

## LONG TERM CARE MENU Spring/Summer 2016

WEEK OF:

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Orange Juice Hot Oatmeal Cheddar Cheese Raisin Toast Jam <u>Alternate Choices</u> Assorted Cold Cereal with Flax Flour Peanut Butter Buttered Whole Wheat Toast	Cranberry Cocktail Hot Oatmeal Boiled Egg Buttered Whole Wheat Toast Jam <u>Alternate Choices</u> Assorted Cold Cereal with Flax Flour Peanut Butter Buttered White Toast	Blended Juice Hot Oatmeal Scrambled Eggs Buttered Whole Wheat Toast Jam <u>Alternate Choices</u> Assorted Cold Cereal with Flax Flour Peanut Butter Buttered White Toast	Orange Juice Hot Oatmeal Cheddar Cheese Fresh Baked Muffin Jam <u>Alternate Choices</u> Assorted Cold Cereal with Flax Flour Peanut Butter Buttered Whole Wheat Toast	Pineapple Juice Cream of Wheat Fried Egg Breakfast Sausage Buttered Whole Wheat Toast Jam <u>Alternate Choices</u> Assorted Cold Cereal with Flax Flour Peanut Butter Buttered White Toast	Blended Juice Cream Of Wheat Cheddar Cheese Buttered Whole Wheat Toast <u>Alternate Choices</u> Assorted Cold Cereal with Flax Flour Peanut Butter Buttered White Toast	Cranberry Cocktail Hot Oatmeal Scrambled Eggs Bacon Buttered Whole Wheat Toast <u>Alternate Choices</u> Assorted Cold Cereal with Flax Flour Peanut Butter Buttered White Toast
<b>LIGHT MEAL</b>	Tomato Basil Soup Barbeque Sausage Macaroni Salad Marinated Vegetable Salad Fresh Fruit Whole Wheat Bread <u>Alternate Choices</u> Egg Salad Sandwich Tossed Salad with Dressing Iced Chocolate Brownie	Butternut Squash Soup Deli Sliced Beef Summer Rainbow Salad Whole Wheat Dinner Roll Banana <u>Alternate Choices</u> Fish Burger with Tartar Sauce Green Peas Baked Custard	Harvest Vegetable Soup Cheese Dream Buns Zucchini Ribbon Salad Pineapple Tidbits <u>Alternate Choices</u> Turkey, Chick peas, cucumber Tomato Salad Plate Fruity Layered Dessert	Cream of Broccoli Soup Turkey Burger Caesar Salad Diced Melon <u>Alternate Choices</u> Ham and Spinach Omelet Whole Wheat Bread Green Beans Assorted Ice Cream	Mediterranean Vegetable Soup Chicken Nuggets Plum Sauce Potato Wedges Mixed Vegetables Assorted Fruit <u>Alternate Choices</u> Ham Sandwich Bean Salad Peanut Butter Pudding	French Canadian Pea Soup Hawaiian Chicken Burger Carrot Raisin Salad Mandarin Orange Sections Mandarin Orange Sections <u>Alternate Choices</u> Cottage Cheese Salad Plate with Scone Apple Jelly Delight	Creamy Potato Leek Soup Vegetable Chili Garlic Bread Garden Salad with Dressing Fruit Cocktail <u>Alternate Choices</u> Salmon Salad Sandwich Pickles Carrot & Celery Stick Frozen Yogurt
<b>MAIN MEAL</b>	Caribbean Turkey Breast Mashed Sweet Potatoes Brussels Sprouts Hawaiian Wedding Cake <u>Alternate Choices</u> Veal Scallopini Fettucine Sautéed Zucchini and Peppers Diced Pears	Glazed Pork Chop Mashed Potato Steamed Spinach Mini Chocolate Butterscotch <u>Alternate Choice</u> Stuffing Topped Chicken Pot Pie Italian Green Beans Apricot Halves	Salisbury Steak/Gravy Rosemary Roasted Potato Parslied Cauliflower Caramel Bread Pudding <u>Alternate Choices</u> Lemon Baked Haddock Mashed Potatoes PEI Blend Vegetables Mixed Fruit	Shepherd's Pie Gravy Savoury Carrots Chocolate Cream Pie <u>Alternate Choices</u> Teriyaki Lamb Chop Mashed Potatoes Harvard Beets Tropical Fruit Salad	BBQ Beef Potato Romanoff Mexican Corn Iced Banana Cake <u>Alternate Choices</u> Krunchie Basa Tartar Sauce Seasoned Rice Asparagus Mixed Berries	Turkey Cacciatore Linguine Sautéed Vegetable Medley Nanaimo Bar <u>Alternate Choices</u> Pork Normandy Mashed Potatoes Whipped Squash Diced Peaches	Honey Glazed Ham Scalloped Potatoes Braised Cabbage Strawberry Rhubarb Pie <u>Alternate Choices</u> Meat Loaf Mashed Potatoes Broccoli Watermelon Wedges

**NOTE:**

Whole Wheat Bread offered everyday at Lunch and Dinner. Two Crackers served everyday at Lunch with Soup.  
 30 ml Peanut Butter or 125 ml Fruit Yogurt are offered everyday as a choice at Breakfast. Banana or 3 prunes available everyday at Breakfast  
 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are offered everyday at Lunch & Dinner  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner

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