

# January 28-February 3, 2023

# Weekly Menu Calendar

SUNDAY, JAN. 28	MONDAY, JAN. 29	TUESDAY, JAN. 30	WEDNESDAY, JAN. 31	THURSDAY, FEB. 1	FRIDAY, FEB. 2	SATURDAY, FEB. 3
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> Onion <b>Lunch</b>	<i>Soup of the Day</i> Roasted Red Pepper <b>Lunch</b>	<i>Soup of the Day</i> Chicken & Wild Rice <b>Lunch</b>	<i>Soup of the Day</i> Potato & Bacon <b>Lunch</b>	<i>Soup of the Day</i> Carrot Ginger <b>Lunch</b>	<i>Soup of the Day</i> Corn Chowder <b>Lunch</b>	<i>Soup of the Day</i> Beef & Lentil <b>Lunch</b>
Chicken Fingers Waffle Fries or Meatball Sub Waffle Fries	Chicken Quesadilla Three Bean Salad or Corned Beef & Swiss with Dijon Mustard Three Bean Salad	Chef Salad or Macaroni & Cheese Stewed Tomatoes	Grilled Turkey & Swiss Sandwich Crispy Noodle Salad or Beef Pot Pie Crispy Noodle Salad	Chicken Wings Veggies & Dip or Tomato Bacon Melt Veggies & Dip	Crab Cakes Apple Salad or Ham Salad Croissant Apple Salad	Egg Salad Sandwich Sliced Cucumbers or Cheeseburger Sliced Cucumbers
<b>Supper</b> Roasted Pork Loin with Apple Sauce Roasted Potatoes Buttered Carrots Vinaigrette Coleslaw	<b>Supper</b> Baked Tortellini Garlic Bread or Lemon Pepper Baked Haddock Mashed Potatoes Green Bean Almondine	<b>Supper</b> Bangers & Mash with Gravy Creamed Peas or Chicken Parmesan Mashed Potatoes Creamed Peas	<b>Supper</b> Pork Chop with Creamy Onion Gravy Rice Pilaf Broccoli or Braised Beef Bites Rice Pilaf Broccoli	<b>Supper</b> Meatloaf & Gravy Baked Potato Baked Beans or Baby Back Ribs Baked Potato Baked Beans	<b>Supper</b> Cod Tail with Hollandaise Sauce Steamed Baby Potatoes Peas or Beef Stroganoff Egg Noodles Peas	<b>Supper</b> Sweet n' Sour Chicken Balls Rice Roasted Fall Medley or Honey Garlic Pork Bites Rice Roasted Fall Medley
Blueberry Pie	Fudge Brownie	Butter Tart	English Trifle Cake	Boston Cream Cake	Ambrosia Salad	Pecan Pie

## 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, 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.

