

# September 17-23, 2023

# Weekly Menu Calendar

SUNDAY, SEPT. 17	MONDAY, SEPT. 18	TUESDAY, SEPT. 19	WEDNESDAY, SEPT. 20	THURSDAY, AUG. 21	FRIDAY, SEPT. 22	SATURDAY, SEPT. 23
Breakfast Delight Eggs Benedict	Breakfast Delight Bacon & Egg Breakfast Sandwich	Breakfast Delight Toasted Bagel with Cream Cheese	Breakfast Delight Grilled Cinnamon Bun	Breakfast Delight Blueberry Pancakes	Breakfast Delight Mushroom & Cheese Omelette	Breakfast Delight 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
<b>Lunch</b> Chicken Burger Tomato & Cucumber Slices or Salmon Salad Sandwich Tomato & Cucumber Slices	<b>Lunch</b> Hot Turkey Sandwich French Fries or Muffin, Cottage Cheese, and Fruit Plate	<b>Lunch</b> Spinach & Berry Salad with Chicken or Chili Dinner Roll	<b>Lunch</b> Ham & Cheese Frittata Beet Salad or Turkey Swiss Croissant Beet Salad	<b>Lunch</b> Grilled Reuben Sandwich Potato Salad or Tuna Salad Sandwich Potato Salad	<b>Lunch</b> Fish Burger Creamy Coleslaw or Chicken Pot Pie Creamy Coleslaw	<b>Lunch</b> Ham Salad Rollup Jellied Salad or Cheeseburger Jellied Salad
<b>Supper</b> Roast Beef au Jus Yorkshire Pudding Mashed Potatoes Pea & Carrots White Bean Salad	<b>Supper</b> Perogies & Onions Kolbassa & Sauerkraut or Shepherd's Pie	<b>Supper</b> Parmesan & Garlic Crusted Basa Baked Potato Buttered Carrots or Corned Beef Baked Potato Buttered Carrots	<b>Supper</b> Chicken & Sausage Gumbo Red Pepper Rice Pilaf Garlic Toast or Pork Cutlets with Mushroom Sauce Red Pepper Rice Pilaf Peas	<b>Supper</b> Baked Ham Scalloped Potatoes Parsnips & Carrots or Coq au Vin Scalloped Potatoes Parsnips & Carrots	<b>Supper</b> Shrimp Stir Fry Stir Fry Vegetables Rice or Ginger Chicken Stir Fry Stir Fry Vegetables Rice	<b>Supper</b> Pork Tenderloin with Red Onion Gravy Mashed Potatoes Creamed Corn or Fried Chicken Mashed Potatoes Creamed Corn
Cherry Pie	Cheesecake	Nanaimo Bar	Butterscotch Pudding	Pumpkin Pie	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.

