CHSLD BAYVIEW INC.

Fall-Winter Menu 2026-2027

WEEK 2

Day		Breakfast	Lunch	Supper
Sunday	Mushroom salad	• Cream of wheat • Cornflakes • Toast & strawberry Jam • Orange juice	• **Baked ham** • **Maple Dijon sauce** • Mashed potato • Corn • Pears	• Vegetable soup • **Mac & cheese (S)** • Broccoli • Caramel pudding
Monday	Carrot raisin slaw	• Cream of Wheat • Raisin Bran Flakes • **Poached egg** • Toast & strawberry jam • Orange juice	• **Beef Bourguignon** • Herbed mashed potato • Carrots • Banana bread	• Barley soup • **Harvest pie (S)** • Roasted Brussel sprouts • Peaches
Tuesday	Green salad	• Oatmeal • Special K • **Pancakes with maple syrup** (with applesauce for diabetics) Orange juice	• **Chicken Marsala with mushrooms (S)** • Pasta • Sunrise mixed vegetables • Apricots	• Minestrone soup • **Fish sticks (S)** • Tartar sauce • Mashed potato • Carrots • Tapioca pudding
Wednesday	Coleslaw	• Cream of wheat • Cornflakes • **Cheesy chive eggs** • Toast & raspberry jam • Orange juice	• **Hamburger** • French fries • Coleslaw • Seasonal fruit	• Carrot ginger soup • **Pork meatballs (S)** • Teriyaki sauce • White rice • Garden mixed vegetables • Cake of the day
Thursday	Couscous salad	• Oatmeal • Rice Krispies • Toast & raspberry jam • Orange juice	• **Butter chicken (S)** • Basmati rice • Green & yellow beans • Vanilla ice cream	• Canadian pea soup • **Grilled cheese sandwich** • Peas & carrots • Cinnamon apples
Friday	Beet salad	• Cream of wheat • Raisin Bran Flakes • **Scrambled egg** • Toast & strawberry jam • Orange Juice	• **Fish with leek sauce (S)** • Autumn mixed vegetables • Chocolate pudding	• Sweet potato curry soup • **Turkey salad croissant (S)** • Beet salad • Fruit salad
Saturday	Kidney bean salad	• Oatmeal • Cheerios • Toast & marmalade • Orange juice	• **Pasta & meat sauce (S)** • California mixed veggies • Pears	• Cream of mushroom • **Vegetable omelet (S)** • Herbed mashed potato • Garden mixed vegetables • 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. Steamed chicken (S) – select one choice of sauce: honey mustard, barbeque or sweet & sour
2. BLT Toasted Sandwich (bacon-lettuce-tomato)