

Fall-Winter Menu 2022-2023

**WEEK 1**

Day		Breakfast	Lunch	Supper
Sunday	Mushroom salad	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Cornflakes</li> <li>• Toast &amp; strawberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Maple ginger chicken (S)</b></li> <li>• White Rice</li> <li>• Broccoli</li> <li>• Coconut pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato rice soup</li> <li>• <b>Pork &amp; apricot meatloaf (S)</b></li> <li>• Herbed mashed potato</li> <li>• Peas</li> <li>• Fruit salad</li> </ul>
Monday	Carrot Slaw	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Raisin Bran Flakes</li> <li>• <b>Poached egg</b></li> <li>• Toast &amp; strawberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Baked ham</b></li> <li>• Pineapple sauce</li> <li>• Boiled potato</li> <li>• Creamed cabbage</li> <li>• Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable soup</li> <li>• <b>Pastitsio (S)</b> (<i>pasta casserole with meat &amp; bechamel sauce</i>)</li> <li>• Beets</li> <li>• Mrs. Samatas cookie</li> </ul>
Tuesday	Macaroni Salad	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Special K</li> <li>• Toast &amp; marmalade</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Late breakfast scrambled egg, bacon, hash brown potatoes, sliced tomato</b></li> <li>• Blueberry muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Beef &amp; barley soup</li> <li>• <b>Fish sticks (S)</b></li> <li>• Tartar sauce</li> <li>• Mashed potato</li> <li>• Garden mixed vegetables</li> <li>• Cinnamon apples</li> </ul>
Wednesday	Variety Salad	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Cornflakes</li> <li>• <b>Fried egg</b></li> <li>• Toast &amp; raspberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Roast Beef</b></li> <li>• Baked potato</li> <li>• Turnip &amp; carrot mash</li> <li>• Lemon pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken veg soup</li> <li>• <b>Pasta shells with lentil sauce (S)</b></li> <li>• Macedoine vegetables</li> <li>• Seasonal fruit</li> </ul>
Thursday	Coleslaw	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Rice Krispies</li> <li>• Toast &amp; blueberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Smoked meat</b></li> <li>• French fries</li> <li>• Coleslaw</li> <li>• Strawberry-rhubarb compote</li> </ul>	<ul style="list-style-type: none"> <li>• Roast squash soup</li> <li>• <b>Chicken Pot Pie (S)</b></li> <li>• Mashed potato</li> <li>• Sunrise mixed vegetables</li> <li>• Date square</li> </ul>
Friday	Variety salad	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Raisin Bran Flakes</li> <li>• <b>Scrambled egg</b></li> <li>• Toast &amp; strawberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Honey glazed salmon (S)</b></li> <li>• Rice pilaf</li> <li>• Yellow beans</li> <li>• Strawberry applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• Lentil soup</li> <li>• <b>Cinnamon French toast (S)</b></li> <li>• <b>Cheese (S)</b></li> <li>• Bananas &amp; seasonal fruits</li> <li>• Fruit yogurt</li> </ul>
Saturday	Quinoa bean Salad	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Cheerios</li> <li>• Toast &amp; marmalade</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Beef Bourguignon</b></li> <li>• Garlic mashed potatoes</li> <li>• Carrots</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot citrus soup</li> <li>• <b>Mac &amp; cheese (S)</b></li> <li>• Broccoli</li> <li>• Chocolate sundae</li> </ul>

- **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. Tuna sandwich (S)
2. Meatballs (S) – select one choice of sauce: honey mustard, barbeque or sweet & sour