

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Option #1	Scrambled Eggs With Sausage and Toast	Cinnamon Swirl Pancakes With Bacon	Greek Omelet With Home fries And toast	Fried Eggs With peameal And toast	Poached eggs with Ham And toast	Fruit topped waffles with Sausage	French Toast with bacon
Breakfast Option #2	Hot and cold cereal & Toast Fresh Fruit Yogurt / Cottage cheese	Hot and cold cereal & Toast Fresh Fruit Yogurt / Cottage cheese	Hot and cold cereal & Toast Fresh Fruit Yogurt / Cottage cheese	Hot and cold cereal & Toast Fresh Fruit Yogurt / Cottage cheese	Hot and cold cereal & Toast Fresh Fruit Yogurt / Cottage cheese	Hot and cold cereal & Toast Fresh Fruit Yogurt / Cottage cheese	Hot and cold cereal & Toast Fresh Fruit Yogurt / Cottage cheese
Lunch Option #1	Pork Ribette With creamy Coleslaw	Rigatoni And spinach pasta with a dinner roll	Residents Choice	Vegetable Chili With a cheese and onion biscuit	Roast beef Sandwich with marinated Vegetable salad	Ham and broccoli Casserole with a Roll	Tangy roast beef Wrap with sweet chili cucumber salad
Lunch Option #2	Garden Salad plate with cottage cheese , Fruit and a Scone	Egg Salad on a croissant With curried Carrot salad	Residents Choice	Turkey Mandarin Walnut Salad With a Roll	Greek hummus plater With toasted Pita	BBQ Texas chicken Sandwich	Tuna salad plate with dill potato salad and marinated asparagus
SOUP	Italian lentil	Turkey Egg Roll	Residents Choice	Creamy Potato leek	Mushroom barley	5 bean soup	Split pea and ham
Dessert	Reese Chocolate Blondies OR Fresh Fruit Bowl	Frozen yogurt Or Fresh Fruit Bowl	Residents Choice	Iced Rice Crispy square OR Fresh Fruit bowl	Banana Parfait	Strawberry Mousse	Butterscotch Square
Salad	Tomato basil Salad	Garden Salad	Residents Choice	Garden Salad	Mixed greens Salad	Spinach Salad	Mixed
Dinner Option #1	Grilled mesquite Chicken With sunrise rice	Beef Stew with Potatoes Veg and dumplings	Garlic Lime Chicken With Coconut Curried rice	Pork Drummies With Paprika Roasted Potatoes	Fish And chips	Beef And rice stuffed peppers & Corn bread	Montreal spiced pork loin With buttermilk mashed
Dinner Option #2	Mustard Glazed Corn beef With mashed Potatoes	Pork Chop with Balsamic Pepper dressing /Multi Grain rice	Cod With mango Salsa And Mashed Potatoes	Veal Ragout With honey and curry With Couscous	Beef Stir Fry With Vegetables And multi grain rice	Fruity lamb chop with baked potatoes	Paprikash Turkey with lemon orzo Pasta
Dessert	Crème Brulee	Lemon poke cake	Caramel Bread Pudding	Cheesecake	Pie And ice cream	Peanut Butter Chocolate Cupcake	Cherry pie and ice cream
Vegetable	Fiesta corn Or buttered Carrots	Mixed Vegetable / Asparagus	Broccoli ~~~ Green Beans	Braised Cabbage Or Steamed spinach	Brussel Sprouts or butternut Squash	Grilled peppers Or Cauliflower	Mixed veg / roasted beets
Salad	Garden Salad	Tomato /Mozzarella With Balsamic Glaze	Marinated Mushroom Salad	Garden Salad	Coleslaw	Greek Salad	Garden Salad

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Option #1	Fried Egg and bacon sandwich	French Toast With Peameal	Scrambled Eggs and home fries	Breakfast banana Split	Poached eggs With ham	Crepes Topped with fruit	Spanish Omelet With bacon and home fries
Breakfast Option #2	Hot or cold Cereal / Toast / Fruit /Cottage Cheese / Yogurt	Hot or cold Cereal / Toast / Fruit /Cottage Cheese / Yogurt	Hot or cold Cereal / Toast / Fruit /Cottage Cheese / Yogurt	Hot or cold Cereal / Toast / Fruit /Cottage Cheese / Yogurt	Hot or cold Cereal / Toast / Fruit /Cottage Cheese / Yogurt	Hot or cold Cereal / Toast / Fruit /Cottage Cheese / Yogurt	Hot or cold Cereal / Toast / Fruit /Cottage Cheese / Yogurt
Lunch Option #1	Strata Cheese bake	Blueberry pancakes	Pastrami on rye with Dijon mustard	Egg Frittata Ranchera with garden salad	Tandoori Slovakia chicken W pita bread	Red Salmon Sandwich	Grilled cheese
Lunch Option #2	Shaved Ham on a Kaiser	Egg Salad on your choice Of bread	Fish cod nuggets with fries	Turkey salad sandwich on your choice of bread	Veal on a bun	Beans and Wieners Casse- role	Chicken Finger with sweet potato fries
SOUP	Beef Vegetable	Chicken Orzo Lemon soup	Cream of mushroom	Carrot ginger	Seafood Chowder	French onion Soup	Spring vegetable
Dessert	Baked custard /Fruit	Ice cream /Fruit	Chocolate pudding with a cookie /Fruit	Date square /Fruit	Butter tarts	White Chocolate mousse	Sorbet
Salad	Caesar Salad	Garden Salad	Potato dill salad	Garden Salad	Greek pasta Salad	Waldorf salad	Garden Salad
Dinner Option #1	Shrimp Gumbo With Cilantro Lime rice	Pineapple ,onion Salsa pork chop With mashed Potatoes	Residents choice	Steak with fried mushrooms And onions With baked potatoe	Fish and chips	Roasted Lemon and thyme Turkey breast with leek mushroom Orzo	Roast beef W Roasted horse radish Potatoes and Yorkie
Dinner Option #2	Crispy baked Chicken W Parisienne Roasted Potatoes	Beef Pies With multi grain Rice	Residents choice	Lamb curry With vegetable Couscous	Teriyaki Glazed pork loin With rice	Sheppard's pie	Tangy apple pork ribs W basmati rice
Dessert	Sticky Bun /Fruit	Cookies and cream pie or Fruit	Residents choice	Banana Cake	Smore Brownie	Melba Peach cake	Apple pie /Ice cream
Vegetable	Roasted mixed Veg Or Broccoli	Asparagus ~~~ Cumin glazed Carrots	Residents choice	Green beans Sautéed with cherry tomatoes Or peas	Steamed Spinach Or Squash	Mixed vegetable or spiced yams	Brussel Sprouts or Parslied Cauliflower
Salad	Garden salad	Greek Salad	Residents choice	Mixed Spinach Salad	Coleslaw	Caesar Salad	Mixed Salad

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Option #1	Hard Boiled Egg / Cheddar cheese And a muffin	Pancakes With bacon	Scrambled Eggs W home fries and sausage	Western Omelet With toast	Poached eggs and toast	Cinnamon French Toast	Waffles and bacon
Breakfast Option #2	Hot Cereal /Cold Cereal / Toast /Fruit /Cottage cheese	Hot Cereal /Cold Cereal / Toast /Fruit /Cottage cheese	Hot Cereal /Cold Cereal / Toast /Fruit /Cottage cheese	Hot Cereal /Cold Cereal / Toast /Fruit /Cottage cheese	Hot Cereal /Cold Cereal / Toast /Fruit /Cottage cheese	Hot Cereal /Cold Cereal / Toast /Fruit /Cottage cheese	Hot Cereal /Cold Cereal / Toast /Fruit /Cottage cheese
Lunch Option #1	Chicken Caesar Salad with roll	Fish burger with tartar Sauce	Residents Choice	Corned beef on rye	Hamburger	Salad and deviled Egg Plate	Pear Walnut and goat cheese Salad
Lunch Option #2	Ham and sweet pea And onion Quiche	Roasted chicken with peanut salad and a Roll	Residents Choice	Macaroni and cheese casserole	Fish and chips	Turkey pot pie with Brussel sprouts	Pulled pork on a soft bun With apple carrot coleslaw
SOUP	Cream of broccoli	Vegetable Florentine	Residents Choice	Cream of celery	Roasted red pepper	Split pea	Curried Sweet potato
Dessert	Lemon bar / Fruit	Tiramisu mousse / Fruit	Residents Choice	Ice cream sundae /Fruit	Shattered Glass parfit /Fruit	Strawberry Squares /Fruit	Black forest pudding / Fruit
Salad	Red cabbage salad	Garden	Residents Choice	Spinach Salad	Broccoli Salad	Garden Salad	Garden Salad
Dinner Option #1	Chicken Gumbo with a roll	Marinated Beef Steak W Scallop potatoes	Beef Liver With Onions and Romanoff potato	Lobster cakes With pilaf Rice	Maple glazed pork ribs With baked potatoes	Greek Salmon W roasted Potatoes	Roasted chicken , Stuffing and mashed potato
Dinner Option #2	Baked white fish with mashed potatoes	Mandarin pork with pineapple fried rice	BBQ chicken kabobs with stir fried rice	Vegetable pork stew with Italian tea biscuit	Athenian Chicken With Pilaf barley	Lasagna with garlic Bread	Curried steak strips and basmati rice
Dessert	Carrot cake /Fruit	Banana Cobbler / fruit	Chocolate Cake /fruit	Oreo Cheesecake /Fruit	Pie and ice cream /Fruit	Vanilla cake /Fruit	Peach Pie and ice cream / Fruit
Vegetable	Mixed Veg / Zucchini	Yellow and green beans / Corn	Au gratin Cauliflower / Ginger honey Carrots	Beets/ Peas	Braised cabbage / Sautéed Vegetables	Asparagus / Mixed Veg	Broccoli / Cauliflower
Salad	Garden Salad	Greek Salad	Mixed salad	Garden Salad	Mixed Spinach Salad	Caesar Salad	Mixed greens salad

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Option #1	Breakfast Banana split	Scrambled Eggs with bacon	Cold breakfast plate	Fried eggs and ham			
Breakfast Option #2	Hot / Cold cereal / Toast / fruit / Yogurt /Cottage cheese	Hot / Cold cereal / Toast / fruit / Yogurt /Cottage cheese	Hot / Cold cereal / Toast / fruit / Yogurt /Cottage cheese	Hot / Cold cereal / Toast / fruit / Yogurt /Cottage cheese	Hot / Cold cereal / Toast / fruit / Yogurt /Cottage cheese	Hot / Cold cereal / Toast / fruit / Yogurt /Cottage cheese	Hot / Cold cereal / Toast / fruit / Yogurt /Cottage cheese
Lunch Option #1	Roasted turkey sandwich with lemon tarragon spread	Pancakes with blueberries	Chicken Avocado Sandwich	Turkey Melt	Taco Salad with nacho chips	Cold lunch plate With meat cheese / Cracker / salad	Vegetarian Pizza
Lunch Option #2	Grilled cheese With pickles	Creamy seafood pasta with a roll	Egg Frittata	Tuna salad plate with Tuscan Potato Salad	Spinach Omelet With Summer Vegetable Salad	BBQ grilled chicken burger	Curry Goddess turkey Wrap
SOUP	Tomato basil	Cream of vegetable	Chicken gumbo	Cream of cauliflower	Mediterranean lentil	Cream of Asparagus	Four bean soup
Dessert	Banana cake /Fruit	Tangerine mousse	Nanaimo bars	Ice cream sandwich	Date Squares	Cheery oatmeal Square	Oreo cookie squares
Salad	Garden Salad	Garden Salad	Broccoli Feta	Garden Salad	3 bean salad	Spring mix Salad	Cucumber dill Salad
Dinner Option #1	Grilled rosemary pork W quinoa	BBQ Meat loaf With mashed Potatoes	Residents Choice	Baked ham With scallop potatoes	Toscana Chicken With Roasted potatoes	BBQ beef Brisket With Whipped potatoes	Veal roast With scallop Potatoes
Dinner Option #2	Roasted Basa With roasted parmesan potatoes	Apricot Glazed pork Kabobs W Basmati Rice	Residents Choice	Beef Stroganoff With rice	Fish and chips	Butter chicken With basmati Rice	Honey Garlic pork chops W risotto
Dessert	Rhubarb crisp / Fruit	Ambrosia /Fruit	Residents Choice	Key lime cheesecake / fruit	Chocolate cream Pie /Fruit	Pecan cake /Fruit	Pie and ice cream / Fruit
Vegetable	Sautéed peppers and onion / Steamed Spinach	Mixed Vegetables Brussel Sprouts	Residents Choice	Braised Cabbage / Carrots	Mixed Vegetable / Creamed corn	Whipped Squash / Broccoli	Cauliflower /Grilled beets
Salad	Caesar Salad	Mixed greens	Residents Choice	Garden Salad with bruschetta	Coleslaw	Garden Salad	Garden Salad

Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Option #1	Cold breakfast Plate	Pancakes with sausage	Scrambled Eggs With bacon	Waffles with bacon	Poached eggs with peameal	Western sandwich on an English muffin	
Breakfast Option #2	Hot/Cold Cereal Toast / Fruit / Yogurt / Cottage cheese	Hot/Cold Cereal Toast / Fruit / Yogurt / Cottage cheese	Hot/Cold Cereal Toast / Fruit / Yogurt / Cottage cheese	Hot/Cold Cereal Toast / Fruit / Yogurt / Cottage cheese	Hot/Cold Cereal Toast / Fruit / Yogurt / Cottage cheese	Hot/Cold Cereal Toast / Fruit / Yogurt / Cottage cheese	Hot/Cold Cereal Toast / Fruit / Yogurt / Cottage cheese
Lunch Option #1	Pork loin Sandwich W peach Salsa	Veggie Quesadilla	Residents Choice	Mexican Omelet	Tuna sandwich	Potato leek Quiche	Cilantro Lime Chicken wrap With pickled beets
Lunch Option #2	Vegetable tortellini With creamy sauce	Egg salad Sandwich	Residents Choice	Chicken Salad plate	Pork Souvlaki With pita bread	Peppercorn steak ranch Salad	Cheese and cracker plate
SOUP	Butternut Squash	Cream of Tomato	Residents Choice	Potato Bacon	Roasted vegetable	Beef barley	Vegetable Pesto
Dessert	Caramel custard /fruit	Ice cream sundae / Fruit	Residents Choice	Sorbet /Fruit	Butter tart bar /Fruit	Raspberry Mousse /Fruit	Brownie
Salad	Garden salad	Caesar Salad	Residents Choice	Mixed greens	Greek cucumber Tomato	Broccoli salad	Garden salad
Dinner Option #1	Sweet sesame Soy chicken With multi grain rice	BBQ chicken Wings With Sweet potato Fries	Steak with baked potatoes	Pork chop Supreme With roasted rosemary potato	Creamy mushroom meat-balls with mashed potatoes	Pork Normandy With ginger rice	Roasted turkey With stuffing and mashed
Dinner Option #2	Lamb roast with roasted potatoes	Montreal baked haddock W Quinoa	Turkey stir fry with linguine	Seafood casserole	Vegetarian stew with a roll	Buttermilk fried Drumsticks W Lattice fries	Spaghetti with meatballs and garlic bread
Dessert	Coconut cream pie	Pie and ice cream /Fruit	Strawberry shortcake /Fruit	Cherry Crisp /Fruit	Red velvet cake /Fruit	Pie and ice Cream /Fruit	Apple crisp /Fruit
Vegetable	Honey glazed carrots / diced beets	Parmesan Green beans	Mixed Vegetables / grilled peppers	Spinach / Asparagus	Squash / Mixed vegetable	Roasted parmesan tomatoes /Corn	Brussel Sprouts /Carrots
Salad	Mushroom Salad	Garden Salad	Garden Salad	Caesar Salad	Mixed salad	Garden salad	Caesar Salad