

Week At A Glance Menu: FALL/WINTER 2021/22
OCTOBER 2021 – APRIL 2022

OCT 18 – OCT 24
JAN 10 – JAN 16

NOV 08 – NOV 14
JAN 31 – FEB 06

NOV 29 – DEC 05
FEB 21 – FEB 27

DEC 20 – DEC 26
MAR 14 – MAR 20

APR 04 – APR 10

WK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R F S T	Orange / Prune / Cran Juice Oatmeal Cinnamon Toast Yogurt	Orange / Prune / Cran Juice Oatmeal Toast Poached Egg	Orange / Prune / Cran Juice Cream of Wheat Baked Muffin or Toast Cottage Cheese with Fruit	Orange / Prune / Cran Juice Oatmeal Raisin Toast Boiled Egg	Orange / Prune / Cran Juice Oatmeal Rye Toast Scrambled Egg and Bacon	Orange / Prune / Cran Juice Oatmeal Toast Poached Egg	Orange / Prune / Cran Juice Oatmeal English Muffin or Toast Poached Egg/ Baked Beans Orange Wedges
A L T	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes
AM	Cranberry Juice	Orange Pineapple Juice	Apple Juice	Grape Juice	Orange Juice	Cranberry Juice	Apple Juice
L U N C H	Beef Barley Soup Egg Salad Sandwich Assorted Pickles Tossed Salad Diced Peaches	Cream of Potato and Leek Hot Dog with Ketchup, Mustard, Relish Mexican Corn Seasonal Fresh Fruit	Tomato Rice Soup Cheese Omelette Buttered Bread Diced Beets Fruit Cocktail	Cream of Cauliflower and Sweet Potato Soup Chicken Fingers Plum Sauce PEI Mixed Veg Diced Pears	Chicken Noodle Soup Chili Con Carne Buttered Soft Roll Green Salad Lemonicious Square	Beef Vegetable Soup Macaroni and Cheese Marinated Tomato Slices Mandarin Oranges	Cream of Vegetable Soup Hamburger with Onion, Tomato, Relish Coleslaw Strawberries
A L T	Chicken Stir Fry Steamed Rice Soya Sauce Ice Cream Treat	Turkey Salad Sandwich Tossed Salad Jell-O With Topping	Pollock Bites/Tartar Sauce Spinach & Lettuce Salad Chocolate Mousse	Ham Salad Sandwich Marinated Vegetable Salad Dessert Yogurt	Cottage Cheese and Fruit Plate Fresh Baked Muffin Ice Cream	Chicken Pot Pie Chicken Gravy Corn Niblets Baked Cookie	BBQ Chicken Wings Beefeater Fries Scandinavian Mixed Veg Butterscotch Pudding
PM	Diet Lemonade Drink Assorted Cream Cookie	Diet Pear Drink Turnover Cookie	Diet Peach Drink Banana	Diet Fruit Punch Drink Shortbread Cookie	Chocolate Milk Fresh Apple Wedges	Diet Apple Drink Maple Leaf Cookie	Ginger Ale Cheese Puffs
D I N N E R	Tomato or Apple Juice Meat Lasagna and Toasted Garlic Bread OR Baked Fish In Herbed White Sauce and Potato Puffs Caesar Salad and Fresh Sliced Carrots Tiramisu Mousse OR Diced Pears	Tomato or Apple Juice Bean and Chickpea Stew Warmed Buttered Biscuits OR Honey Mustard Chicken And Whipped Potatoes Fresh Broccoli and Cauliflower w/ Cheese Sauce French Cheesecake w/ Toppings OR Crushed Pineapple	Tomato or Apple Juice BBQ Pork Ribs and Garlic Whipped Potatoes OR Vegetarian Sloppy Joe On a Hamburger Bun Buttered Squash and Garden Salad Warmed Fruit Pie with Vanilla Ice Cream OR Honeydew Melon	Tomato or Apple Juice Turkey A La King OR Roast Beef with Beef Gravy Horseradish Boiled Potato Parsnips and Buttered Steamed Cabbage Iced Carrot Cake OR Mixed Berries	Tomato or Apple Juice Glazed Salmon Fillet OR Greek Style Chicken Breast Baked Potatoes with Butter and Chive Sour Cream Buttered Peas and Fresh Sliced Carrots Citrus Cake and Apricots	Tomato or Apple Juice Beef and Vegetable Stew And Buttered Bread OR Pork Roast with Pork Gravy and Applesauce and Whipped Potatoes Mashed Turnip and Brussel Sprouts Chocolate Cream Pie OR Banana	Tomato or Apple Juice Mustard Glazed Ham OR Beef Tips with Beef Gravy Scalloped Potatoes Fresh Spinach and Buttered Wax Beans Streusel Cake OR Fruit Cocktail
HS	Fruit Loaf (pineap zucchini) Cheddar Cheese Milk	Egg Salad Sandwich Milk	Marble Cheese & Crackers Milk	Fruit Loaf (apple spice) Cream Cheese / Milk	PB and Jam Sandwich Milk	Grape Clusters Cheddar Cheese / Milk	Fruit Loaf (lemon poppyseed) Gouda Cheese Milk

Bread, margarine and/or crackers are available at Lunch and Dinner.

Coffee, tea, water, and milk offered at each meal and evening nourishment. (Total milk offered daily = 875mL) If a resident chooses not to have soup at lunch, apple juice will be offered.

Nourishment choice subject to change due to product availability

Week At A Glance Menu: FALL/WINTER 2021/22
OCTOBER 2021 – APRIL 2022

OCT 25 – OCT 31
JAN 17 – JAN 23

NOV 15 - 21
FEB 07 – FEB 13

DEC 06 – DEC12
FEB 28 – MAR 06

DEC 27 – JAN 02
MAR 21 – MAR 27

APR 11 – APR 17

WK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R F S T	Orange / Prune / Cran Juice Oatmeal Toast Scrambled Egg Bacon	Orange / Prune / Cran Juice Cream of Wheat Fresh Baked Muffin or Toast Cheddar Cheese	Orange / Prune / Cran Juice Oatmeal Rye Toast Boiled Egg	Orange / Prune / Cran Juice Oatmeal Danish Or Toast Yogurt	Orange / Prune / Cran Juice Oatmeal Toast Scrambled Egg Bacon	Orange / Prune / Cran Juice Oatmeal Toast Poached Egg	Orange / Prune / Cran Juice Oatmeal Waffles with Strawberries and Whipped Topping Toast
A L T	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes
AM	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice	Pineapple Orange Juice	Apple Juice	Grape Juice
L U N C H	Turkey Vegetable Soup Cheese Sandwich Copper Penny Salad Fresh Pineapple	Cream of Carrot Soup Mushroom and Onion Quiche California Mixed Vegetable Diced Pears	Italian Wedding Soup Hot Turkey Sandwich w/ Gravy Cranberry Sauce Broccoli Honey Dew Melon	Cream of Mushroom Soup French Toast And Sausage Sliced Peaches Fruit Cocktail	Chicken Gumbo Soup Macaroni and Cheese Garden Peas Seasonal Fresh Fruit	Canadian Pea Soup Farmer's Sausage Mustard and Sauerkraut Dollar Chips Corn Niblets Mixed Berries	Cream of Tomato Soup Egg Salad Sandwich Tossed Salad Diced Fresh Fruit
A L T	Stuffed Green Peppers Buttered Soft Roll Tapioca Pudding	Fish Burger Tartar Mayo Spread Tossed Salad Frozen Yogurt	Onion Potato Pie Baby Spinach Salad with Crumbled Bacon Jell-O With Topping	Vegetarian Chili Buttered Soft Roll Green Salad Chocolate Eclair	Tuna Salad Sandwich Caesar Salad Ice Cream	Vegetable Lasagna Toasted Garlic Bread Tropical Fruit Chiffon	Chicken Fingers Plum Sauce Florentine Mixed Vegetable Rice Pudding w/ Cinnamon
PM	Diet Orange Drink Fruit Danish	Diet Iced Tea Drink Fresh Grapes Clusters	Chocolate Milk Chocolate Chip Cookie	Diet Fruit Punch Drink Banana	Ginger Ale Potato Chips	Diet Raspberry Drink Wafer Cookie	Diet Pear Drink Turnover Cookie
D I N N E R	Tomato or Apple Juice Whole Grain Pollock with Tartar Sauce and Whipped Potatoes OR Spaghetti with Meat Sauce Parmesan Cheese Buttered Squash and Caesar Salad Warmed Bread Pudding OR Diced Peaches	Tomato or Apple Juice Beef Stir Fry OR Stuffed Chicken Rice Pilaf w/Soya Sauce Buttered Steamed Cabbage And Green Peas Fruit Custard Tart OR Banana	Tomato or Apple Juice Roast Pork with Pork Gravy and Applesauce OR Oven Fried Cod/Tartar Sauce Scalloped Potatoes Honey Glazed Turnip and Prince Edward Medley Baked Cookie OR Apricots	Tomato or Apple Juice Chicken and Vegetable Stew with Dumplings OR Cheeseburger with Tomato, Onion, Relish Sweet Potato Fries with Dip Lemon Meringue Pie OR Raspberries	Tomato or Apple Juice Crispy Chicken OR Cottage Roll with Mustard Boiled Potato Fresh Sliced Carrots and Brussel Sprouts Bundt Cake OR Cantaloupe	Tomato or Apple Juice Old Fashioned Meat Loaf/Onion Beef Gravy OR Crunchy Perch/Tartar Sauce Whipped Potatoes Baked Beans in Tomato Sce And Fresh Spinach Chocolate Brownie OR Tropical Fruit Salad	Tomato or Apple Juice Roast Turkey with Dressing Gravy and Cranberry OR Oriental Pepper Steak Whipped Potatoes Mashed Fall Medley and Buttered Wax Beans Pie w/ Whipped Topping OR Diced Pears
HS	Fruit Loaf (banana) Creamy Yogurt Milk	PB and Jam Sandwich Milk	Cheddar Cheese & Melba Toast Milk	Egg Salad Sandwich Milk	Buttered Raisin Bread Gouda Cheese Milk	Apple Wedges Old Cheddar Cheese Milk	Fruit Loaf (carrot pineapple) Cheddar Cheese Milk

Bread, margarine and/or crackers are available at Lunch and Dinner.

Coffee, tea, water, and milk offered at each meal and evening nourishment. (Total milk offered daily = 875mL) If a resident chooses not to have soup at lunch, apple juice will be offered.

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Week At A Glance Menu: FALL/WINTER 2021/22
OCTOBER 2021 – APRIL 2022

NOV 01 – NOV 07
JAN 24 – JAN 30

NOV 22 – NOV 28
FEB 14 – FEB 20

DEC 13 – DEC 19
MAR 07 – MAR 13

JAN 03 – JAN 09
MAR 28 – APR 03

APR 18 – APR 24

WK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R F S T	Orange / Prune / Cran Juice Cream of Wheat Bagel or Toast Boiled Egg, Cream Cheese	Orange / Prune / Cran Juice Oatmeal Toast Scrambled Egg	Orange / Prune / Cran Juice Oatmeal Toasted Bacon and Tomato Sandwich or Toast	Orange / Prune / Cran Juice Oatmeal Sticky Bun or Toast Yogurt	Orange / Prune / Cran Juice Oatmeal Raisin Toast Poached Egg	Orange / Prune / Cran Juice Oatmeal Toast Boiled Egg	Orange / Prune / Cran Juice Oatmeal Toast Scrambled Egg and Bacon Orange Wedges
A L T	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes	Cold Cereal Stewed Prunes
AM	Cranberry Juice	Apple Juice	Orange Pineapple Juice	Grape Juice	Cranberry Juice	Orange Juice	Apple Juice
L U N C H	Chicken Rice Soup Beef Pie with Gravy Broccoli Apricots	Beef Barley Soup Sausage Links Creamed Peas on Toast Fruit Cocktail	Cream of Broccoli Soup Pork Riblet On A Bun Corn Niblets Tropical Fruit Salad	Tomato Macaroni Soup Crispy Fish Sticks Tartar Sauce Pasta Vegetable Medley Seasonal Fresh Fruit	Chicken Noodle Soup Roast Beef Sandwich with Mustard Dill Pickle Caesar Salad Blueberries	Cream of Celery Soup Baked Pizza Tossed Salad Fruit Cocktail	Minestrone Soup Cottage Cheese and Fruit Plate Fresh Baked Muffin Raspberry Jelly Roll
A L T	Sliced Ham and Cheese on Marble Rye Bread Russian Winter Salad Ice Cream Treat	Salmon Salad Sandwich Marinated Vegetable Salad Jell-O With Topping	Garden Vegetable Omelette Buttered Soft Roll Sweet Potato Puffs Butter Tart	Egg Salad Sandwich Garden Salad Ice Cream	Eggplant Parmesan Toasted Garlic Bread Lemon Pudding	Tuna Salad Cold Plate Buttered Wheat Bread Fruit Mousse	Chicken Burger w/ Mayo Lettuce Coleslaw Vanilla Pudding
PM	Diet Peach Drink Maxi Fruit Cookie	Diet Pineap Oran Ban Drink Fresh Oranges	Ginger Ale Cheese Puffs	Diet Orange Drink Assorted Cream Cookie	Diet Iced Tea Drink Mini Fruit Tart	Chocolate Milk Banana	Diet Fruit Punch Drink Bran Crunch Cookie
D I N N E R	Tomato or Apple Juice Baked Chicken in Mushroom Sauce OR Battered Haddock/Tartar Sce French Fries Buttered Squash and Coleslaw Chocolate Pudding OR Banana	Tomato or Apple Juice Cold Meat Salad Plate Macaroni Salad, Pickled Beet Buttered Wheat Bread OR Shepherd's Pie with Gravy And Harvest Blend Veg Strawberry Poke Cake OR Diced Peaches	Tomato or Apple Juice Beef Stroganoff and Whipped Potatoes OR Spinach Cheese Ravioli Garlic Bread Fresh Sliced Carrots and Tossed Salad Warmed Apple Brown Betty OR Fresh Pineapple	Tomato or Apple Juice Butter and Herb Chicken OR Farmer's Sausage Hot Potato Salad Mashed Turnip and Buttered Steamed Cabbage Pumpkin Pie w/ Whipped Topping OR Diced Pears	Tomato or Apple Juice Pork Loaf w/ Cranberry Glaze OR Braised Liver w/ Onions Chive Whipped Potatoes Buttered Squash and Green Beans Iced Chocolate Cake OR Cantaloupe	Tomato or Apple Juice Chicken Parmesan OR Honey Garlic Meatballs Rice Pilaf with Soya Sauce Mashed Parsnip and Fresh Spinach Baked Cookie OR Strawberries	Tomato or Apple Juice Roast Beef w/ Yorkshire, Beef Gravy & Horseradish OR Turkey Schnitzel with Cranberry Sauce Oven Browned Potatoes Peas and Carrots and Baked Tomato Lemon Cake OR Honeydew Melon
HS	Egg Salad Sandwich Milk	Fruit Loaf (apple cranberry) Yogurt Milk	Cheddar Cheese & Crackers Milk	Grape Clusters Marble Cheese Milk	PB & Jam Sandwich Milk	Cheddar Cheese & Crackers Milk	Fruit Loaf (raisin bran) Cheddar Cheese Milk

Bread, margarine and/or crackers are available at Lunch and Dinner.

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