

Summer menu 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>Chicken cacciatore</u> • Bowties pasta • Carrots • Vanilla ice cream 	<ul style="list-style-type: none"> • Vegetable soup • <u>Shepherd's pie with fruit chutney (S)</u> • Sunrise mixed vegetables • Fruit salad
Monday	Couscous salad	<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>Liver with fried onions and gravy</u> • Mashed potatoes • Macedoine • Chocolate pudding 	<ul style="list-style-type: none"> • Cream of tomato • <u>Turkey salad croissant (S)</u> • Beet salad • Blueberry 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>Chicken Caesar salad</u> • Bread roll • Molasses cookie 	<ul style="list-style-type: none"> • Cream of leek soup • <u>Shell pasta with lentil sauce (S)</u> • Broccoli • Summer fruit
Wednesday	Crudités	<ul style="list-style-type: none"> • Cream of wheat • Cornflakes • <u>Cheesy chive eggs</u> • Toast & raspberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Hamburger</u> • Lettuce & tomato • French fries • Peach mousse 	<ul style="list-style-type: none"> • Chicken noodle soup • <u>Fish sticks (S)</u> • Peas • Boiled potato • Pineapple
Thursday	Bean Quinoa Salad	<ul style="list-style-type: none"> • Oatmeal • Rice Krispies • Toast & blueberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Mild sausage</u> • Fried onions & peppers • Mashed potatoes • Green beans • Strawberry applesauce 	<ul style="list-style-type: none"> • Canadian pea soup • <u>Cinnamon French toast (S)</u> • <u>Cheese (S)</u> • Bananas & Berries • Lemon pudding
Friday	Macaroni 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>Salmon with creamy dill sauce (S)</u> • Mashed potato • Mixed vegetables • Carrot cake 	<ul style="list-style-type: none"> • Beef noodle soup • <u>Mini ham sandwich (S)</u> • Roast vegetable salad • Fruit salad
Saturday	Variety Salad	<ul style="list-style-type: none"> • Oatmeal • Cheerios • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • <u>Three cheese lasagna (S)</u> • Macedoine • Peaches 	<ul style="list-style-type: none"> • Cream of broccoli • <u>Hamburger steak (S)</u> • Mushroom sauce • Roast sweet potatoes • Peas • Creamy fruit yogurt

- **Available on request:** tea, coffee, milk, soy beverage, tomato juice, fruit juices
- **(S)** suitable for regular-soft diet
- **Soup** served on request through the hot summer. Please ask the dietitian if you desire soup regardless of the weather.

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. Cold plate (salad of the day, boiled egg, cold cut, bread & butter)