



Spring - Summer Menu 2016

Regular & Easy to Chew Textures

Dysphagia Soft Texture - cut in 1 cm pieces, alternate provided for raw fruit and vegetables

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice *** Hot Oatmeal/ Cream of Wheat or Assorted Cold Cereal *** Fresh Baked Muffin *** Whole Wheat or Raisin Toast	Assorted Juice *** Hot Oatmeal/ Cream of Wheat or Assorted Cold Cereal *** Scrambled Egg *** Whole Wheat or Raisin Toast	Assorted Juice *** Hot Oatmeal/ Cream of Wheat or Assorted Cold Cereal *** Fresh Cottage Cheese Fresh Fruit Salad *** Whole Wheat or Raisin Toast	Assorted Juice *** Hot Oatmeal/ Cream of Wheat or Assorted Cold Cereal *** Hard Boiled Eggs *** Whole Wheat or Raisin Toast	Assorted Juice Hot Oatmeal/ Cream of Wheat or Assorted Cold Cereal *** Western Scramble *** Whole Wheat or Raisin Toast	Assorted Juice Hot Oatmeal/ Cream of Wheat or Assorted Cold Cereal *** Assorted Yogurt *** Whole Wheat or Raisin Toast	Assorted Juice Hot Oatmeal / Cream of Wheat or Assorted Cold Cereal *** French Toast w/ Maple Syrup Whip Topping Breakfast Sausages (2) *** Whole Wheat or Raisin Toast
LUNCH	Red pepper Bisque *** Springtime Spinach Ham Salad or Beef Chili Garlic Toast *** Spinach Salad *** Maple Chocolate Cake	Turkey Rice Soup *** Salmon Burger or Poutine & Curds *** Coleslaw *** Butterscotch Pudding	Butternut Squash Soup *** Rueben Sandwich or Beef Hot Dogs w/ Bun *** Beets Goat Cheese Salad *** Peach Passion Mousse	Potato Leek Soup *** Pulled Pork Sandwich or Turkey Cranberry Provolone Multi Grain *** Onion Rings *** Cherry Upside down Cake	Spring Beef Vegetable Soup *** Ham Salad Sandwich or Chicken Finger w/ Plum Sauce *** Crinkle Fries *** Chocolate Ice Cream	Chicken Coconut Soup *** Turkey Bratwurst & Apple Gravy or Fruit Platter (Cottage Cheese Cranberry Orange Scone) *** German Potato Salad *** Brownies	Split Pea Soup *** Cajun Chicken Caesar Salad or Beef Cheddar Sandwich w/ Lettuce & Tomato *** Caesar Salad *** Tapioca Pudding
Snack	Yogurt or Pudding	Muffins / Loaf or Cookies	Yogurt or Pudding	Muffins / Loaf or Cookies	Yogurt or Pudding	Muffins / Loaf or Cookies	Yogurt or Pudding
	Herb Chicken Breast or Fish Pot Pie *** Mixed Vegetables O'Brien potatoes *** Pistachio Cheese Cake	Chimichurri Pork Tenderloin or Rainbow Cheese Tortellini w/ Tomato Cream Sauce *** Eggplant & Tomato & Mozz Roasted Yam Potatoes *** Cheesecake Ice Cream	Beef Stroganoff or Duck Coq au Vin *** Peas n' Carrots Roasted Garlic Potato *** Date Squares	Honey Garlic Chicken Thigh or Tuna Penne Casserole *** Green beans Mash Potatoes *** Bread Pudding w/ Vanilla SC	Beef Stew or Pork Tikimasala (Tomato & Butter Curry Sauce) *** Roasted Root Vegetables (Zuc-RdOn-RdPep) Egg Noodles *** Berries Trifle Cup	Cranberry Dijon Pork Loin Roast or Lemon Breaded Sole *** Grilled Artichoke Heart Rice Pilaf *** Orange Cake	Beef Brisket Slow Roast w/ Homemade BBQ Sauce Crust or Chicken Cutlets *** Roasted Carrots & Cauliflower Scallops Potatoes *** Boston Cream Cake
Snack	Sandwich Evening Snack	Sandwich Evening Snack	Sandwich Evening Snack	Sandwich Evening Snack	Sandwich Evening Snack	Sandwich Evening Snack	Sandwich Evening Snack

Whole Wheat Bread/Pureed 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, Cranberry, Pune Juice) are offered everyday at Breakfast, Lunch & Dinner; Fresh Apple, Banana or Orange available every lunch
 125 ml Water, Peach, Apple Juice. 250 ml Coffee/Tea Available at Snack Times 2:00 PM and 8:00 PM
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner

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