



WEEK AT A GLANCE

DF = Dairy Free

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
French Toast & Sausage	Toasted Tomato Sandwich	Poached Eggs & Bacon	Belgian Waffles with Syrup & Sausage	Cheese & Ham Omelet with Hash Browns	Sausage, Cheese & Egg on an English Muffin	Fried Eggs & Peameal Bacon
LUNCH						
Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup
Chicken Quesadilla Served with Sour Cream & Salsa	Quiche Lorraine (Ham, Cheese & Onion) with Cucumber Salad	Creamy Tuna Macaroni Salad with Peas & Celery Served with a Roll	Turkey Monte Cristo Sandwich with Couscous Salad	BBQ Hamburger with Watermelon Salad	Pastrami on Rye with Sauerkraut & Pickles	Julienne Salad (Ham, Cheese, Hard Boiled Egg) with a Dinner Roll
Fresh Baked Cookies	Fruit Jell-O	Nanaimo Bars	Maple Walnut Ice Cream	Popsicles	Fresh Pineapple	Date Squares
DINNER						
Beet Salad	Garden Salad	Mixed Greens with Goat Cheese	Spinach Salad	Creamy Coleslaw	Caesar Salad	Caprese Salad
Pasta Primavera (Spring Vegetables & Pasta in a Cream Sauce)	Sheppard's Pie (DF)	Grilled Herb & Garlic Shrimp Skewers on Basmati Rice with Fresh Buttered Carrots (DF)	BBQ Chicken Drumsticks, Mashed Sweet Potato & Mixed Vegetables (DF)	Crunchy Haddock & French Fries (DF)	Spaghetti with Meat Sauce & Garlic Bread (DF)	Baked Ham with Pineapple Sauce, Scalloped Potatoes & Brussel Sprouts
Black Cherry Ice Cream	Tiramisu Mousse	Peach Cobbler	Lemon Bars	Blueberry Crumble	Mint Chip Ice Cream	Apple Pie



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June 22nd to June 28th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Pancakes with Syrup & Sausage	Poached Eggs & Bacon	Blueberry French Toast with Syrup	Egg & Hash Bake with Bacon	Toasted Western Sandwich	Cheese Omelet with Hash Browns	Scrambled Eggs & Sausage
LUNCH						
Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup
Pizza with a Garden Salad	Ham Salad Sandwich with Dill Pickle & Cheese Cubes	Peameal & Cheddar on a Bun with 4 Bean Salad	Strawberry, Spinach & Chicken Salad with Balsamic Vinaigrette	Assorted Meat Submarine Sandwich & Potato Chips	Tuna Melt on English Muffin with Veggie Sticks & Dip	Chicken Fingers & Waffle Fries
Fresh Cantaloupe	Frozen Yogurt	Coconut Pudding with a Cookie	Assorted Dessert Bars	Butterscotch Ripple Ice Cream	Cherry Pie Tarts	Bavarian Jell-O
DINNER						
Greek Salad	Cranberry, Kale & Poppyseed Salad	Tomato, Cucumber & Onion Salad	Garden Salad	Creamy Coleslaw	Caesar Salad	Spinach Salad
Southern Fried Chicken with Green Beans & Potato Salad (DF)	Maple Roasted Salmon with Grilled Zucchini & Mashed Sweet Potato (DF)	Vegetable Stir Fry Served with Basmati Rice (DF)	Salisbury Steak with Mashed Potato & Fresh Cauliflower (DF)	Pork Ribs with Peas & Fries (DF)	Penne Pasta with Ground Turkey, Tomato Sauce & Garlic Bread (DF)	Roast Beef, Yorkshire Pudding & Gravy with Buttered Potatoes & Steamed Broccoli
Key Lime Pie	Carrot Cake	Chocolate Fudge Cake	Blueberry Cheesecake Ice Cream	Mixed Berry Crisp	Chocolate Mousse	Blueberry Pie



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June 29th to July 5th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Crepes Stuffed with Peanut Butter & Banana Topped with Whipped Cream	Fried Eggs & Peameal Bacon	Sun Dried Tomato & Goat Cheese Frittata	Poached Eggs & Bacon	Breakfast Burrito (Egg & Sausage In a Wrap)	Egg, Sausage & Cheese on a Croissant	Pancakes Topped with Fruit Salad & Syrup
LUNCH						
Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup
Cheese, Meat, Pickles & Fruit Cold Plate with Crackers	Hot Dog with Fried Onions & Broccoli Salad	Tuna Salad Sandwich with Lemon Orzo Salad	Greek Hummus with Naan Bread	Roast Beef & Provolone Melt with au jus & Pickle Spear	BLT (Bacon, Lettuce, Tomato) Sandwich with Pickled Beets	Chicken & Bacon Ranch Wrap with Veggie Sticks
Vanilla Sundae with Stewed Strawberries	Watermelon	Banana Chip Loaf	Fresh Baked Cookie	Strawberry Ice Cream	Fruit Jell-O	Popsicles
DINNER						
Mango Salad	Greek Salad	Spring Mix with Goat Cheese Salad	Spinach Salad	Creamy Coleslaw	Caeser Salad	Garden Salad
Sweet & Sour Chicken Over Rice with Garlic Roasted Broccoli	Penne Pasta with Grilled Sausage & Peppers in Rosé Sauce	Beef Bourgoin Over Mash Potatoes (DF)	French Mustard Chicken, New Potatoes & Fresh Baby Carrots (DF)	Beer Battered Cod Served with French Fries (DF)	Veal Parmesan with Butter Herb Noodles, Mix Vegetables & Garlic Bread	Roasted Pork Loin Mashed Potato & Asparagus (DF)
Caramel & Vanilla Swirl Cake	Black Cherry Ice Cream	Berry Burst Cake	Lemon Mousse	Apple Crumble	Brownies	Forest Fruit Pie



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Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Breakfast Hash	Poached Eggs & Bacon	Banana Split with Fruit, Yogurt & Granola	Fried Eggs & Sausages	Eggs Benidict with Ham	French Toast with Syrup & Peameal Bacon	Belgin Waffles with Syrup and Orange Slices
LUNCH						
Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup	Chefs Daily Soup
Tomato Grilled Cheese	Turkey Club Sandwich with Pickle	Egg Salad on a Croissant with Pickled Beets	Cobb Salad (Lettuce, Chicken, Bacon, Hard Boiled Egg, Tomato & Avocado)	Soft Fish Tacos with Corn & Bean Salad	Greek Fetta Pasta Salad with Baguette Slices	Roast Beef Deli Sandwich with Dill Potato Salad
Butter Tarts	Butterscotch Pudding	Fresh Baked Cookie	Strawberry Mousse	Assorted Tarts	Dutch Chocolate Ice Cream	Bavarian Jell-O
DINNER						
Spinach Salad	Asian Coleslaw	Spinach Salad	Caesar Salad	Coleslaw	Garden Salad	Spring Mix Salad
Salsa & Cheese Chicken Breast with Baked Potato & Corn on the Cob	Beef & Broccoli Stir Fry Over Rice	Lemon Pepper Sole with Glazed Carrots and Potato wedges(DF)	Cheese Cannelloni with Pasta sauce and Garlic Bread	Pork Ribs, Peas & Fries (DF)	Chicken Wings & Onion Rings with Veggie Sticks & Blue Cheese Dressing	Roast Turkey, Stuffing with Gravy, Mashed Turnip & Carrots
English Toffee Cake	Vanilla sundae with Chocolate sauce	Banana Cake	Rainbow Sherbet	Strawberry Crumble	Boston Cream Pie	Cherry Pie