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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Chocolate Croissant  Apple | Peanut Butter Muffin  Orange | Cheese Scone  Fresh Fruit Bowl | Raisin Bread w/P.Butter  Apple | Blueberry Scone  Banana | Bran & Raisin Muffin  Orange | Assorted Pastry  Fresh Fruit Bowl |
| **2pm Snack** | Banana Loaf | Butter Tarts | Date Square | Pumpkin Loaf | Bavarian Fruit Tart | Lemon Loaf | Assorted Tarts/Squares |
| **7pm Snack** | Cookies | Cookies | Cookies | Cookies | Cookies | Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad w/Veg | House Salad w/Bacon | House Salad (Italian) | House Salad w/Chicken | House Salad w/Egg | House Salad w/Nuts | House Salad (Greek) |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Baked Salmon  w/BBQ Mayo  **OR**  Chicken Cordon Bleu    **With**  Lyonnais Potato  Cauliflower  Peas  **Dessert Tray** | Roasted Pork Loin  Kalbi Marinated  **OR**  Teriyaki Chicken  **With**  Jasmine Rice  Stir-Fry Romaine  PEI Vegetables  **Dessert Tray** | Shepheard’s Pie  **OR**  Steamed Cod  w/Ginger & Scallion  **With**  Mashed Potato  Glazed Carrot  Broccoli  **Dessert Tray** | **Brunch Menu**  **Residents Choice**  Pancake w/Strawberry  Hashbrown  Scrambled Eggs  Sausage  Fruit  **Dessert Tray** | Sole Fish  Mediterranean Style  **OR**  Ham  w/Sweet Spiced  **With**  Rice Pilaf  Vegetable Blend  (Pick Of the Day)  **Dessert Tray** | Chicken Piccata  w/Caper Cream Sauce  **OR**  Beef Chili  w/Sour Cream  **With**  Roasted Yam  Bell Pepper  Corn  **Dessert Tray** | Roasted Pork  w/Sage & Apple  **OR**  Slow Cooked Chicken  w/Mango Salsa  **With**  Roasted Herbs Potato  Brussels Sprout & Walnuts  Harvard Beets  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm** | Cream of Mushroom  Ruben Sandwich  w/Swiss Cheese & Sauerkraut  **OR**  Breaded Fish  **With**  Potato salad  **Feature Dessert**  Chocolate Pudding | Ham & Pea Soup  Turkey Burger  w/Cranberry Mayo  **OR**  Cheese Omelette  Dinner Roll  **With**  Mixed Bean Salad  **Feature Dessert**  Berries Cheesecake | Tomato Basil Soup  Meat Lover’s Pizza  **OR**  Chicken Wrap  (Lettuce, Tomato, Cucumber, Red Onion & Caesar Dressing)  **With**  Garden Salad  **Feature Dessert**  Peach Cake | Harvest Squash Soup  Spaghetti  w/Meat Sauce  **OR**  Salmon Quiche  **With**  Chef Salad  Fruits  **Feature Dessert**  Apple Pie w/ice Cream | Lemon Orzo Soup  Spanakopita  **OR**  Chicken Souvlaki  **With**  Pita Bread  Greek Salad  Tzatiki Sauce  **Feature Dessert**  Lemon Pudding | Mushroom Barley Soup  Tomato Pasta Primavera  **OR**  Turkey BLT Wrap  (Bacon, Lettuce, Tomato & Ranch)  **With**  Italian Salad  **Feature Dessert**  Orange Cake | Borscht Soup  Beef Stew  w/Bacon & Red Wine  **OR**  Tuna Sandwich  **With**  French Bistro Salad  Dinner Roll  **Feature Dessert**  Pecan Pie |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Banana Walnut Muffin  Fruit Cocktail | Apple Strudel  Apple | Bagels w/Cream Chees  Fresh Fruit Bowl | Herb & Cheese Scone  Orange | Mixed Berry Muffin  Banana | Raisin Scone  Apple | Assorted Pastry  Fresh Fruit Bowl |
| **2pm Snack** | Lemon Poppy Loaf | Pumpkin Loaf | Raisin Tarts | Berry Loaf | Squares | Banana Loaf | Assorted Tarts/Squares |
| **7pm Snack** | Cookies | Cookies | Cookies | Cookies | Cookies | Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad w/Egg | House Salad w/Bacon | House Salad w/Veg | House Salad w/Salmon | House Salad w/Veg | House Salad w/Nuts | House Salad (Greek) |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Green Curry Chicken  (Coconut Milk & Basil)  **OR**  Oktoberfest Sausage  **With**  Pineapple &  Raisin Fried Rice  Thai Vegetables Mix  **Dessert Tray** | Honey Garlic Chicken  **OR**  BBQ Pork Ribs  **With**  Garlic Whipped Potato  Braised Red Cabbage  Citrus Artichokes  Corn Salsa  **Dessert Tray** | Oriental Beef  w/Bell Pepper  **OR**  Steamed Haddock  **With**  Chow Mien  Vegetable Medley  (Broccoli, Cabbage, Mushroom, Carrot)  **Dessert Tray** | Chicken Pesto  **OR**  Liver & Onion  **With**  Rice Pilaf  Vegetable Blend  (Pick Of the Day)  **Dessert Tray** | Curry Fish  **OR**  Pork Chop  **With**  Rice Pilaf  Spaghetti Squash  Carrots  **Dessert Tray** | Captain Fish Burger  **OR**  Cheeseburger  **With**  Roasted Potato  Green Apple Slaw  Orange Wedges  **Dessert Tray** | Prime Rib  Gravy/Horseradish  **With**  Baked Potato w/Sour Cream  Yorkshire Pudding  Garlic Mushrooms  Green Beans  **ALT:** Chicken  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm** | Chickpeas Veg Soup  Beer Battered Fish  w/Lemon Aioli Sauce  **OR**  Monte Cristo Sandwich  **With**  Mixed Bean Salad  Oranges  **Feature Dessert**  Apricots Halves | Cream of Mushroom  Spanish Omelet  w/Red Pepper, Spinach  & Dinner Roll  **OR**  Perogies w/Bacon  **With**  Beet & Spinach Salad  **Feature Dessert**  Berry Panna Cotta | French Onion Soup  Beef Hotdog  **OR**  Crispy Turkey Sandwich  **With**  Coleslaw  Fruit Slice  **Feature Dessert**  Coconut Pie | Broccoli Cheese Soup  Tuna Casserole  Dinner Roll  **OR**  Eggs Benedict  **With**  Mixed Green Salad  Honeydew Wedge  **Feature Dessert**  Peach Crumble | Navy Bean Soup  Ham & Pineapple Pizza  **OR**  **Cold Deli Plate**  Deli Meat w/Bun,  Cheese, Egg,  Pickles & Olives  **With**  House Salad  **Feature Dessert**  Baked Apples & Raisin | Cream of Celery Soup  Mediterranean Pasta  (Feta Cheese, Olives, Artichoke, Tomato)  **OR**  Veal Parmesan  **With**  Chickpea Salad  Garlic Bread  **Feature Dessert**  Tiramisu | Hot & Sour Soup  Beef Sandwich  w/Carrot, Cucumber, Cilantro & Hoisin Mustard Mayo  **OR**  Cabbage Rolls  Garlic Bread  **With**  Garden Salad  **Feature Dessert**  Blueberry Pie |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Coconut Bran Muffin  Orange | Apple Scone  Banana | Croissant  Fresh Fruit Bowl | Raisin Bread w/P.Butter  Apple | Bagel w/Cr. Cheese  Banana | Banana Muffin  Orange | Assorted Pastry  Fresh Fruit Bowl |
| **2pm Snack** | Streusel | Carrot Loaf | Squares | Chocolate Chip Loaf | Pumpkin Tart | Cranberry Loaf | Assorted Tarts/Squares |
| **7pm Snack** | Cookies | Cookies | Cookies | Cookies | Cookies | Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad w/Egg | House Salad w/Veg | House Salad w/Bacon | House Salad w/ Veg | House Salad w/Chicken | House Salad w/Nuts | Classic House Salad |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Baked Ham  w/Caramelized Apple  **OR**  Turkey Sausage  **With**  Garlic Mashed Potato  Green beans  Carrots  **Dessert Tray** | Tandoori Chicken  **OR**  Pineapple Pork Stir-Fry  w/Peanut & Peppers  **With**  Saffron Jasmine Rice  Broccoli  Beets  **Dessert Tray** | Beef Short Ribs  **OR**  Shrimp Skewer  w/Garlic Butter  **With**  Lyonnais Potato  Red Pepper  Pea  **Dessert Tray** | Roasted Chicken  w/Herbs Gravy  **OR**  Corned Beef  **With**  Scalloped Potatoes  Brussels Sprout  Cauliflower  **Dessert Tray** | Herbed Sole Fish  **OR**  Meatloaf  w/Red Wine Gravy  **With**  Roast Potato  Baked Yam  Sautéed Spinach  **Dessert Tray** | **Brunch Menu**  **Residents Choice**  Waffles w/Berry  Whipped Cream  Hashbrown  Sausage  Boiled Egg  **Dessert Tray** | Roast Turkey  **OR**  Veal Cutlet  w/Mushroom Gravy  **With**  Sweet Potato  Glazed Carrots  Grilled Zucchini  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm** | Pumpkin Harvest Soup  Meat Lasagna  **OR**  Cheese Omelet w/Caramelized Onions  & Garlic bread  **With**  Italian Salad  **Feature Dessert**  Baked Banana | Corn & Egg Soup  Sausage Bean Stew  **OR**  Seafood Cake  w/Aioli Sauce  **With**  Beet & Feta Salad  Melon  **Feature Dessert**  Tapioca Pudding | Turkey Soup  Tuna Sandwich  **OR**  Vegetable Egg Roll w/Sweet & Sour Sauce  **With**  Honey Sesame Salad  Orange Wedge  **Feature Dessert**  Condensed Milk Flan | Beef Minestrone Soup  Tortellini Pasta  w/Tomato Cream Sauce  **OR**  Cod Nuggets  **With**  House Salad  Garlic Bread  **Feature Dessert**  Fruit Crisp | Spinach Cream Soup  Chef’s Special Wings  **OR**  Smoked Salmon  (Open Face Sandwich)  **With**  Caesar Salad  Dinner Roll  **Feature Dessert**  Apple Pie w/ice Cream | Carrot Ginger Soup  Vegetarian Burger  **OR**  Bacon Quiche  **With**  Potato Salad  w/House Garnish  **Feature Dessert**  Chocolate Cake | Clam Chowder Soup  Cabbage Rolls  **OR**  Macaroni & Cheese  **With**  French Bistro Salad  Fresh Fruit Cut  **Feature Dessert**  Pineapple Parfait |

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Herb & Cheese Scone  Apple | Morning Glory Muffin  Orange | Tea Biscuit w/Jam  Fresh Fruit Bowl | French Toast w/Jam  Apple | Blueberry Scone  Banana | Cranberry Muffin  Orange | Assorted Pastry  Fresh Fruit Bowl |
| **2pm Snack** | Banana Loaf | Butter Tarts | Date Square | Lemon Loaf | Bavarian Fruit Tart | Pumpkin Loaf | Assorted Tarts/Squares |
| **7pm Snack** | Cookies | Cookies | Cookies | Cookies | Cookies | Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad w/Veg | House Salad w/Bacon | House Salad (Italian) | House Salad w/Chicken | House Salad w/Egg | House Salad w/Nuts | House Salad (Greek) |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Steamed Cod  w/Ginger & Scallion  **OR**  Chicken Stir-Fry w/Peanut & Scallion  **With**  Jasmine Rice  Stir-Fry Romaine  PEI Vegetables  **Dessert Tray** | Cordon Bleu Chicken  w/Gravy  **OR**  Salmon  w/Chive Cream Sauce  **With**  Hungarian Potato  Glazed Carrots  Green Bean  **Dessert Tray** | Lamb Curry  w/Mint Yogurt  **OR**  Pork Chop  w/Honey Garlic Glaze  **With**  Rice Pilaf  Vegetable Blend  (Pick of the Day)  **Dessert Tray** | Seafood Medley in Cream Sauce  **OR**  Chicken Schnitzel w/Gravy & Cranberry  **With**  Whipped Potato  Grilled Zucchini  Roasted Bell Pepper  **Dessert Tray** | Beef Stir-Fry  w/Green Pepper & Mushroom  **OR**  Teriyaki Salmon  **With**  Fried Rice  Vegetable Medley  (Broccoli, Corn, Mushroom, Carrot)  **Dessert Tray** | Chicken Breast  w/Mustard &  Mango Salsa  **OR**  Farmers Sausage  **With**  Tomato Penne Pasta  Harvard Beets  Buttered Pea  **Dessert Tray** | Roasted Beef  Gravy/Horseradish  **With**  Baked Potato  (Sour Cream/Green Onion)  Yorkshire Pudding  Garlic Mushrooms  PEI Vegetable  **ALT:** Chicken  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm** | Mushroom Rice Soup  Club Sandwich  w/Ham & Cheddar  **OR**  Turkey Sandwich  **With**  Mixed Bean Salad  Orange Slice  **Feature Dessert**  Pumpkin Pie | Borscht Soup  Pesto Chicken  **OR**  Beef Stroganoff  **With**  Penne Pasta  House Salad  Fruit Slices  **Feature Dessert**  Mango Pudding | Potato Soup  Ruben Sandwich  w/Beef & Sauerkraut  **OR**  Breaded Fish  w/Citrus Dill Aioli  **With**  Caesar Salad  **Feature Dessert**  Cheese Cake | Hearty Minestrone Soup  Eggs Benedict  **OR**  Perogies  w/Sausage  **With**  Garden Salad  Dinner Roll  **Feature Dessert**  Cinnamon Baked Apples w/raisins | Creamy Squash Soup  Cottage Cheese  Bran Muffin  Fruit  **OR**  Chicken Skewers  w/Peanut Sauce  House Salad  **Feature Dessert**  Strawberry Cream Pie | Tomato Basil Soup  Swedish Turkey Ball  **OR**  Captain Fish Burger  **With**  Potato Salad  Coleslaw  Fruit Slice  **Feature Dessert**  Iced Lemon Cake | Italian Soup  Pizza Margherita  **OR**  Fettuccini Carbonara  w/Cream & Ham  **With**  Spinach Salad  Fruits  **Feature Dessert**  Peach Cobbler |

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| **Week 5** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Banana Muffin  Orange | Apple Strudel  Banana | Waffle w/Jam  Fresh Fruit Bowl | Peanut Butter Muffin  Apple | Bagel w/Cr. Cheese  Banana | Coco Pineapple Muffin  Orange | Assorted Pastry  Fresh Fruit Bowl |
| **2pm Snack** | Fruit Tart | Brownies | Pumpkin Loaf | Date Square | Chocolate Croissant | Walnut Loaf | Assorted Tarts/Squares |
| **7pm Snack** | Cookies | Cookies | Cookies | Cookies | Cookies | Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad w/Veg | House Salad w/Chicken | House Salad (Italian) | Classic House Salad | House Salad w/Egg | House Salad w/Nuts | House Salad (Greek) |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Jerk Chicken  **OR**  Fried Fish  w/Tamarind sauce  **With**  Jasmine Rice  Steamed Vegetables  (Mushroom, Carrot  Baby Corn & Celery)  **Dessert Tray** | Salisbury Steak  w/Mushroom & Gravy  **OR**  Roasted BBQ Pork  **With**  Scalloped Potato  Roasted Corn  Buttered Pea  **Dessert Tray** | Thai Red Curry Shrimp  **OR**  Kung Pow Chicken w/Peanut & Pepper  **With**  Chow Mien  Vegetable Medley  (Broccoli, Cabbage, Mushroom, Carrot)  **Dessert Tray** | **Brunch Day**  French Toast w/Syrup  Sausage  Bacon  Hashbrown  Fresh Fruit  **ALT:** Cheese Sandwich w/Fruit  **Dessert Tray** | Chicken Cacciatore  w/Olive & Mushroom  **OR**  Meatloaf  w/Gravy  **With**  Rice Pilaf  Broccoli Florets  Roasted Bell Peppers  **Dessert Tray** | Chicken Kiev  **OR**  Baked Haddock  **With**  Mashed Potato  Sautéed Spinach  Sweet Potato  **Dessert Tray** | Roast Lamb  **OR**  Pork Cutlet  **With**  Baked Yams  Braised Red Cabbage  Citrus Artichokes  Corn Salsa  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm** | Split Pea Soup  Hot Beef Sandwich w/Gravy  **OR**  Egg Sandwich  **With**  Honey Sesame Salad  Orange Wedge  **Feature Dessert**  Rice Pudding | Corn & Egg Soup  Spinach Dip  w/French Toast  **OR**  Beef Hotdog  **With**  Mixed Green Salad  Honeydew Wedge  **Feature Dessert**  Pineapple Cake | French Onion Soup  California Burger  **OR**  Chicken Tender  w/Sweet & Sour Sauce  **With**  Coleslaw  Fruit Slice  **Feature Dessert**  Banana Cream Pie | Beef Barley Soup  Tortellini Pasta  w/Pesto Cream Sauce  **OR**  Grilled Cheese Sandwich  **With**  Chef Salad  Watermelon  **Feature Dessert**  Tiramisu | Turkey Noodle Soup  Malibu Avocado Burger  **OR**  Cajun Wings  w/Ranch Sauce  **With**  House Salad  Dinner Bun  **Feature Dessert**  Apple Crisp | Mulligatawny Soup  Tempura Shrimp  w/Soy Sauce  **OR**  Macaroni & Cheese  **With**  Beet & Feta Salad  Melon  **Feature Dessert**  Caramel Banana | Carrot Red Lentil Soup  Grilled Chicken Sandwich  w/Sourdough Bread  **OR**  Veal Parmesan  **With**  Arugula Salad  Fresh Fruit Cut  **Feature Dessert**  Lemon Meringue Pie |