabbage soup • <u>Lemon scented salmon bowties pasta (S)</u> • Sunrise mixed vegetables • Seasonal fruit
Wednesday	Red bean Pasta salad	<ul style="list-style-type: none"> • Cream of wheat • Cornflakes • <u>Fried egg</u> • Toast & raspberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Pork cutlet with apple-tomato sauce</u> • Mashed potato • Roast cauliflower • Butterscotch sundae 	<ul style="list-style-type: none"> • Winter potage • <u>Carrot potato pancake (S)</u> • <u>Herbed sour cream</u> • Garden mixed vegetables • Peaches
Thursday	Variety Salad	<ul style="list-style-type: none"> • Oatmeal • Rice Krispies • Toast & blueberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Liver with gravy & fried onions</u> • Mashed potatoes • Peas • Peach applesauce 	<ul style="list-style-type: none"> • Cream of maple turnip • <u>Grilled cheese sandwich</u> • Beets • Banana pudding
Friday	Coleslaw	<ul style="list-style-type: none"> • Cream of Wheat • Raisin Bran Flakes • <u>Scrambled egg</u> • Toast & strawberry jam • Orange Juice 	<ul style="list-style-type: none"> • <u>Fish & chips</u> • Coleslaw • Pineapple 	<ul style="list-style-type: none"> • Vegetable soup • <u>Chicken with Honey Mustard sauce</u> • Boiled potato • Brussel sprouts • Carrot cake
Saturday	Mushroom Salad	<ul style="list-style-type: none"> • Oatmeal • Cheerios • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • <u>Fusili pasta and meat sauce (S)</u> • Broccoli • Pears & chocolate sauce 	<ul style="list-style-type: none"> • Cream of mushroom soup • <u>Ham omelet (S)</u> • Roast sweet potatoes • Green beans • Fruit yogurt

- **Available on request:** tea, coffee, milk, soy beverage, tomato juice, fruit juices
- **(S)** suitable for regular-soft diet

Sandwiches available:

egg, chicken salad, cheese & tomato, ham & cheese, peanut butter & jam

Specials of the week available at lunch or supper:

1. Turkey cranberry wrap
2. Cheese tortellini with tomato sauce (S)