

Summer menu 2024 

WEEK 3

Day		Breakfast	Lunch	Supper
Sunday	Couscous salad	<ul style="list-style-type: none"> • Cream of wheat • Corn Flakes • Toast & strawberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Sweet & Sour Pork meatballs (S)</u> • Garlic mashed potato • Green beans • Caramel pudding 	<ul style="list-style-type: none"> • Cabbage soup • <u>Chicken à la king (S)</u> • Pastry shell • Peas and carrots • Pears
Monday	Variety 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>Vegetarian pizza</u> • House salad • Chocolate ice cream 	<ul style="list-style-type: none"> • Carrot citrus soup • <u>BBQ Meatloaf (S)</u> • Boiled potato • Broccoli • Peaches
Tuesday	Carrot raisin slaw	<ul style="list-style-type: none"> • Oatmeal • Special K • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • <u>Tuna burger (S)</u> • Tartar sauce • Corn • Lemon poppyseed cake 	<ul style="list-style-type: none"> • Roast squash soup • <u>Macaroni & cheese with veggie twist (S)</u> • Sunrise mix • Cinnamon apples
Wednesday	Crudités	<ul style="list-style-type: none"> • Cream of wheat • Cornflakes • <u>Cheese & chive scrambled eggs</u> • Toast & raspberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Chicken brochette</u> • Rice pilaf • Green peppers & onions • Berries & cream 	<ul style="list-style-type: none"> • Minestrone soup • <u>Grilled cheese sandwich</u> • Peas and carrots • Vanilla pudding
Thursday	Coleslaw	<ul style="list-style-type: none"> • Oatmeal • Rice Krispies • Toast & blueberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Hamburger (S)</u> • French fries • Coleslaw • Watermelon 	<ul style="list-style-type: none"> • Cream of mushroom • <u>Chickpea carrot salad (S)</u> • Cheddar cheese • Bread roll • Coconut 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>Fish with creamy dill sauce (S)</u> • Mashed potato • Roasted brussel sprouts • Pie of the day 	<ul style="list-style-type: none"> • Vegetable soup • <u>Chicken balls with peach ginger sauce (S)</u> • White rice • Garden mix • Strawberry applesauce
Saturday	Kidney bean salad	<ul style="list-style-type: none"> • Oatmeal • Cheerios • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • <u>Oriental beef macaroni (S)</u> • Fruit salad 	<ul style="list-style-type: none"> • Lemon rice soup • <u>Crusted Quiche Lorraine (S)</u> • Mashed potato • Beets • 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 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)

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