

# March 19 - 25, 2023

# Weekly Menu Calendar

SUNDAY, MAR. 19	MONDAY, MAR. 20	TUESDAY, MAR. 21	WEDNESDAY, MAR. 22	THURSDAY, MAR. 23	FRIDAY, MAR. 24	SATURDAY, MAR. 25
Breakfast Delight Eggs Benedict	Breakfast Delight Bacon & Egg Breakfast Sandwich	Breakfast Delight Toasted Bagel with Cream Cheese	Breakfast Delight Grilled Cinnamon Bun	Breakfast Delight Apple Cinnamon Pancakes	Breakfast Delight Western Omelette <small>(ham, green onions, peppers)</small>	Breakfast Delight Waffles
<i>Soup of the Day</i> Cream of Mushroom	<i>Soup of the Day</i> Onion	<i>Soup of the Day</i> Chicken & Wild Rice	<i>Soup of the Day</i> Perogy	<i>Soup of the Day</i> Beef & Lentil	<i>Soup of the Day</i> Corn Chowder	<i>Soup of the Day</i> Italian Wedding
<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 Cheese Sandwich Tater Tots or Chicken Greek Salad	<b>Lunch</b> Beef Stew Biscuit or Sausage Rolls Southwest Corn Salad	<b>Lunch</b> Macaroni & Cheese Stewed Tomatoes or Ham Florentine Flatbread Potato Salad	<b>Lunch</b> Cottage Cheese, Muffin & Fruit Plate or Hamburger Carrot Salad	<b>Lunch</b> Crab Cakes Apple Salad or Pizza Melt Apple Salad	<b>Lunch</b> Open Face Sloppy Joe Mediterranean Pasta Salad or Chicken Salad Croissant Mediterranean Pasta Salad
<b>Supper</b> Roasted Pork Loin Roasted Potatoes Mashed Turnip & Carrot or Stuffed Pepper Casserole  Apple Pie	<b>Supper</b> Perogies & Onions Kolbasa & Sauerkraut or Shepherd's Pie  Nanaimo Bar	<b>Supper</b> Herb & Garlic Basa Scalloped Potatoes Peas or Salisbury Steak with Onion & Gravy Scalloped Potatoes Peas  Black Forest Cake	<b>Supper</b> Pot Roast & Gravy Roasted Potatoes Buttered Carrots or Chicken Tetrazini Bake  Banana Cream Pie	<b>Supper</b> Baby Back Ribs Baked Potato Baked Beans or Country Fried Steak & Gravy Baked Potato Baked Beans  Apple Crisp	<b>Supper</b> Shrimp Stir Fry Rice or Sweet n' Sour Chicken Thighs Stir Fry Vegetables Rice  Butter Tart Bar	<b>Supper</b> Meatball Stroganoff Buttered Egg Noodles Beets or Chicken Parmesan Buttered Egg Noodles Beets  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.

