

June 2017

Menu Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Breakfast Delight French Toast Lunch Roast Beef Sandwich Pasta Primavera Supper Pizza Night	2 Breakfast Delight Sunrise Omelette Lunch Fish & Chips Ham & Cheese Panini Supper Roast Salmon Beef Meatloaf	3 Breakfast Delight Denver Scrambler Lunch Greek Salad & Grilled Chicken Spaghetti & Meatballs Supper BBQ Pork Ribs Black Tiger Shrimp
4 Breakfast Delight Eggs Benedict Lunch Egg Salad Sandwich Pork Schnitzel Supper Chicken Fettucine Alfredo Chef's Choice Roast	5 Breakfast Delight Pancakes Lunch Grilled Cheese Sandwich Poached Salmon Salad Supper Pan Seared Walleye Braised Pork Shank	6 Breakfast Delight Breakfast Sandwich Lunch Turkey Bacon Swiss Chicken Salad Wrap Supper Sautéed Calf's Liver Teriyaki Stir-Fry	7 Breakfast Delight French Toast Lunch Reuben Sandwich Chicken and Leek Quiche Supper Sautéed Trout Pasta Alfredo	8 Breakfast Delight Three Cheese Omelette Lunch Shepherd's Pie Turkey Pot Pie Supper BBQ Ribs Roast Chicken Tarragon	9 Breakfast Delight Grilled Cinnamon Bun Lunch Fish & Chips Chicken Fingers & Fries Supper Poached Salmon Baked Honey Ham	10 Breakfast Delight Western Omelette Lunch Club Sandwich Vegetable Lasagna Supper Bacon Cheddar Beef Burger Salmon Burger
11 Breakfast Delight Eggs Benedict Lunch Denver Sandwich Chicken Caesar Salad Supper Chef's Choice Roast Dinner Chef's Choice Schnitzel	12 Breakfast Delight Buttermilk Waffle Lunch Roast Beef Sandwich Poached Salmon Salad Supper Seafood Newburg Roast Chicken	13 Breakfast Delight Pancakes Lunch Italian Deli Sub Sweet and Sour Meatballs Supper Beef Lasagna Catch of the Day	14 Breakfast Delight Veggie Omelette Lunch BLT Spinach Salad Supper Stuffed Pork Loin Baked Haddock	15 Breakfast Delight French Toast Lunch Turkey Bacon Club Bowl of Chili Supper Sweet & Sour Chicken Black Tiger Shrimp	16 Breakfast Delight Sunrise Omelette Lunch Fish & Chips Pork Schnitzel Supper Roast Salmon Salisbury Steak	17 Breakfast Delight Denver Scrambler Lunch Father's Day BBQ Supper Pork Chop Roast Chicken Tarragon

Meal Times

Breakfast	6:30 - 9:00 AM	
Lunch	First: 11:30 AM	Second: 12:45 PM
Supper	First: 4:45 PM	Second: 6:15 PM

Daily Breakfast Choices:

Continental - your choice of Hot or Cold Cereal, Assortment of Bread and Pastries, Yogurt and Fruit.
Classic - 2 Eggs cooked to preference, Bacon or Sausage, Hash Browns and Toast.



Phone: 204-725-1340 Fax: 204-726-1811
www.rotaryvillas.ca

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 Father's Day Breakfast Delight Eggs Benedict Lunch Beef and Broccoli Penne Pasta Primavera Supper Chicken Fettuccini Alfredo Chef's Choice Roast	19 Breakfast Delight Pancakes Lunch Grilled Cheese Sandwich Chicken & Leek Quiche Supper Pan Seared Walleye Fusilli Bolognese	20 Breakfast Delight Breakfast Sandwich Lunch Turkey Bacon Swiss Poached Salmon Salad Supper Sautéed Calf's Liver Pasta Alfredo	21 Breakfast Delight French Toast Lunch Roast Beef Panini Tuna Melt Supper Sautéed Trout Baked Honey Ham	22 Breakfast Delight Three Cheese Omelette Lunch Shepherd's Pie Tuna Salad Sandwich Supper BBQ Pork Ribs Roast Chicken Tarragon	23 Breakfast Delight Grilled Cinnamon Bun Lunch Fish & Chips Vegetable Lasagna Supper Poached Salmon Teriyaki Stir-Fry	24 Breakfast Delight Western Omelette Lunch Club Sandwich Smoked Salmon Salad Supper Bacon Cheddar Beef Burger Bacon Swiss Turkey Burger
25 Breakfast Delight Eggs Benedict Lunch Denver Sandwich Three Cheese Macaroni Supper Chef's Choice Roast Chef's Choice Schnitzel	26 Breakfast Delight Buttermilk Waffle Lunch BLT Chili Topped Baked Potato Supper Beef Stew Roast Chicken	27 Breakfast Delight Pancakes Lunch Italian Deli Sub Cauliflower and Three Cheese Supper Beef Lasagna Catch of the Day	28 Breakfast Delight Veggie Omelette Lunch Turkey Bacon Club Poached Salmon Salad Supper Stuffed Pork Loin Roast Chicken Tarragon	29 Breakfast Delight French Toast Lunch Roast Beef Sandwich Pasta Primavera Supper Sweet & Sour Chicken Baked Haddock	30 Breakfast Delight Sunrise Omelette Lunch Fish & Chips Ham & Cheese Panini Supper Roast Salmon Beef Meatloaf	

Your Numerous Meal Options: Just ask your server

- 1 - Your choice of two entrees daily.
- 2 - You can request a meal salad.
- 3 - There are soup & sandwiches available.
- 4 - Scrambled or boiled eggs and toast are available at all meals.
- 5 - Extra portions of potatoes or vegetables are available

Food Fun Facts

- **Avocados** – Avocados are a healthy fatty fruit that lowers cholesterol. This popular fruit also helps your body break down the nutrients in other produce such as tomatoes.
- **Figs** – If you're looking to improve your calcium intake, try a fig! A cup of dried figs has as much calcium as a cup of milk. Plus, they're also a great source of fibre! But careful not to overdo it as they are high in sugar and calories!
- **Kiwis** – Needing Vitamin C? Kiwis have the most nutrients out of all fruits. They have twice the amount of Vitamin C of an orange. Also, if you are looking for a high-potassium and low-salt snack, a kiwi is a great alternative to bananas. Kiwis contain many other vitamins, minerals, and heart-healthy nutrients as well!

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