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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Banana Muffin  Fruit Bowl | Cinnamon Bun  Fruit Bowl | Bagel  Fruit Bowl | Raisin Bread  Fruit Bowl | Tea Biscuit  Fruit Bowl | Waffle  Fruit Bowl | Assorted Pastry  Fruit Bowl |
| **2pm Snack** | Cranberry Loaf | Homemade Butter Tart | Squares | Blueberry Tart | Berries Loaf | Assorted Loaves | Assorted Snacks |
| **7pm Snack** | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad | House Salad | House Salad | House Salad | House Salad | House Salad | House Salad |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Baked Pollock Fish  w/Creamy Dill Sauce  **OR**  Italian Style  Beef Stew  **With**  Herbed Jasmine Rice  Honey Dijon  Roasted Vegetables  **Dessert Tray** | Sweet & Spicy  Ham  **OR**  Roasted Herb  Chicken  **With**  Creamy Polenta  Sautéed Spinach  Butternut Squash  **Dessert Tray** | Braised Beef  Shepherd's Pie  **OR**  Steamed Basa Fish  w/Mediterranean Spices  **With**  Mashed Potato  California Vegetables  **Dessert Tray** | Salmon Loin  w/Pesto Cream Sauce  **OR**  Pork Stew  w/Apple & Yam  **With**  Rice Pilaf  Grilled Zucchini  Buttered Corn  **Dessert Tray** | Veal  Parmigiana  **OR**  Asiago  Crusted Chicken  **With**  Spaghetti  Maple Glazed Vegetable  (Carrot, Pea & Corn)  **Dessert Tray** | **Brunch Menu**  **Residents Choice**  Egg Benedict  Bacon Slice  Baked Bean  Mushroom  Fruit  **Dessert Tray** | Roast Turkey  **With**  Turkey Gravy  Cranberry Sauce  Traditional Stuffing Whipped Potatoes  Sautéed Vegetable  (Fresh Pick of the Day)  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Seafood Chowder  Turkey Chili  **OR**  Dry Pork Ribs  w/Ranch Dressing  **With**  Dinner Roll  Creamy Coleslaw  Orange Wedges  **Feature Dessert**  Blueberry Pie | Harvest Vegetable Soup  Beef Stroganoff  **OR**  Creamy Mushroom Sauce  **With**  Linguine  Cucumber Salad  Fruit Cut  **Feature Dessert**  Chocolate Cake | Tomato Basil Soup  BBQ Pulled Pork on a Soft Kaiser  **OR**  Pizza  w/Chicken, Feta & Olive  **With**  Greens Salad  w/Apple & Olives  **Feature Dessert**  Ice Cream of the Day | Borscht  Lemon Chicken Wings  **OR**  Meatball  w/Roasted Pepper Gravy  **With**  Garlic Bread  Caesar Salad  **Feature Dessert**  Jellied Fruit | Cream of Asparagus  Deli Meat &  Cheese Platter  **OR**  Beef Pot Pie  **With**  Spinach Salad  Pineapple Slice  **Feature Dessert**  Butterscotch  Bread Pudding | Curried Carrot and Tomato Soup  Tuna Melt Sandwich  **OR**  Chicken Dumpling  **With**  Potato & Roasted  Corn Salad  **Feature Dessert**  Greek Yogurt  Fruit Parfait | Cream of Mushroom  Beef Lasagna  **OR**  Vegetarian Quesadilla  Pepper, Onion & Cheese  **With**  Mixed Greens Salad  Fruit Cut  **Feature Dessert**  Chef’s Choice |

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Bran Muffin  Fruit Bowl | Scone Berries  Fruit Bowl | Chocolate Croissant  Fruit Bowl | Bagel  Fruit Bowl | Apple Strudel  Fruit Bowl | Cranberry Muffin  Fruit Bowl | Assorted Pastry  Fruit Bowl |
| **2pm Snack** | Lemon Loaf | Coconut Tart | Squares | Chocolate Loaf | Brownies | Assorted Loaves | Assorted Snacks |
| **7pm Snack** | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad | House Salad | House Salad | House Salad | House Salad | House Salad | House Salad |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Pork Schnitzel  **OR**  Garlic Dill Lemon  Salmon  **With**  Scalloped Potatoes  Asparagus  Yam  **Dessert Tray** | Turkey Divan  **OR**  Pineapple BBQ  Pork Roast  **With**  Rice Pilaf  Sautéed Spinach  Beets  **Dessert Tray** | Pesto Flank Steak  **OR**  Grilled Chicken Thigh w/Orange Ginger Sauce  **With**  Ranch Style Potatoes  Savory Carrots  Grilled Zucchini  **Dessert Tray** | Chicken Cordon Bleu  **OR**  Baked Fish  w/Coconut Curry Sauce  **With**  Seasoned Rice  Paprika Yam  Peas  **Dessert Tray** | Roasted Pork Loin  w/Maple Apricot Sauce  **OR**  Dijon Mustard Chicken  w/Pineapple Salsa  **With**  Roasted Potatoes  5 Mix Vegetable  **Dessert Tray** | Five Spice Pulled  Beef Stew  **OR**  Citrus Spiced Fish  **With**  Jasmine Rice  Bell Pepper  Broccoli  **Dessert Tray** | Prime Ribs  **With**  Horseradish Gravy  Mashed Potatoes  Mushrooms  Asparagus  **ALT**  Breaded Fish  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Potato Soup  Three Cheese Macaroni  Casserole  **OR**  Chicken Reuben Sandwich  **With**  Broccoli & Feta Salad  **Feature Dessert**  Old Fashioned Bar | Mulligatawny Soup  Chicken Pot Pie  **OR**  Steak and Roasted Pepper Wrap  **With**  Lentil and Butternut Squash Salad  **Feature Dessert**  Boston Cream Pie | Cream of Tomato  Grilled Ham Sandwich  **OR**  Chicken Strips  w/Plum Sauce  **With**  Coleslaw  Country Cut Fries  **Feature Dessert**  Peach Halves | Beef Barley Soup  Mussels  w/Cream Tomato Sauce  & Garlic Toast  **OR**  Dilled Potato Salad Plate  w/Eggs & Asparagus  **Feature Dessert**  Lemon Pudding | Cream of Vegetable  Salmon Tuscan Pasta Salad Plate  **OR**  Philly Cheesesteak Sandwich  **With**  Spinach Salad  **Feature Dessert**  Pineapple Cake | Chicken Corn Soup  Ham Croissant  w/Apple Ginger Chutney  **OR**  Spinach Cannelloni  **With**  Potato Salad  Orange Slice  **Feature Dessert**  Peach Crisp | Cauliflower Soup  Toasted Peameal  BLT Sandwich  w/Caesar Salad  **OR**  Poke Bowl  (Fresh Pick of the Day)  **Feature Dessert**  Chef’s Choice |

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Blueberry Muffin  Fruit Bowl | Croissant  Fruit Bowl | Herb Cheese Scone  Fruit Bowl | Waffle  Fruit Bowl | Raisin Bread  Fruit Bowl | Bagel  Fruit Bowl | Assorted Pastry  Fruit Bowl |
| **2pm Snack** | Squares | Banana Loaf | Fruit Tart | Oatmeal Square | Berries Loaf | Assorted Loaves | Assorted Snacks |
| **7pm Snack** | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad | House Salad | House Salad | House Salad | House Salad | House Salad | House Salad |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Honey Dijon Basa  **OR**  Baked Glazed Ham  **With**  Lyonnais Potatoes  Broccoli, Pepper & Cauliflower Medley  **Dessert Tray** | Herb Roast Chicken  **OR**  Breaded Beef Liver w/Onions & Gravy  **With**  Rice Pilaf  Asparagus  Buttered Corn  **Dessert Tray** | BBQ Pork Ribs  **OR**  Garlic Scallop &  Shrimp Skewer  **With**  Paprika Potatoes  Roasted Beets  Green Beans  **Dessert Tray** | Stir Fry Beef  w/Shanghai Sauce  **OR**  Shrimp Dumpling    **With**  Seasoned Rice  Celery, Carrot &  Zucchini Medley  **Dessert Tray** | Turkey & Veg Stew  w/Egg Noodles  **OR**  Beef Shepherd's Pie  **With**  Green Peas & Onions  Herb Carrots  **Dessert Tray** | **Brunch Menu**  **Residents Choice**  Chicken & Waffle  w/Maple Syrup  Scrambled Eggs  Hash brown  Fruit  **Dessert Tray** | Roast Stuffed Pork  w/Cream Cheese, Spinach & Dates  **With**  Rice Pilaf  Red Peppers  Grilled Zucchini  **ALT**  Chicken Schnitzel |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Green Pea Soup  Turkey Burger  **OR**  Beef Hamburger  **With**  Sweet Potato Wedges  Vegetable Medley Slaw  **Feature Dessert**  Cranberry Rice Pudding | Tomato Italian Soup  Hot Deli Meat on  Marble Rye  **OR**  Tuna Casserole  **With**  Dill Cucumber Salad  **Feature Dessert**  Yogurt Parfait w/Berries | Cream of Carrot Soup  Cabbage Roll  w/Dinner Roll  **OR**  Vegetable Lasagna  **With**  7 Bean Salad  **Feature Dessert**  Chocolate Cream Pie | Wonton Soup  Salmon Spinach Frittata  **OR**  Chicken A La King  **With**  Dinner Bun  Chickpea Salad  **Feature Dessert**  Baked Custard | Chickpea Soup  Chicken Harvest Salad  w/Garlic Bread  **OR**  New York Style Pizza  w/Ham & Arugula Salad  **Feature Dessert**  Cherry Pie | Cream of Broccoli  Tuna Sandwich  **OR**  Tortellini Pasta  w/Pulled Beef  **With**  Cheddar Apple  Walnut Salad  **Feature Dessert**  Mango Fruit salad | Hearty Vegetable Soup  Butter Chicken  w/Naan Bread  **OR**  Eggs Benedict  **With**  Balsamic Spring Greens  w/Oranges and Olives  **Feature Dessert**  Chef’s Choice |

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Carrot Raisin Muffin  Fruit Bowl | Scone  Fruit Bowl | Bran Muffin  Fruit Bowl | Bagel  Fruit Bowl | Cinnamon Roll  Fruit Bowl | Berries Muffin  Fruit Bowl | Assorted Pastry  Fruit Bowl |
| **2pm Snack** | Banana Loaf | Date Square | Cranberry Orange Loaf | Square | Fruit Tart | Assorted Loaves | Assorted Snacks |
| **7pm Snack** | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad | House Salad | House Salad | House Salad | House Salad | House Salad | House Salad |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Honey Mustard  Pork Tenderloin  **OR**  Hoisin Chicken Stir Fry    **With**  Fried Rice  Roasted Diced Vegetables  **Dessert Tray** | BBQ Salmon Loin  **OR**  Meatloaf  w/Spicy Tomato Sauce  **With**  Scalloped Potatoes  Sautéed Spinach  Buttered Carrot  **Dessert Tray** | Veal Cutlet  w/Paprika Sauce  **OR**  Creamy Seafood  Alfredo Sauce    **With**  Fettuccini  Zucchini, Broccoli, Red Pepper, Red Onion, Cherry Tomato  **Dessert Tray** | Chicken Curry  **OR**  Baked Cod  w/Garlic Dill Sauce  **With**  Jasmin Rice  Broccoli  Corn  **Dessert Tray** | Turkey Schnitzel  w/Cranberry Sauce  **OR**  Baked Pork  **With**  Baked Herbs Potato  Hoisin Brussels Sprouts  Seasoned Carrots  **Dessert Tray** | Sweet & Sour Pork  **OR**  Chicken Dumpling  **With**  Chow Mien Noodle  Broccoli, Peppers, Zucchini & Carrots Medley  **Dessert Tray** | Roasted Lamb  w/Mint Jelly  **OR**  Italian Herb Fish  **With**  Mashed Potato  Paprika Yam  Buttered Pea  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Minestrone Soup  Beef Pastrami  Shaved Sandwich  **OR**  Beer Battered Haddock  **With**  Marinated Veg Salad  **Feature Dessert**  Berries Cheesecake | Potato Leek Soup  Chicken Curried and Mango Wrap  **OR**  Cold Deli Platter  **With**  Chef's Salad  **Feature Dessert**  Apple Pie w/Ice Cream | Cream of Mushroom  BBQ Pork Ribette  **OR**  Chicken Souvlaki  **With**  Tangy Cucumber Salad  Pita Bread  **Feature Dessert**  Lemon Buttermilk Cake | Beef Barley Soup  Beef Hotdogs  **OR**  Spanakopita  **With**  Four Bean Salad  Fruit Slice  **Feature Dessert**  Fruit Cocktail Trifle | Roasted Vegetable Soup  Salmon Quiche  **OR**  Chicken Baguette  w/Pickle Vegetable  **With**  Coleslaw  **Feature Dessert**  Baked Cinnamon Apples | Cauliflower Curry Soup  Sliced Beef  w/Yam & Asparagus Salad Plate  **OR**  Omelet  w/Spanish Style Sauce,  Salad & Dinner Roll  **Feature Dessert**  Strawberry Rhubarb Pie | Cream of Asparagus  Pulled Pork Sandwich  **OR**  Turkey Avocado Panini  **With**  Country Style  Potato Salad  **Feature Dessert**  Chef’s Choice |

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| **Week 5** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Carrot Bran Muffin  Fruit Bowl | Scone Berries  Fruit Bowl | Croissant  Fruit Bowl | Bagel  Fruit Bowl | Apple Strudel  Fruit Bowl | Buttermilk Tea Biscuit  Fruit Bowl | Assorted Pastry  Fruit Bowl |
| **2pm Snack** | Lemon Loaf | Coconut Tart | Squares | Chocolate Loaf | Blueberry Tart | Assorted Loaves | Assorted Snacks |
| **7pm Snack** | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies | Assorted Cookies |
| **Lunch Salads** | House Salad | House Salad | House Salad | House Salad | House Salad | House Salad | House Salad |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Fish w/Dried Tomato Guacamole  **OR**  Roasted Pork  **With**  Roasted Potatoes  Herbed Carrots  Broccoli  **Dessert Tray** | Salisbury Steak  w/Onion & Mushroom  **OR**  Herbed Baked Salmon  **With**  Jasmine Rice  Roasted Vegetable  (Pick of the Day)  **Dessert Tray** | Bacon Wrap  Pork Medallion  **OR**  Chicken Kiev    **With**  Oven Roasted Potatoes  Balsamic Roasted  Beets and Carrots  **Dessert Tray** | Greek Lamb Chop  w/Mint Yogurt  **OR**  Baked Fish  w/Coconut Curry Sauce  **With**  Rice Pilaf  Crisp Vegetable Medley  **Dessert Tray** | Roasted Chicken Thigh  w/Piri Piri Lemon Sauce  **OR**  Seafood Stir Fry  **With**  Tomato Olive Orzo  Grilled Asparagus  Grilled Carrots  **Dessert Tray** | **Brunch Menu**  **Residents Choice**  Pancake  Boiled Eggs  Hash brown  Sausage  Fruit  **Dessert Tray** | Beef Brisket  **With**  Béarnaise Sauce  Sautéed Green Bean  Baked Potato  w/Sour Cream & Chives  **ALT**  Breaded Fish  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm**  **Dessert Tray**  Yogurt, Jell-0,  Ice Cream, Fruit | Corn Chowder  Chicken Alfredo  **OR**  Meat Sauce  **With**  Spaghetti  Caesar Salad  Orange Wedges  **Feature Dessert**  Fruit Ambrosia Salad | Lentil Coconut Soup  Black Forest Ham  Baguette  w/Chef Salad  **OR**  Chicken Salad w/Orange  Almond & Pita Bread  **Feature Dessert**  Banana Bread Pudding | Turkey Noodle Soup  Cheeseburger  **OR**  English Style Fish  w/Tartar Sauce  **With**  French Fries  Creamy Coleslaw  **Feature Dessert**  Pear Halves | Wonton Soup  Harvest Monte Cristo Sandwich  **OR**  Chicken Strips  Dipping Sauce  **With**  Sweet Pea Salad  **Feature Dessert**  Apple Crisp | Butternut Squash Soup  Cod Nuggets  **OR**  Pork Loin Sandwich  w/Peach Salsa  **With**  Roasted Beet Salad  **Feature Dessert**  Chocolate Cream Pie | Cream of Celery  Beef Poutine  **OR**  Roasted Red Pepper Arugula and  Feta Flatbread  **Feature Dessert**  Strawberry Mint Trifle | Chef’s Choice Soup  Turkey Sandwich  **OR**  Perogies  w/Sausage & Onion  **With**  Four Bean Salad  **Feature Dessert**  Chef’s Choice |