

CHSLD BAYVIEW INC.

Fall-Winter Menu 2025-2026

WEEK 3				
Day		Breakfast	Lunch	Supper
Sunday	Coleslaw	• Cream of wheat • Corn Flakes • Toast & strawberry jam • Orange juice	• <u>Pulled pork sandwich</u> • Bun • Coleslaw & Pickle • Apple Crisp	• Cream of tomato • <u>Chicken à la king (S)</u> • Served on vol-au-vent • Fruit salad
Monday	Quinoa bean salad	• Cream of wheat • Raisin Bran Flakes • <u>Poached egg</u> • Toast strawberry jam • Orange juice	• <u>Lasagna with meat sauce (S)</u> • Yellow & green beans • Peach applesauce	• Lentil Soup • <u>Cottage cheese & fruit (S)</u> • Muffin • Jello
Tuesday	Green Salad	• Oatmeal • Special K • Toast & marmalade • Orange juice	• <u>Coconut Thai chickpeas (S)</u> • Noodles • Broccoli • Chocolate sundae	• Chicken noodle soup • <u>Fish cakes (S)</u> • Tartar sauce • Sunrise mixed vegetables • Seasonal fruit
Wednesday	Red bean Pasta salad	• Cream of wheat • Cornflakes • <u>Cheesy chive eggs</u> • Toast & raspberry jam • Orange juice	• <u>Piri Piri chicken (S)</u> • Portuguese rice • Roast cauliflower • Coconut pudding	• Cream of broccoli • <u>Carrot potato pancake (S)</u> • Herbed sour cream • Garden mixed vegetables • Peaches
Thursday	Green Salad	• Oatmeal • Rice Krispies • Toast & raspberry jam • Orange juice	• <u>Beef Goulash</u> • Egg noodles • Mandarines	• Onion soup • <u>Crusted quiche Lorraine (S)</u> • Herbed mashed potato • Beets • Banana pudding
Friday	Coleslaw	• Cream of Wheat • Raisin Bran Flakes • <u>Scrambled egg</u> • Toast & strawberry jam • Orange Juice	• <u>Fish & chips</u> • Coleslaw • Pineapple	• Medley soup • <u>Chicken with Honey Mustard sauce</u> • Boiled potato • Green beans • Carrot cake
Saturday	Mushroom Salad	• Oatmeal • Cheerios • Toast & marmalade • Orange juice	• <u>Shepherd's pie with fruit chutney (S)</u> • Peas • Pears & chocolate sauce	• Corn chowder • <u>Turkey meatballs (S)</u> • Tomato sauce • Garlic mashed potato • California mixed veg • Fruit yogurt

- **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. Turkey cranberry wrap
2. Cheese tortellini with tomato sauce (S)