

# July 26 - August 1, 2020

# Weekly Menu Calendar

Sunday, July 26	Monday, July 27	Tuesday, July 28	Wednesday, July 29	Thursday, July 30	Friday, July 31	Saturday, August 1
<b>Breakfast Delight</b>	<b>Breakfast Delight</b>	<b>Breakfast Delight</b>	<b>Breakfast Delight</b>	<b>Breakfast Delight</b>	<b>Breakfast Delight</b>	<b>Breakfast Delight</b>
Eggs Benedict	Breakfast Sandwich	French Toast	Ham & Cheese Omelet	Pancakes & Bacon	Cinnamon Bun	Waffles
<i>Soup of the Day</i> <b>Borscht</b>	<i>Soup of the Day</i> <b>Roasted Red Pepper</b>	<i>Soup of the Day</i> <b>Cream of Carrot &amp; Ginger</b>	<i>Soup of the Day</i> <b>Potato Bacon</b>	<i>Soup of the Day</i> <b>Chicken &amp; Wild Rice</b>	<i>Soup of the Day</i> <b>Beef Vegetable</b>	<i>Soup of the Day</i> <b>Split Pea</b>
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Turkey & Swiss Croissant Tossed Salad or Beef Taco Salad	Spaghetti & Meatballs Focaccia Bread or Chicken Salad Sandwich Cucumber & Onion Salad	Chicken Quesadilla Spanish Rice or Meatball Sub Caesar Salad	Tuna Melt Greek Salad or Greek Chicken Salad	Hot Turkey Sandwich Vegetables or Frittata Salad	Cod Nuggets French Fries Coleslaw or Chicken Fingers French Fries Coleslaw	Chicken Alfredo Focaccia Bread or Hot Beef Sandwich Peas & Carrots
<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>	<b>Supper</b>
Ham Steak Duchess Potatoes Honey Dill Carrots or Beef Stew Biscuit Mango Cheesecake	Sweet n' Sour Pork Rice Stir-Fry Vegetables or Chicken Stir-Fry Rice Carrot Cake	Lamb Chops Roasted Potatoes Asparagus or Chicken Leg Roasted Potatoes Asparagus Bread Pudding	Shepherd's Pie Cream Corn or Fried Chicken Mashed Potato Cream Corn Cream Pie	Salisbury Steak Mashed Potatoes Broccoli or Pork Tenderloin Mashed Potatoes Broccoli Ice Cream	Bassa with Orange Sauce Root Vegetables or Beef Stir-Fry Rice Root Vegetables Strawberry Shortcake	Swedish Meatballs Scalloped Potatoes Fried Cabbage or Lemon Chicken Breast Scalloped Potatoes Fried Cabbage Pudding

## 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.





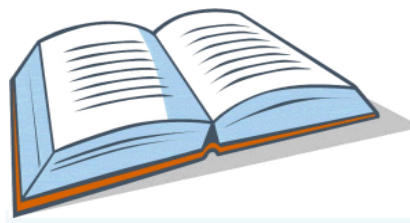


**Daily Lunch & Supper Choices** - Your choice of Soup of the Day or tossed Salad.



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

# July 26 - August 1, 2020 Weekly Recreation Calendar

Sunday, July 26	Monday, July 27	Tuesday, July 28	Wednesday, July 29	Thursday, July 30	Friday, July 31	Saturday, August 1
Morning	Morning 10:00 Coffee with Ruth <i>Common Room</i>	Morning 9:30 Exercises with Sue <i>Outdoors</i> 10:30 Coffee with Joyce <i>Common Room</i>	Morning 9:30 Stretching <i>Common Room</i> 10:00 Coffee with Grace <i>Common Room</i>	Morning 9:30 Stretching <i>Common Room</i> 10:00 Coffee with Philip <i>Common Room</i>	Morning 9:30 Stretching <i>Common Room</i> 10:00 Coffee with Joyce <i>Common Room</i>	Morning
						
Afternoon	Afternoon 2:30 Mental Aerobics <i>Common Room</i>	Afternoon 2:30 Sit & Be Fit <i>Common Room</i> 3:00 Happy Hour <i>Dining Room/Bar</i>	Afternoon 3:00 Outdoor Entertainment by Slim Jim Trio <i>Outside / Visitor Parking Lot</i>	Afternoon 5:00 Van Ride Shuttle 7:00 Van Ride Shuttle	Afternoon 2:30 Afternoon Treat (Floats) <i>Dining Room</i>	Afternoon 2:30 Pen & Paper Bingo <i>Dining Room</i>

## 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