

Fall-Winter Menu 2022-2023

WEEK 2

Day		Breakfast	Lunch	Supper
Sunday	Mushroom Salad	<ul style="list-style-type: none"> • Cream of wheat • Cornflakes • Toast & strawberry Jam • Orange juice 	<ul style="list-style-type: none"> • <u>Shepherd's pie with fruit chutney (S)</u> • Peas • Tapioca pudding 	<ul style="list-style-type: none"> • Chicken noodle soup • <u>Mini sausages</u> • <u>Pork & beans</u> • Mashed potato • Sunrise mix • Peaches
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>All-dressed pizza</u> • Coleslaw • Banana bread 	<ul style="list-style-type: none"> • Onion soup • <u>Chicken fricassée (S)</u> • Rice pilaf • Carrots • Strawberry applesauce
Tuesday	Variety Salad	<ul style="list-style-type: none"> • Oatmeal • Special K • <u>Pancakes with maple syrup</u> (with applesauce for diabetics) • Orange juice 	<ul style="list-style-type: none"> • <u>Pork parmesan</u> • Tomato sauce • Baked potato • Roasted cauliflower • Berries and cream 	<ul style="list-style-type: none"> • Cream of leek • <u>Tuna quinoa patty (S)</u> • Tartar sauce • Macedoine mixed vegetables • Rice Pudding
Wednesday	Variety 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>Hamburger</u> • Lettuce & tomato • French fries • Mocha pudding 	<ul style="list-style-type: none"> • Minestrone soup • <u>Pasta shells & rosé sauce (S)</u> • Garden mixed vegetables • Pears
Thursday	Couscous salad	<ul style="list-style-type: none"> • Oatmeal • Rice Krispies • Toast & blueberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Cog au vin (S)</u> • Egg noodles • Roast Brussel sprouts • Vanilla ice cream 	<ul style="list-style-type: none"> • Canadian pea soup • <u>Crusted quiche Lorraine (S)</u> • Herbed m. potato • Sunrise Mixed Vegetables • Cinnamon apples
Friday	Variety Salad	<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 with leek sauce (S)</u> • Mashed potato • Green beans • Pie of the day 	<ul style="list-style-type: none"> • Corn chowder • <u>Turkey salad croissant (S)</u> • Beet salad • Fruit salad
Saturday	Kidney bean Salad	<ul style="list-style-type: none"> • Oatmeal • Cheerios • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • <u>Lasagna with meat sauce (S)</u> • Garden mixed vegetables • Seasonal fruit 	<ul style="list-style-type: none"> • Cream of Broccoli • <u>Cheesy ham & potato casserole (S)</u> • Corn • 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. Steamed chicken (S) – select one choice of sauce: honey mustard, barbeque or sweet & sour
2. BLT Toasted Sandwich (Bacon-lettuce-tomato)