

CHSLD BAYVIEW INC.

Fall-Winter Menu 2025-2026

WEEK 1				
Day		Breakfast	Lunch	Supper
Sunday	Mushroom salad	• Cream of wheat • Cornflakes • Toast & strawberry jam • Orange juice	• <u>Chicken chili</u> • Bread roll • Lemon pudding	• Maple turnip soup • <u>Vegetable omelet (S)</u> • Herbed mashed potato • Green & Yellow beans • Fruit salad
Monday	Carrot Slaw	• Cream of wheat • Raisin Bran Flakes • <u>Poached egg</u> • Toast & strawberry jam • Orange juice	• <u>Baked ham</u> • Pineapple sauce • Mashed potato • Creamed cabbage • Peaches	• Vegetable soup • <u>Pastitsio (S)</u> (pasta casserole with meat & bechamel sauce) • Beets • Mrs. Samatas cookie
Tuesday	Green salad	• Oatmeal • Special K • Toast & marmalade • Orange juice	• <u>Late breakfast scrambled egg, bacon, hash brown potatoes, sliced tomato</u> • Blueberry muffin	• Canadian pea soup • <u>Fish sticks (S)</u> • Tartar sauce • Mashed potato • Garden mixed vegetables • Pears
Wednesday	Green salad	• Cream of wheat • Cornflakes • <u>Cheesy chive eggs</u> • Toast & raspberry jam • Orange juice	• <u>Pasta with lentil sauce (S)</u> • Roasted Brussel sprouts • Tiramisu mousse	• Carrot citrus soup • <u>Maple ginger chicken (S)</u> • Rice • Corn • Seasonal fruit
Thursday	Coleslaw	• Oatmeal • Rice Krispies • Toast & raspberry jam • Orange juice	• <u>Smoked meat</u> • French fries • Coleslaw • Strawberry-rhubarb compote	• Minestrone soup • <u>Cinnamon French toast (S)</u> • <u>Cheese (S)</u> • Bananas & berries • Butterscotch pudding
Friday	Beet salad	• Cream of wheat • Raisin Bran Flakes • <u>Scrambled egg</u> • Toast & strawberry jam • Orange juice	• <u>Fish au gratin (S)</u> • Baked potato • Green beans • Pie of the day	• Roast squash soup • <u>Chicken Pot Pie (S)</u> • Mashed potato • Mandarines
Saturday	Quinoa bean salad	• Oatmeal • Cheerios • Toast & marmalade • Orange juice	• <u>Beef Stew</u> • Mashed potato • Tapioca pudding	• Chicken vegetable soup • <u>Mac & cheese (S)</u> • Broccoli • Pineapple

- **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