

# September 18-24, 2022

# Weekly Menu Calendar

SUNDAY, SEPT. 18	MONDAY, SEPT. 19	TUESDAY, SEPT. 20	WEDNESDAY, SEPT. 21	THURSDAY, SEPT. 22	FRIDAY, SEPT. 23	SATURDAY, SEPT. 24
Breakfast Delight Eggs Benedict	Breakfast Delight Bacon & Egg Breakfast Sandwich	Breakfast Delight Apple Cinnamon Raisin Oatmeal	Breakfast Delight Grilled Cinnamon Bun	Breakfast Delight Pancakes	Breakfast Delight Western Omelette	Breakfast Delight Peaches & Cream Waffles
<i>Soup of the Day</i> <b>Minestrone</b>	<i>Soup of the Day</i> <b>Beef &amp; Mushroom Barley</b>	<i>Soup of the Day</i> <b>Borscht</b>	<i>Soup of the Day</i> <b>Corn Chowder</b>	<i>Soup of the Day</i> <b>Chicken Noodle</b>	<i>Soup of the Day</i> <b>Cream of Cauliflower</b>	<i>Soup of the Day</i> <b>Italian Wedding</b>
<b>Lunch</b> Chicken Fingers Sweet Potato Fries Honey Dill Dip or Salmon Salad Sandwich Sweet Potato Fries Honey Dill Dip	<b>Lunch</b> Grilled Tomato Turkey Pesto & Swiss Sandwich Cucumber & Onion Salad or Chef Salad	<b>Lunch</b> Beef Stew Biscuit or Baked Macaroni & Cheese Stewed Tomatoes	<b>Lunch</b> Sausage & Pepper Quiche Marinated Vegetable Salad or Salmon Casserole Marinated Vegetable Salad	<b>Lunch</b> Spinach Salad (Egg, Bacon, Mushroom, Cheese) Poppyseed Dressing or Ham Florentine Focaccia Melt Tossed Salad	<b>Lunch</b> Seafood Cakes Tossed Salad or Hot Turkey Sandwich Poutine	<b>Lunch</b> Chicken Salad Sandwich French Fries or Cheeseburger French Fries
<b>Supper</b> Roast Beef au Jus Yorkshire Pudding Mashed Potatoes Peas & Carrots or Savoury Pork & Apple Stew Dinner Roll Cherry Pie	<b>Supper</b> Oktoberfest Chicken Drumstick Sweet & Sour Cabbage Warm German Potato Salad or Scrambled Eggs Bacon Hashbrowns Nanaimo Bar	<b>Supper</b> Pizza Caesar Salad or Chicken Caesar Salad Garlic Focaccia Lemon Pudding Cake	<b>Supper</b> Pot Roast & Gravy Cheesy Mashed Potato Bake Buttered Carrots or Spinach & Feta Mini Turkey Meatloaf Cheesy Mashed Potato Bake Buttered Carrots Triple Chocolate Fudge Cake	<b>Supper</b> Steak Sandwich with Sautéed Onions Baked Potato Tomato Slices or Southwest BBQ Chicken Breast Baked Potato Tomato Slices Puffed Wheat Cake	<b>Supper</b> Baked Ham Scalloped Potatoes Sautéed Zucchini or Maple Glazed Salmon Scalloped Potatoes Sautéed Zucchini Pecan Pie	<b>Supper</b> Meatball Stroganoff Buttered Egg Noodles Mixed Vegetables or Creamy Pesto Baked Chicken Breast Buttered Egg Noodles Mixed Vegetables Cream Puffs

## 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.

