

Fall-Winter Menu 2024-2025

**WEEK 3**

Day		Breakfast	Lunch	Supper
Sunday	Quinoa bean salad	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Corn Flakes</li> <li>• Toast &amp; strawberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Beef Stew</u></b></li> <li>• Mashed potato</li> <li>• Vanilla pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of tomato</li> <li>• <b><u>Chicken à la king (S)</u></b></li> <li>• Served on vol-au-vent</li> <li>• Fruit salad</li> </ul>
Monday	Coleslaw	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Raisin Bran Flakes</li> <li>• <b><u>Poached egg</u></b></li> <li>• Toast strawberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Pulled pork sandwich</u></b></li> <li>• Bun</li> <li>• Coleslaw &amp; Pickle</li> <li>• Apple Crisp</li> </ul>	<ul style="list-style-type: none"> <li>• Curry sweet potato soup</li> <li>• <b><u>Cottage cheese &amp; fruit (S)</u></b></li> <li>• Muffin</li> <li>• Jello</li> </ul>
Tuesday	Variety Salad	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Special K</li> <li>• Toast &amp; marmalade</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Maple ginger chicken</u></b></li> <li>• Rice</li> <li>• Green beans</li> <li>• Coconut pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Cabbage soup</li> <li>• <b><u>Lemon scented salmon bowties pasta (S)</u></b></li> <li>• Sunrise mixed vegetables</li> <li>• Seasonal fruit</li> </ul>
Wednesday	Red bean Pasta salad	<ul style="list-style-type: none"> <li>• Cream of wheat</li> <li>• Cornflakes</li> <li>• <b><u>Cheesy chive eggs</u></b></li> <li>• Toast &amp; raspberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Pork cutlet with apple-tomato sauce</u></b></li> <li>• Mashed potato</li> <li>• Roast cauliflower</li> <li>• Chocolate sundae</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of broccoli</li> <li>• <b><u>Carrot potato pancake (S)</u></b></li> <li>• Herbed sour cream</li> <li>• Garden mixed vegetables</li> <li>• Peaches</li> </ul>
Thursday	Variety Salad	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Rice Krispies</li> <li>• Toast &amp; raspberry jam</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Beef Goulash</u></b></li> <li>• Egg noodles</li> <li>• Mandarines</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Barley soup</li> <li>• <b><u>Crusted quiche Lorraine (S)</u></b></li> <li>• Herbed mashed potato</li> <li>• Beets</li> <li>• Banana pudding</li> </ul>
Friday	Coleslaw	<ul style="list-style-type: none"> <li>• Cream of Wheat</li> <li>• Raisin Bran Flakes</li> <li>• <b><u>Scrambled egg</u></b></li> <li>• Toast &amp; strawberry jam</li> <li>• Orange Juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Fish &amp; chips</u></b></li> <li>• Coleslaw</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Medley soup</li> <li>• <b><u>Chicken with Honey Mustard sauce</u></b></li> <li>• Boiled potato</li> <li>• Broccoli</li> <li>• Carrot cake</li> </ul>
Saturday	Mushroom Salad	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Cheerios</li> <li>• Toast &amp; marmalade</li> <li>• Orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• <b><u>Fusili pasta and meat sauce (S)</u></b></li> <li>• California mixed vegetables</li> <li>• Pears &amp; chocolate sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Corn chowder</li> <li>• <b><u>Cheesy Ham Potato Casserole (S)</u></b></li> <li>• Roast brussel sprouts</li> <li>• Fruit yogurt</li> </ul>

- **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)