

# July 19 - 25, 2020

# Weekly Menu Calendar

Sunday, July 19	Monday, July 20	Tuesday, July 21	Wednesday, July 22	Thursday, July 23	Friday, July 24	Saturday, July 25
<b>Breakfast Delight</b> Eggs Benedict	<b>Breakfast Delight</b> Breakfast Sandwich	<b>Breakfast Delight</b> French Toast	<b>Breakfast Delight</b> Ham & Cheese Omelet	<b>Breakfast Delight</b> Pancakes	<b>Breakfast Delight</b> Cinnamon Bun	<b>Breakfast Delight</b> Muffin, Fruit and Cottage Cheese
<i>Soup of the Day</i> <b>Borscht</b>	<i>Soup of the Day</i> <b>Chicken Noodle</b>	<i>Soup of the Day</i> <b>Cream of Vegetable</b>	<i>Soup of the Day</i> <b>Hamburger</b>	<i>Soup of the Day</i> <b>Mushroom</b>	<i>Soup of the Day</i> <b>Italian Wedding</b>	<i>Soup of the Day</i> <b>Cream of Tomato</b>
<b>Lunch</b> Ham & Swiss Croissant Tossed Salad or Beef Taco Salad	<b>Lunch</b> Chicken Wings Veggie Sticks or Pulled Beef on a Bun Veggie Sticks	<b>Lunch</b> Pizza Bagels Caesar Salad or Turkey Bacon Club Caesar Salad	<b>Lunch</b> Spinach & Bacon Salad Dinner Roll or Chicken Burger Tossed Salad	<b>Lunch</b> Spaghetti & Meat Sauce Garlic Toast or Reuben Sandwich French Fries	<b>Lunch</b> Fish & Chips Coleslaw or Beef Dip Coleslaw	<b>Lunch</b> Hamburger French Fries or Grilled Turkey & Cheese Sandwich Mixed Pickles
<b>Supper</b> Roast Turkey Mashed Potatoes Carrots or Swedish Meatballs Rice Brownies	<b>Supper</b> Honey Dijon Salmon Rice Broccoli or Tourtiere Broccoli Cheesecake	<b>Supper</b> Honey Garlic Chicken Rice Beans or Cranberry Pork Loin Rice Beans Fruit Crisp	<b>Supper</b> Bangers & Mash PEI Mixed Vegetables or Pesto Chicken Pasta PEI Mixed Vegetables Cream Pie	<b>Supper</b> Steak Sandwich Baked Potato Cauliflower & Cheese Sauce or Vegetable Lasagna Garlic Toast Rice Pudding	<b>Supper</b> Teriyaki Chicken Thighs Mashed Potatoes Stir Fried Vegetables or Shrimp Stir Fry Rice Stir Fried Vegetables Nanaimo Bar	<b>Supper</b> Chicken Risotto Peas & Carrots or Meatloaf Mashed Potatoes Peas & Carrots Jello

## 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.

**Daily Lunch & Supper Choices** - Your choice of Soup of the Day or tossed Salad.


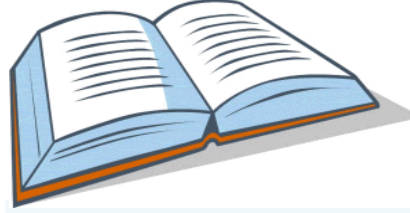



Phone: 204-725-1340 Fax: 204-726-1811

[www.rotaryvillas.ca](http://www.rotaryvillas.ca)

# July 19 - 25, 2020

# Weekly Recreation Calendar

Sunday, July 19	Monday, July 20	Tuesday, July 21	Wednesday, July 22	Thursday, July 23	Friday, July 24	Saturday, July 25
<p><b>Morning</b></p>	<p><b>Morning</b></p>	<p><b>Morning</b>  <b>9:30</b>                      Exercises with Sue  <i>Outdoors</i></p> <p><b>10:30</b>                      Coffee with Grace  <i>Common Room</i></p>	<p><b>Morning</b>  <b>9:30</b>                      Stretching  <i>Common Room</i></p> <p><b>10:00</b>                      Coffee with Grace  <i>Common Room</i></p>	<p><b>Morning</b>  <b>9:30</b>                      Stretching  <i>Common Room</i></p> <p><b>10:00</b>                      Coffee with Jody  <i>Common Room</i></p>	<p><b>Morning</b>  <b>9:30</b>                      Stretching  <i>Common Room</i></p> <p><b>10:00</b>                      Coffee with Joyce  <i>Common Room</i></p>	<p><b>Morning</b>  <b>10:00</b>                      Pen &amp; Paper Bingo  <i>Dining Room</i></p>
						
<p><b>Afternoon</b></p>	<p><b>3:00</b>                      Travelogue Video  <i>Common Room</i></p> <p><b>7:00</b>                      Roasting                      Marshmallows  <i>Fire Pit</i></p>	<p><b>3:00</b>                      Happy Hour  <i>Bar / Dining Room</i></p>	<p><b>2:30</b>                      Rock Painting  <i>Multipurpose Room</i></p> <p><b>3:00</b>                      Sing-a-long  <i>Common Room</i></p>	<p><b>5:00</b>                      Van Ride  <i>Shuttle</i></p> <p><b>7:00</b>                      Van Ride  <i>Shuttle</i></p>	<p><b>2:30</b>                      Afternoon                      Treat  <i>Dining Room</i></p>	<p><b>1:00</b>                      Van Ride  <i>Shuttle</i></p> <p><b>2:30</b>                      Van Ride  <i>Shuttle</i></p>

**Friendly Reminder:**

- Masks must be worn
- Hands must be sanitized before and after activity
- Six foot distancing must be maintained

• *\*All programs subject to limited participants*