



**WEEK 1**

Day		Breakfast	Lunch	Supper
Sunday	Couscous 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>• Yellow beans</li> <li>• Butterscotch sundae</li> </ul>	<ul style="list-style-type: none"> <li>• Corn chowder</li> <li>• <b><u>Herbed navy beans (S)</u></b></li> <li>• Ratatouille</li> <li>• Herbed mashed potatoes</li> <li>• Mandarines</li> </ul>
Monday	Carrot raisin slaw	<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>Fusilli pasta with meat sauce (S)</u></b></li> <li>• Zucchini</li> <li>• Mrs. Samatas cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken vegetable soup</li> <li>• <b><u>Cold sliced turkey (S)</u></b></li> <li>• Beet salad</li> <li>• Bread roll</li> <li>• Peaches</li> </ul>
Tuesday	Green salad	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Special K</li> <li>• Toast &amp; marmalade</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Late breakfast</u></b> scrambled egg, bacon, hash brown potatoes, sliced tomato</li> <li>• Summer fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet potato curry soup</li> <li>• <b><u>Veggie burger (S)</u></b></li> <li>• Tzatziki sauce</li> <li>• Cucumber-dill salad</li> <li>• Cake of the day</li> </ul>
Wednesday	Crudités	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Cornflakes</li> <li>• <b><u>Cheese &amp; Chive scrambled egg</u></b></li> <li>• Toast &amp; raspberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Lemon chicken</u></b></li> <li>• Roasted potatoes</li> <li>• Broccoli</li> <li>• Banana pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable soup</li> <li>• <b><u>Mediterranean fish (S)</u></b></li> <li>• Mashed potato</li> <li>• Roasted cauliflower</li> <li>• Pineapple</li> </ul>
Thursday	Bean 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>Cheese ravioli with rosé sauce (S)</u></b></li> <li>• Roasted Brussel sprouts</li> <li>• Strawberry rhubarb compote</li> </ul>	<ul style="list-style-type: none"> <li>• Cabbage soup</li> <li>• <b><u>Pork meatloaf (S)</u></b></li> <li>• Mashed sweet potato</li> <li>• Sunrise mixed vegetables</li> <li>• Jello</li> </ul>
Friday	Orzo pasta salad	<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>Parmesan grilled fish (S)</u></b></li> <li>• Rice pilaf</li> <li>• Green beans</li> <li>• Mocha pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Onion soup</li> <li>• <b><u>Breaded chicken (S)</u></b></li> <li>• <b><u>Cherry sauce</u></b></li> <li>• Peas and carrots</li> <li>• Cinnamon apples</li> </ul>
Saturday	Green 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>Beef hot dog (S)</u></b></li> <li>• Bun</li> <li>• Corn</li> <li>• Pears and chocolate sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato rice soup</li> <li>• <b><u>Spinach cheddar casserole (S)</u></b></li> <li>• Mashed potato</li> <li>• California mixed vegetables</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. Tuna-macaroni salad plate (S)
2. Meatballs (S) – select one choice of sauce: honey mustard, barbeque or sweet & sour