

Summer menu 2023 ☀

**WEEK 3**

Day		Breakfast	Lunch	Supper
Sunday	Couscous salad	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Corn Flakes</li> <li>• Toast &amp; strawberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Sweet &amp; Sour Pork meatballs (S)</u></b></li> <li>• Garlic mashed potato</li> <li>• Green beans</li> <li>• Caramel pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Cabbage soup</li> <li>• <b><u>Chicken à la king (S)</u></b></li> <li>• Pastry shell</li> <li>• Peas and carrots</li> <li>• Pears</li> </ul>
Monday	Variety salad	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Raisin Bran Flakes</li> <li>• <b><u>Poached egg</u></b></li> <li>• Toast strawberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Vegetarian pizza</u></b></li> <li>• House salad</li> <li>• Date square</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot citrus soup</li> <li>• <b><u>Sloppy joes (S)</u></b></li> <li>• Sunrise mixed vegetables</li> <li>• Peaches</li> </ul>
Tuesday	Carrot raisin slaw	<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><u>Tuna burger (S)</u></b></li> <li>• Lettuce &amp; Tomato</li> <li>• Corn</li> <li>• Lemon poppyseed cake</li> </ul>	<ul style="list-style-type: none"> <li>• Roast squash soup</li> <li>• <b><u>Macaroni &amp; cheese with veggie twist (S)</u></b></li> <li>• Broccoli</li> <li>• Cinnamon apples</li> </ul>
Wednesday	Crudités	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Cornflakes</li> <li>• <b><u>Cheese &amp; chive scrambled eggs</u></b></li> <li>• Toast &amp; raspberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Chicken brochette</u></b></li> <li>• Rice pilaf</li> <li>• Green peppers &amp; onions</li> <li>• Berries &amp; cream</li> </ul>	<ul style="list-style-type: none"> <li>• Minestrone soup</li> <li>• <b><u>Grilled cheese sandwich</u></b></li> <li>• Peas</li> <li>• Vanilla pudding</li> </ul>
Thursday	Variety salad	<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><u>Roast beef</u></b></li> <li>• Rosemary roast potatoes</li> <li>• Roast cauliflower</li> <li>• Summer fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of mushroom</li> <li>• <b><u>Chickpea carrot salad (S)</u></b></li> <li>• Cheddar cheese</li> <li>• Bread roll</li> <li>• Coconut pudding</li> </ul>
Friday	Coleslaw	<ul style="list-style-type: none"> <li>• Cream of Wheat</li> <li>• Raisin Bran Flakes</li> <li>• <b><u>Scrambled egg</u></b></li> <li>• Toast &amp; strawberry jam</li> <li>• Orange Juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Fish &amp; chips</u></b></li> <li>• Coleslaw</li> <li>• Strawberry applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable soup</li> <li>• <b><u>Chicken balls with peach ginger sauce (S)</u></b></li> <li>• White rice</li> <li>• Garden mix</li> <li>• Butterscotch sundae</li> </ul>
Saturday	Kidney 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><u>Oriental beef macaroni (S)</u></b></li> <li>• Fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato vegetable soup</li> <li>• <b><u>Crusted Quiche Lorraine (S)</u></b></li> <li>• Mashed potato</li> <li>• Beets</li> <li>• Creamy fruit yogurt</li> </ul>

- **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 want 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. Turkey vegetable wrap
2. Cheese tortellini with tomato sauce (S)