


October 2017

Menu Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Breakfast Delight Eggs Benedict</p> <p>Lunch Denver Sandwich Chicken Caesar Salad</p> <p>Supper Chef's Choice Roast Dinner Chef's Choice Schnitzel</p>	<p>2</p> <p>Breakfast Delight Buttermilk Waffle</p> <p>Lunch Roast Beef Sandwich Poached Salmon Salad</p> <p>Supper Seafood Newburg Roast Chicken</p>	<p>3 <i>Oktoberfest</i></p> <p>Breakfast Delight Pancakes</p> <p>Lunch Italian Deli Sub Sweet and Sour Meatballs</p> <p>Supper Bratwurst Swine Schnitzel</p>	<p>4</p> <p>Breakfast Delight Veggie Omelette</p> <p>Lunch BLT Spinach Salad</p> <p>Supper Stuffed Pork Loin Baked Haddock</p>	<p>5</p> <p>Breakfast Delight French Toast</p> <p>Lunch Turkey Bacon Club Bowl of Chili</p> <p>Supper Sweet & Sour Chicken Black Tiger Shrimp</p>	<p>6</p> <p>Breakfast Delight Sunrise Omelette</p> <p>Lunch Fish & Chips Pork Schnitzel</p> <p>Supper Roast Salmon Salisbury Steak</p>	<p>7</p> <p>Breakfast Delight Denver Scrambler</p> <p>Lunch Greek Salad & Grilled Chicken Ham & Cheese Panini</p> <p>Supper Pizza Night</p>
<p>8</p> <p>Breakfast Delight Eggs Benedict</p> <p>Lunch Beef and Broccoli Penne Pasta Primavera</p> <p>Supper Chicken Fettuccini Alfredo Chef's Choice Roast</p>	<p>9 <i>Thanksgiving Day</i></p> <p>Breakfast Delight Pancakes</p> <p>Lunch Thanksgiving Turkey Dinner</p> <p>Supper Pan Seared Walleye Fusilli Bolognese </p>	<p>10</p> <p>Breakfast Delight Breakfast Sandwich</p> <p>Lunch Turkey Bacon Swiss Poached Salmon Salad</p> <p>Supper Sautéed Calf's Liver Pasta Alfredo</p>	<p>11</p> <p>Breakfast Delight French Toast</p> <p>Lunch Roast Beef Panini Tuna Melt</p> <p>Supper Sautéed Trout Baked Honey Ham</p>	<p>12</p> <p>Breakfast Delight Three Cheese Omelette</p> <p>Lunch Shepherd's Pie Tuna Salad Sandwich</p> <p>Supper BBQ Pork Ribs Roast Chicken Tarragon</p>	<p>13</p> <p>Breakfast Delight Grilled Cinnamon Bun</p> <p>Lunch Fish & Chips Vegetable Lasagna</p> <p>Supper Poached Salmon Teriyaki Stir-Fry</p>	<p>14</p> <p>Breakfast Delight Western Omelette</p> <p>Lunch Club Sandwich Smoked Salmon Salad</p> <p>Supper Bacon Cheddar Beef Burger Bacon Swiss Turkey Burger</p>
<p>15</p> <p>Breakfast Delight Eggs Benedict</p> <p>Lunch Denver Sandwich Three Cheese Macaroni</p> <p>Supper Chef's Choice Roast Chef's Choice Schnitzel</p>	<p>16</p> <p>Breakfast Delight Buttermilk Waffle</p> <p>Lunch BLT Chili Topped Baked Potato</p> <p>Supper Beef Stew Roast Chicken</p>	<p>17</p> <p>Breakfast Delight Pancakes</p> <p>Lunch BBQ</p> <p>Supper Beef Lasagna Catch of the Day</p>	<p>18</p> <p>Breakfast Delight Veggie Omelette</p> <p>Lunch Turkey Bacon Club Poached Salmon Salad</p> <p>Supper Stuffed Pork Loin Roast Chicken Tarragon</p>	<p>19</p> <p>Breakfast Delight French Toast</p> <p>Lunch Roast Beef Sandwich Pasta Primavera</p> <p>Supper Sweet & Sour Chicken Baked Haddock</p>	<p>20</p> <p>Breakfast Delight Sunrise Omelette</p> <p>Lunch Fish & Chips Ham & Cheese Panini</p> <p>Supper Roast Salmon Beef Meatloaf</p>	<p>21</p> <p>Breakfast Delight Denver Scrambler</p> <p>Lunch Greek Salad & Grilled Chicken Spaghetti & Meatballs</p> <p>Supper BBQ Pork Ribs Black Tiger Shrimp</p>

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		
22 Breakfast Delight Eggs Benedict Lunch Egg Salad Sandwich Pork Schnitzel Supper Chicken Fettuccine Alfredo Chef's Choice Roast	23 Breakfast Delight Pancakes Lunch Grilled Cheese Sandwich Poached Salmon Salad Supper Pan Seared Walleye Braised Pork Shank	24 Breakfast Delight Breakfast Sandwich Lunch Turkey Bacon Swiss Chicken Salad Wrap Supper Sweet & Sour Stir Fry Teriyaki Stir-Fry	25 Breakfast Delight French Toast Lunch Reuben Sandwich Chicken and Leek Quiche Supper Salmon Pasta Alfredo	26 Breakfast Delight Three Cheese Omelette Lunch Shepherd's Pie Turkey Pot Pie Supper BBQ Ribs Roast Chicken Tarragon	27 Breakfast Delight Grilled Cinnamon Bun Lunch Fish & Chips Chicken Fingers & Fries Supper Poached Salmon Baked Honey Ham	28 Breakfast Delight Western Omelette Lunch Club Sandwich Vegetable Lasagna Supper Bacon Cheddar Beef Burger Salmon Burger		
29 Breakfast Delight Eggs Benedict Lunch Denver Sandwich Chicken Caesar Salad Supper Chef's Choice Roast Dinner Chef's Choice Schnitzel	30 Breakfast Delight Buttermilk Waffle Lunch Roast Beef Sandwich Poached Salmon Salad Supper Seafood Newburg Roast Chicken	31 Breakfast Delight Pancakes Lunch Italian Deli Sub Sweet and Sour Meatballs Supper Beef Lasagna Catch of the Day	<p>There are 80 cranberry farms in B.C. with many destined for the Thanksgiving table, and while it is doubtful cranberries were served at the first Thanksgiving meals, the indigenous people used them for cooking and dyeing and introduced them to the pilgrims.</p>					

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



While pumpkins are a staple of many Canadian Thanksgiving meals, they also originated with indigenous people. It is not known if they were present at the first Thanksgiving meals, however, there are recipes for pumpkin pie that date back to the 1650s.

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