

JULY 16-22, 2023

Weekly Menu Calendar

SUNDAY, JULY 16	MONDAY, JULY 17	TUESDAY, JULY 18	WEDNESDAY, JULY 19	THURSDAY, JULY 20	FRIDAY, JULY 21	SATURDAY, JULY 22
Breakfast Delight	Breakfast Delight	Breakfast Delight	Breakfast Delight	Breakfast Delight	Breakfast Delight	Breakfast Delight
Eggs Benedict	Bacon & Egg Breakfast Sandwich	French Toast	Grilled Cinnamon Bun	Blueberry Pancakes	Mushroom & Cheese Omelette	Waffles
<i>Soup of the Day</i> Minestrone	<i>Soup of the Day</i> Chicken Noodle	<i>Soup of the Day</i> Cheesy Broccoli	<i>Soup of the Day</i> Stuffed Pepper	<i>Soup of the Day</i> Chicken & Wild Rice	<i>Soup of the Day</i> Beef & Mushroom Barley	<i>Soup of the Day</i> Split Pea & Ham
Lunch Chicken Burger Tomato & Cucumber Slices or Salmon Salad Sandwich Tomato & Cucumber Slices	Lunch Hot Turkey Sandwich French Fries or Muffin, Cottage Cheese, and Fruit Plate	Lunch Spinach & Berry Salad with Chicken or Chili Dinner Roll	Lunch Ham & Cheese Frittata Beet Salad or Turkey Swiss Croissant Beet Salad	Lunch Grilled Reuben Sandwich Potato Salad or Tuna Salad Sandwich Potato Salad	Lunch Fish Burger Creamy Coleslaw or Chicken Pot Pie Creamy Coleslaw	Lunch Ham Salad Rollup Jellied Salad or Cheeseburger Jellied Salad
Supper Roast Beef au Jus Yorkshire Pudding Mashed Potatoes Pea & Carrots White Bean Salad	Supper Perogies & Onions Kolbassa & Sauerkraut or Shepherd's Pie	Supper Parmesan Crusted Basa Baked Potato Buttered Carrots or Corned Beef Baked Potato Buttered Carrots	Supper Chicken & Sausage Gumbo Red Pepper Rice Pilaf Garlic Toast or Pork Cutlets with Mushroom Sauce Red Pepper Rice Pilaf Peas	Supper Baked Ham Scalloped Potatoes Parsnips & Carrots or Coq au Vin Scalloped Potatoes Parsnips & Carrots	Supper Shrimp Stir Fry Stir Fry Vegetables Rice or Ginger Chicken Stir Fry Stir Fry Vegetables Rice	Supper Pork Tenderloin with Red Onion Gravy Mashed Potatoes Creamed Corn or Fried Chicken Mashed Potatoes Creamed Corn
Cherry Pie	Cheesecake	Nanaimo Bar	Chocolate Pudding	Buttertart Bar	Sour Cream Pie	Ambrosia Salad

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.

