

Fall-Winter Menu 2024-2025

WEEK 1

Day		Breakfast	Lunch	Supper
Sunday	Mushroom salad	<ul style="list-style-type: none"> • Cream of wheat • Cornflakes • Toast & strawberry jam • Orange juice 	<ul style="list-style-type: none"> • Chicken chili (S) • Bread roll • Broccoli • Lemon pudding 	<ul style="list-style-type: none"> • Tomato rice soup • Vegan meatloaf (S) • Herbed mashed potato • Yellow beans • Fruit salad
Monday	Carrot Slaw	<ul style="list-style-type: none"> • Cream of wheat • Raisin Bran Flakes • Poached egg • Toast & strawberry jam • Orange juice 	<ul style="list-style-type: none"> • Baked ham • Pineapple sauce • Mashed potato • Creamed cabbage • Peaches 	<ul style="list-style-type: none"> • Vegetable soup • Pastitsio (S) (pasta casserole with meat & bechamel sauce) • Beets • Mrs. Samatas cookie
Tuesday	Variety salad	<ul style="list-style-type: none"> • Oatmeal • Special K • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • Late breakfast scrambled egg, bacon, hash brown potatoes, sliced tomato • Blueberry muffin 	<ul style="list-style-type: none"> • Canadian pea soup • Fish sticks (S) • Tartar sauce • Mashed potato • Garden mixed vegetables • Cinnamon apples
Wednesday	Variety Salad	<ul style="list-style-type: none"> • Cream of wheat • Cornflakes • Cheesy chive eggs • Toast & raspberry jam • Orange juice 	<ul style="list-style-type: none"> • Chicken Pot Pie (S) • Mashed potato • Seasonal fruit 	<ul style="list-style-type: none"> • Chicken veg soup • Pasta shells with lentil sauce (S) • Sunrise mixed vegetables • Tiramisu mousse
Thursday	Coleslaw	<ul style="list-style-type: none"> • Oatmeal • Rice Krispies • Toast & raspberry jam • Orange juice 	<ul style="list-style-type: none"> • Smoked meat • French fries • Coleslaw • Strawberry-rhubarb compote 	<ul style="list-style-type: none"> • Roast squash soup • Turkey meatballs (S) • Tomato sauce • Rice pilaf • California mixed veg • Jello cake
Friday	Beet salad	<ul style="list-style-type: none"> • Cream of wheat • Raisin Bran Flakes • Scrambled egg • Toast & strawberry jam • Orange juice 	<ul style="list-style-type: none"> • Fish au gratin (S) • Baked potato • Green beans • Peach applesauce 	<ul style="list-style-type: none"> • Minestrone soup • Cinnamon French toast (S) • Cheese (S) • Bananas & seasonal fruits • Fruit yogurt
Saturday	Quinoa bean Salad	<ul style="list-style-type: none"> • Oatmeal • Cheerios • Toast & marmalade • Orange juice 	<ul style="list-style-type: none"> • Beef Bourguignon • Garlic mashed potatoes • Carrots • Tapioca pudding 	<ul style="list-style-type: none"> • Carrot citrus soup • Mac & cheese (S) • Broccoli • Pineapple

- **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. Tuna sandwich (S)
2. Meatballs (S) – select one choice of sauce: honey mustard, barbeque or sweet & sour