

WEEK ONE

Fall / Winter Menu 2019 / 20

Other Alternatives Available 24hrs. WW Wheat Bread, Cheddar and Cottage Cheese, Peanut Butter, Yogurt, Fresh Fruit, and Snacks
 Juices, Milk, Coffee, Variety Tea and Hot Chocolate Tomato Juice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Apple Juice	Cranberry juice	Orange juice	Apple juice	Cranberry Juice	Orange Juice	Apple Juice
	Cr. Of Wheat	Oatmeal	Flavored Muffin	Pancakes	Cr. Of Wheat	Oatmeal	Cr. Of Wheat
	Boil Egg	Poached Egg	Orange Slices	Bacon	Scramble Egg	Banana	Scrambled Egg
	WW Toast	WWToast	WWToast		Orange slices	Cheese	WW Toast
	Yogurt				WW Toast	WW Toast	
Alternative	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Oven Crisp Chicken	Shephards Pie	Pork Chop	Maple Salmon	Residents Choice	Parmesan Chick	Roast Beef
	Mash Potato	Mash Potato	Bake Potato	Rice		Parsley Potato	Mash Potato
	Peas & Onion	Broccoli	MontegoVeg	Peas		Winter Blend	Gravy
	Salad Bar					Salad Bar	Turnip
	Carrot Cake	Pineapple Delight	Stew Rhubarb	Vanilla Pudding		Choc.Pudding	Banana Cr. Pie
Alternative	Tom/Cheese	Turkey Sandwich	Beef Sandwich	Hamb. Patty		Turkey Sandw.	Ham Sandwich
	Sandwich						
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
	Eng. Pub Fish	Chicken Ala King	Chicken Fingers	Beef Veg. Soup	Potato Soup	Ham/Tom Quiche	Tomato Soup
	Potato Wedge	Toast	Potato Salad	Egg Salad Sand.	Turkey & Cranbry	P.E.I Vegetable	Grill Cheese sandw
	Coleslaw	Carrots	Dinner Bun	Salad Bar	Sandwich	Toast	Lettuce Salad
	Peaches	Naniamo Bar	Mixed Berries	Buttertart	Fruit jello	Salad Bar	Butterscotch Pud
						Coffee Cake	
Alternative	Ham Sandwich	Cheese Sandwich	Tuna Sandwich	Salmon Sandwich	Ham Sandwich	Tom/Chees Sandw	Tuna Sandwich
	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES
	Salad Bar	Salad Bar	Salad Bar		Salad Bar		Salad Bar

White and Whole Wheat Bread and butter available with every meal
 Non-hydrogenated margarine used for Sandwiches Salad Bar Dinner & Supper

WEEK TWO

Fall / Winter Menu 2019 /20

Other Alternatives Available 24 hrs. WW Bread, Raisin Bread. Cheddar and Cottage Cheese, Peanut Butter, Yogurt, Fresh Fruit, Snacks, Juices, Milk, Coffee, Variety Tea and Hot Chocolate
Tomato juice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice
	Western Omelette	French Toast	Cr. Of Wheat	Flavor Muffin	Oatmeal	Cr. Of Wheat	Oatmeal
	Hashbrowns	w Strawberries	Poached Eggs	Cheese/oranges	Fried Eggs	Boiled Egg	Cheese Portions
	WW Toast	Sausage	WW Toast	WW Toast	Bacon	Banana	Orange slices
		WW Toast			WW Toast	WW Toast	WW Toast
Alternative	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Pork Chop	Chicken Thigh	BBQ Pork Ribs	Pot.Crust Cod	Meatloaf	Veal	Turkey
	Parsely Potato	Egg Noodle	Mash Potato	Rice	Mash Potato	Boil Potato	Cranberries
	Montego Veg	WinterBlend	Cream Corn	Gr. & Yellow Bean	Gravy	PicOfDay Veg	Potatoes/Gravy
			Salad Bar		Peas&Carrots		Diced Carrots
	Turnover Pastry	Mixed Berries	Ice Cream	Bake Custard	Coconut Pudding	Naniamo Bar	Str/Rhubarb Pie
Alternative	Tomato Sandwich	Egg Sandwich	Turkey Sandwich	Beef Sandwich	Chicken Breast	Tuna Sandwich	Tom/cheese sand
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
	Perch	Hot Beef Sandw	Beef Barley Soup	Ch Noodle Soup	Residents choice	Hot Dogs/Bun	Tomato Rice Soup
	Hashbrown	Potato Wedge	Variety Sandwich	Ham Sandwich		Mac&Cheese	Ham/Cheese/Lettuce
	Coleslaw	Gravy	Salad Bar	Salad Bar		Salad Bar	Sandwich
		Carrots		Strawberries &		Jello w. peaches	Salad Bar
	Pears	Stewed Rhubarb	Lemon Pudding	Cream			Date Square
Alternative	TurkeyCheese San	Tuna Sandwich		Tuna Sandwich		Turkey/Lett sandwich	ChicSalad Sandw
	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES
	Salad Bar	Salad Bar					

White and Whole Wheat Bread and Butter available with every meal

Non-hydrogenated margarine used for Sandwiches

Salad Bar Dinner & Supper

WEEK THREE

Fall / Winter Menu 2019/20

**Other Alternatives Available 24 hrs. WW Wheat Bread, Raisin Bread ,Cheddar & Cottage Cheese
Yogurt ,peanut butter, Fresh Fruit, Snacks, Juices,Milk, Coffee,Variety Tea and Hot Chocolate**

Tomato juice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice
	Scrambled Eggs	Pancakes	Oatmeal	Cr. Of Wheat	Oatmeal	Flavor Muffin	Cr.Of Wheat
	Sausage	Bacon	Cheese/oranges	Poached Egg	Boiled Egg	Banana	Cheese/oranges
	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WWToast
Alternative	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Meatballs	Pork Chop	Hot Turkey sandw	Liver w/ Onion	Residents Choice	Krispy Chicken	Pork Loin
	Rice	Parsley Potato	MashPot/Gravy	MashPotato/Gravy		Mash Potato/Gr	MashPotato/gravy
	Winter Blend Veg	GreenYellow Beans	Corn	Montego Veg		Carrots	Turnip
	Dixie Cup	Carrot Cake	Apple Crisp	FruitcocktailCake		Banana Cake	Lemon Meringue Pie
Alternative	Chicken Breast	Hamb. Patty	Salmon Sandw	EggSalad Sandwich		Beef Sausage	Hamb. Patty
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
	Chicken Enchilada	Vegetable Soup	Pork Drummie	Fish Burger	Mushroom Soup	Beef Veg. Soup	Chick Pot Pie
	Tom/Cucumber Salad	Beef Sandwich	Pasta Salad	Fries	Grill Chees Sand	Variety Sandwich	Gravy
	Salad Bar	Salad Bar	Broccoli	Coleslaw	Salad Bar	Salad Bar	Hashbrown
			Banana Pudding	Pumpkin Tart	Fieldberry Crisp	Butter tart	P E I Veg
	Éclair	Fruitcocktail					HalfHour Pudding
Alternative	Tuna Sandwich		Tom/Chse sandwich	Beef Sandwich	Turkey Sandwich		Tuna Sandwich
	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES
	salsa/sour cream	Salad Bar	Salad Bar	Salad Bar		Variety Sandwich	Salad Bar
						ham,beef,tom/che	
						salmon	

White and Whole Wheat Bread and Butter available with Every Meal

Non-hydrogenated margarine used for Sandwiches

salad Bar dinner & supper

WEEK FOUR

Fall / Winter Menu 2019/20

Other Alternatives available 24 hrs. WW Wheat Bread, Raisin Bread, Cheddar and Cottage Cheese, Yogurt, Peanut Butter. Juices, Milk, Coffee, Variety Tea and Hot Chocolate Tomato Juice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice	Apple Juice	Cranberry Juice	Orange Juice
	Cheese Omelett	Oatmeal/oranges	Cr. Of Wheat	Fried Egg	Banana	Oatmeal	Cr. Of Wheat
	Sausage	Peanut Butter	Cheese Portion	Bacon	B. Egg	Cheese Portion	Peanut Butter
	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast	WW Toast
Alternative	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	Perch	Beef Sausage	Bake Chicken	Meatloaf	Sweet n Sour	Beef Stew	Ham
	Rice	Garlic Potato	Thigh & Drum	MashPotato	Ribs	Biscuits	Scallop Potato
	Peas&Carrots	Broccoli	Roast Potato	Gravy	Rice		Creamy Kernel Corn
	Salad Bar	Salad Bar	Green Bean	PickOfDay Veg	Carrots		Salad Bar
	IceCreamSandw	Date Square	Coconut Pudding	Bake Custard	Eclair	Butterscotch Pudding	Apple Pie
Alternative	TomCheeseSan	ChickSalad Sandw	Turkey Sandwich	ChickenThigh	Hamb.Patty	Salad Bar	Roast Beef Sandwich
	Supper	Supper	Supper	Supper	Supper	Supper	Supper
	ChickenDumpling	Mushroom Soup	Celery Soup	Cod/ Dill Sauce		Salmon Sandwich	Beef Barley Soup
	Soup	Turkey Sandwich	Ham&Cheese	Hashbrown	Resident Choice	Pasta Salad	DinnerBun or Toast
	Tuna Sandwich	Salad Bar	Sandwich	Coleslaw		Salad Bar	Salad Bar
	Salad Bar		Salad Bar	Salad Bar			
	Choc. Pudding	JellyRoll	Blackforest Cake	Fruit Salad		Pears	Mandarin Oranges
Alternative	EggSalad Sandw	SalmonSandwich	Beef Sandwich	Tom/che Sandw		Ham Sandwich	
	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES
				Fruit Salad	Salad Bar	celery, carrots, peas	
				apple,orange, melon		potato & onion	

**White and Whole Wheat Bread and Butter Available with Every Meal
Non-hydrogenated used for Sandwiches Salad Bar available Dinner & Supper**