



Sample Weekly Menu

WELCOME HOME to spacious country living.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST						
Orange or Prune Juice	Orange or Apple Juice	Apple or Prune Juice	Orange or Apple Juice	Prune or Orange Juice	Apple or Orange Juice	Orange or Apple Juice
Oatmeal	Assorted Cold Cereals or Cream of Wheat	Oatmeal or Assorted Cold Cereals	Assorted Cold Cereals or Cream of Wheat	Oatmeal or Assorted Cold Cereals	Cream of Wheat or Assorted Cold Cereals	Assorted Cold Cereals or Oatmeal
Assorted Cold Cereals	Sausage	Scrambled Egg	Bacon	Boiled Egg	Cheese	Breakfast Ham
Peanut Butter	Waffles with Syrup or Choice of Toast	Choice of Toast or Cinnamon Scone	French Toast with Syrup or Choice of Toast	Choice of Toast or Raisin Bran Muffin	Choice of Toast or Banana Muffin	Pancakes with Syrup or Choice of Toast
Choice of Toast or Cranberry Lemon Muffin						
LIGHT MEAL						
Fruit Punch or Minestrone Soup	Apple Juice or Vegetable Florentine Soup	Pineapple Juice or Cream of Mushroom Soup	Cranberry Cocktail or French Canadian Pea Soup	Grape Cocktail or Cream of Celery Soup	Pineapple Orange Juice or Cream of Potato & Leek Soup	Fruit Punch or Garden Vegetable Soup
Sante Fe Salad Plate	Pork and Noodle Casserole, Green Peas	Scalloped Beef & Macaroni, Cauliflower	Vegetable Strata, Herbed Zucchini	Ham & Potato Bake, Broccoli	Macaroni Salad Plate	Fish Cakes, Tartar Sauce
Orange Sherbet or Almond Cookies	Vanilla Carmel Swirl Cake or Banana	Fruit Yogurt or Plums	Lemon Mousse or Tropical Fruit Cocktail	Oatmeal Cookie or Apricot Slices	Strawberry Rhubarb Crisp or Mandarin Sections	Chocolate Pudding or Seasonal Berries
<u>Alternate:</u> Sliced Beef Sandwich Marinated Zucchini Slices	<u>Alternate:</u> Egg Salad Sandwich Tomato Aspic	<u>Alternate:</u> Cheese Sandwich Carrot & Celery Sticks	<u>Alternate:</u> Sliced Chicken Sandwich Tossed Salad	<u>Alternate:</u> Tuna Salad Sandwich Red Beet Citrus Salad	<u>Alternate:</u> Egg Salad Sandwich Marinated Cucumber Salad	<u>Alternate:</u> Ham Sandwich Tomato/Lettuce Slices
MAIN MEAL						
Pineapple Juice	Grape Cocktail	Fruit Punch	Pineapple Orange Juice	Apple Juice	Cranberry Cocktail	Orange Juice
Waldorf Salad	Cucumbers in Sour Cream	Carrot-Raisin Salad	Spinach Salad	Thai Noodle Salad	Coleslaw	Jellied Cran-Apple Salad
Turkey Divan, Rice, Green Beans	Liver & Onions with Whipped Potato, Diced Carrots	Roast Lamb with Mint Jelly, Gravy, Whipped Potato, Corn	Meat Loaf, Mushroom Gravy, Whipped Potato, Squash	Resident's Choice	Pork Normandy, Boiled Potato, Brussel Sprouts	Roast Chicken with Herbs, Gravy, Whipped Potato, Green Peas
Date Oatmeal Square or Stewed Fresh Rhubarb	Tangerine Mousse or Pineapple	Chocolate Cake or Diced Melon	Raspberry Tart or Diced Pears	Banana Peach Square or Watermelon Wedge	Ice Cream or Seasonal Fresh Fruit	Lemon Chiffon Pie or Applesauce
<u>Alternate:</u> Baked Cod Whipped Potato Garden Blend	<u>Alternate:</u> Cottage Rol Whipped Potato Beets	<u>Alternate:</u> Baked Chicken Breast Boiled Potato Oriental Mixed Vegetables	<u>Alternate:</u> Rib o Pork Wax Beans Sweet Potato	<u>Alternate:</u> Turkey Vegetable Stew Tea Biscuit	<u>Alternate:</u> Meatball Casserole Garden Blend Vegetables	<u>Alternate:</u> Veal Patty Baby Shell Pasta Diced Turnip

Note:
1 slice Whole Wheat Bread, Butter, Margarine, 125 ml Water, 125 ml Milk, 180 ml Coffee/Tea are served with each meal. Jams, Jellies, Marmalade, Peanut Butter and Honey are available at Breakfast.