

Summer menu 2026 

WEEK 3				
Day		Breakfast	Lunch	Supper
Sunday	Coleslaw	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Corn Flakes</li> <li>• Toast &amp; strawberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Baked ham with maple sauce</u></b></li> <li>• Baked potato</li> <li>• Corn</li> <li>• Pears</li> </ul>	<ul style="list-style-type: none"> <li>• Lentil soup</li> <li>• <b><u>Chicken &amp; leek crepe</u></b></li> <li>• Peas and carrots</li> <li>• Caramel pudding</li> </ul>
Monday	Green Salad	<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 strawberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Vegetarian pizza</u></b></li> <li>• House salad</li> <li>• Chocolate ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot citrus soup</li> <li>• <b><u>Macaroni &amp; cheese with veggie twist (S)</u></b></li> <li>• Broccoli</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>Chicken Caesar salad</u></b></li> <li>• Bread roll</li> <li>• Tiramisu mousse</li> </ul>	<ul style="list-style-type: none"> <li>• Roast squash soup</li> <li>• <b><u>Fish burger (S)</u></b></li> <li>• Tartar sauce</li> <li>• Dill green beans</li> <li>• Cinnamon applesauce</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 eggs</u></b></li> <li>• Toast &amp; raspberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Mild Italian sausage</u></b></li> <li>• Pasta with zucchini &amp; spinach</li> <li>• Berries &amp; cream</li> </ul>	<ul style="list-style-type: none"> <li>• Minestrone soup</li> <li>• <b><u>Grilled cheese sandwich</u></b></li> <li>• Peas and carrots</li> <li>• Lemon poppyseed cake</li> </ul>
Thursday	Green 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>Chicken brochette</u></b></li> <li>• Rice pilaf</li> <li>• Green peppers &amp; onions</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of broccoli</li> <li>• <b><u>Chickpea carrot salad (S)</u></b></li> <li>• Cheddar cheese</li> <li>• Bread roll</li> <li>• Tapioca pudding</li> </ul>
Friday	Coleslaw	<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>Fish &amp; chips</u></b></li> <li>• Coleslaw</li> <li>• Pie of the day</li> </ul>	<ul style="list-style-type: none"> <li>• Medley soup</li> <li>• <b><u>Turkey meatloaf (S)</u></b></li> <li>• Herbed mashed potato</li> <li>• Garden mix</li> <li>• Tropical applesauce</li> </ul>
Saturday	Kidney Bean 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>Oriental beef macaroni (S)</u></b></li> <li>• Fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon rice soup</li> <li>• <b><u>Crusted quiche Lorraine (S)</u></b></li> <li>• Mashed potato</li> <li>• Beets</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 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)