

Summer menu 2026 ☀

WEEK 2

Day		Breakfast	Lunch	Supper
Sunday	Mushroom Salad	<ul style="list-style-type: none"> • Cream of wheat • Cornflakes • Toast & strawberry Jam • Orange juice 	<ul style="list-style-type: none"> • <u>Turkey & lentil shepherd's pie with fruit chutney (S)</u> • Green & yellow beans • Vanilla ice cream 	<ul style="list-style-type: none"> • Carrot ginger soup • <u>Pork Meatballs (S)</u> • Teriyaki sauce • White rice • California Mix • Fruit salad
Monday	Coleslaw	<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 Lasagna (S)</u> • Roasted Brussel sprouts • Chocolate pudding 	<ul style="list-style-type: none"> • Chicken noodle soup • <u>Fish sticks (S)</u> • Peas • Herbed mashed potato • Peaches
Tuesday	Green Salad	<ul style="list-style-type: none"> • Oatmeal • Special K • <u>Pancakes with maple syrup</u> (with applesauce for diabetics) • Orange juice 	<ul style="list-style-type: none"> • <u>Pineapple sesame chicken</u> • White rice • Lemon pudding 	<ul style="list-style-type: none"> • Cream of tomato • <u>Egg salad croissant (S)</u> • Beet salad • Pears
Wednesday	Crudités	<ul style="list-style-type: none"> • Cream of wheat • Cornflakes • <u>Cheesy chive eggs</u> • Toast & raspberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Hamburger (S)</u> • French fries • Coleslaw • Summer fruit 	<ul style="list-style-type: none"> • Cream of leek soup • <u>Shell pasta with lentil sauce (S)</u> • Sunrise mixed vegetables • Molasses cookie
Thursday	Rainbow Slaw	<ul style="list-style-type: none"> • Oatmeal • Rice Krispies • Toast & blueberry jam • Orange juice 	<ul style="list-style-type: none"> • <u>Butter chicken (S)</u> • Basmati rice • Carrots • Peach mousse 	<ul style="list-style-type: none"> • Canadian pea soup • <u>Cinnamon French toast (S)</u> • <u>Cheese (S)</u> • Bananas & Berries • Orange Jello
Friday	Bean Quinoa	<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>Salmon with creamy dill sauce (S)</u> • Egg noodles • Roasted cauliflower • Fruit salad 	<ul style="list-style-type: none"> • Beef noodle soup • <u>Ham salad (S)</u> • Roast vegetable salad • Bread Roll • Coconut cake
Saturday	Green Salad	<ul style="list-style-type: none"> • Oatmeal • Cheerios • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • <u>Meatballs & Tomato sauce (S)</u> • Mashed potato • Green beans • Pineapple 	<ul style="list-style-type: none"> • Cream of mushroom • <u>Herbed cheese omelet (S)</u> • Roast veggies with sweet potato • 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 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)