

Fall-Winter Menu 2023-2024

**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>Chicken chili (S)</b></li> <li>• Bread roll</li> <li>• Broccoli</li> <li>• Coconut pudding</li> </ul>                      | <ul style="list-style-type: none"> <li>• Tomato rice soup</li> <li>• <b>Vegan meatloaf (S)</b></li> <li>• Herbed mashed potato</li> <li>• Yellow beans</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>• Mashed 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   | Variety 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>• Canadian pea 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>Cheesy chive eggs</b></li> <li>• Toast &amp; raspberry jam</li> <li>• Orange juice</li> </ul>      | <ul style="list-style-type: none"> <li>• <b>Beef &amp; Cabbage Stew</b></li> <li>• Baked potato</li> <li>• Turnip &amp; carrots</li> <li>• Seasonal fruit</li> </ul>   | <ul style="list-style-type: none"> <li>• Chicken veg soup</li> <li>• <b>Pasta shells with lentil sauce (S)</b></li> <li>• Sunrise mixed vegetables</li> <li>• Butterscotch mousse</li> </ul>                             |
| Thursday  | Coleslaw          | <ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Rice Krispies</li> <li>• Toast &amp; raspberry 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>• Jello cake</li> </ul>   |
| Friday    | Beet 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>Breaded Fish (S)</b></li> <li>• Rice pilaf</li> <li>• Yellow beans</li> <li>• Peach applesauce</li> </ul>                  | <ul style="list-style-type: none"> <li>• Minestrone 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> <li>•</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>• Tapioca pudding</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>• Pineapple</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