CHSLD BAYVIEW INC.

Fall-Winter Menu 2026-2027

WEEK 3

Day		Breakfast	Lunch	Supper
Sunday	Coleslaw	• Cream of wheat • Corn Flakes • Toast & strawberry jam • Orange juice	• **Pulled pork sandwich** • Bun • Coleslaw & Pickle • Banana pudding	• Cream of tomato • **Chicken à la king (S)** • Served on vol-au-vent • Fruit salad
Monday	Quinoa bean salad	• Cream of wheat • Raisin Bran Flakes • **Poached egg** • Toast strawberry jam • Orange juice	• **Lasagna with meat sauce (S)** • Yellow & green beans • Peach applesauce	• Winter Potage • **Fish cakes (S)** • Tartar sauce • Sunrise mixed vegetables • Mrs. Samatas cookie
Tuesday	Green Salad	• Oatmeal • Special K • Toast & marmalade • Orange juice	• **Coconut Thai chickpeas (S)** • Noodles • Broccoli • Mocha pudding	• Borscht • **Rosemary pork meatloaf & mushroom sauce (S)** • Herbed mashed potato • Creamed cabbage • Pineapple
Wednesday	Red bean Pasta salad	• Cream of wheat • Cornflakes • **Cheesy chive eggs** • Toast & raspberry jam • Orange juice	• **Piri piri chicken (S)** • Portuguese rice • Roasted Brussel sprouts • Coconut pudding	• Cream of leek soup • **Carrot potato pancake (S)** • Herbed sour cream • Garden mixed vegetables • Peaches
Thursday	Green Salad	• Oatmeal • Rice Krispies • Toast & raspberry jam • Orange juice	• **Beef goulash** • Egg noodles • Apple crumb pie	• Onion soup • **Crusted quiche lorraine (S)** • Herbed mashed potato • Beets • Seasonal fruit
Friday	Coleslaw	• Cream of Wheat • Raisin Bran Flakes • **Scrambled egg** • Toast & strawberry jam • Orange Juice	• **Honey glazed salmon (S)** • Rice pilaf • Roast cauliflower • Apricots	• Medley soup • **Chicken fricassee (S)** • Mashed potato • Green beans • Carrot cake
Saturday	Bean &roast veg salad	• Oatmeal • Cheerios • Toast & marmalade • Orange juice	• **Shepherd's pie with fruit chutney (S)** • Peas • Pears & chocolate sauce	• Corn chowder • **Turkey meatballs (S)** Tomato sauce • Garlic mashed potato • Carrots • 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)