

Summer Menu 2024

WEEK 1

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>Baked ham with maple sauce</u> • Baked potato • Roasted Brussel sprouts • Butterscotch sundae 	<ul style="list-style-type: none"> • Onion soup • <u>Herbed Navy beans (S)</u> • Ratatouille • Herbed mashed potatoes • Fruit salad
Monday	Carrot raisin slaw	<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>Beef Hot dog (S)</u> • Bun • Corn • Mrs. Samatas cookie 	<ul style="list-style-type: none"> • Cream of broccoli • <u>Citrus Fish (S)</u> • Mashed potato • Macedoine vegetables • Peaches
Tuesday	Variety Salad	<ul style="list-style-type: none"> • Oatmeal • Special K • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • <u>Late breakfast</u> scrambled egg, bacon, hash brown potatoes, sliced tomato • Blueberry muffin 	<ul style="list-style-type: none"> • Tomato rice soup • <u>Lemon chicken</u> • Roast sweet potatoes • Yellow beans • Cinnamon apples
Wednesday	Cruditités	<ul style="list-style-type: none"> • Cream of wheat • Cornflakes • <u>Cheese & Chive scrambled egg</u> • Toast & raspberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Veggie Burger (S)</u> • Mayo-ketchup • Cucumber-dill salad • Banana pudding 	<ul style="list-style-type: none"> • Chicken vegetable soup • <u>Cold sliced turkey</u> • Beet salad • Bread roll • Pineapple
Thursday	Coleslaw	<ul style="list-style-type: none"> • Oatmeal • Rice Krispies • Toast & blueberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Smoked meat</u> • French fries • Coleslaw • Strawberry rhubarb compote 	<ul style="list-style-type: none"> • Lentil soup • <u>Cottage Cheese & Fruits (S)</u> • Variety muffin • Jello
Friday	Orzo pasta 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>Parmesan grilled fish (S)</u> • Rice pilaf • Green beans • Mocha pudding 	<ul style="list-style-type: none"> • Cream of carrot • <u>Chicken Croquettes (s)</u> • Mashed potatoes • Sunrise mixed vegetables • Summer fruit
Saturday	Variety Salad	<ul style="list-style-type: none"> • Oatmeal • Cheerios • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • <u>Fusilli pasta with meat sauce (S)</u> • Zucchini • Pears and chocolate sauce 	<ul style="list-style-type: none"> • Corn chowder • <u>Spinach cheddar casserole (S)</u> • Mashed potato • Mixed vegetables • 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. Tuna-macaroni salad plate (S)
2. Meatballs (S) – select one choice of sauce: honey mustard, barbeque or sweet & sour