

Summer menu 2024 ☀

WEEK 2

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><u>Chicken cacciatore</u></b></li> <li>• Bowties pasta</li> <li>• Carrots</li> <li>• Vanilla ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable soup</li> <li>• <b><u>Shepherd's pie with fruit chutney (S)</u></b></li> <li>• Peas</li> <li>• Fruit salad</li> </ul>
Monday	Coleslaw	<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 &amp; strawberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Vegan Sloppy Joes Bun (S)</u></b></li> <li>• Coleslaw</li> <li>• Chocolate pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken noodle soup</li> <li>• <b><u>Fish sticks (S)</u></b></li> <li>• Yellow beans</li> <li>• Herbed mashed potato</li> <li>• Peaches</li> </ul>
Tuesday	Variety salad	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Special K</li> <li>• <b><u>Pancakes with maple syrup</u></b> (with applesauce for diabetics)</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Pineapple chicken</u></b></li> <li>• White rice</li> <li>• Orange Jello</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of tomato</li> <li>• <b><u>Egg salad croissant (S)</u></b></li> <li>• Beet salad</li> <li>• Blueberry applesauce</li> </ul>
Wednesday	Crudités	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Cornflakes</li> <li>• <b><u>Cheesy chive eggs</u></b></li> <li>• Toast &amp; raspberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Mild sausage</u></b></li> <li>• Fried onions</li> <li>• Mashed potatoes</li> <li>• Carrots</li> <li>• Summer fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of leek soup</li> <li>• <b><u>Shell pasta with lentil sauce (S)</u></b></li> <li>• Sunrise mixed vegetables</li> <li>• Peach mousse</li> </ul>
Thursday	Bean Quinoa 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>Chicken Caesar salad</u></b></li> <li>• Bread roll</li> <li>• Molasses cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Canadian pea soup</li> <li>• <b><u>Cinnamon French toast (S)</u></b></li> <li>• <b><u>Cheese (S)</u></b></li> <li>• Bananas &amp; Berries</li> <li>• Lemon 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>• Fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>• Beef noodle soup</li> <li>• <b><u>Ham salad (S)</u></b></li> <li>• Roast vegetable salad</li> <li>• Bread Roll</li> <li>• Coconut cake</li> </ul>
Saturday	Variety 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>Three cheese lasagna (S)</u></b></li> <li>• Green beans</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato vegetable soup</li> <li>• <b><u>Hamburger steak (S)</u></b></li> <li>• Mushroom sauce</li> <li>• Roast sweet potatoes</li> <li>• Corn</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 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)