

Swedish Assisted Living Residence – Fall & Winter Menu 2022-2023 (Starts November 14th 2022)

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Banana Walnut Muffin Apple	Orange Cranberry Scone Orange	Raisin Bread Pear	Bagel w/Cr.Cheese Banana	Multi-Grains Bread Assorted Fruits	Peanut Butter Muffin Assorted Fruits	Assorted Pastries Assorted Fruits
2pm Snack	Mincemeat Tart	Banana Bread	Mini Quiche	Brownies	Chocolate Loaf	Coconut Tart	Assorted Snacks
7pm Snack	Chocolate Cookies	Oatmeal Raisin Cookies	Shortbread Cookies	Double Choc Cookies	Macadamia Cookies	Blueberry Cookies	Assorted Cookies
Lunch Salads	House Salad (Egg)	House Salad (Nuts)	House Salad (Italian)	House Salad (Cheese)	House Salad (Greek)	House Salad (Veg)	Chef Salad
Lunch 1 st Seating 11:30 2 nd Seating 12:30 HS Sandwiches Available On Snack Carts Dessert Tray Yogurt, Jell-O, Ice Cream, Fruit, Pudding	Teriyaki Salmon OR Rainbow Beef Stir-fry With 5 Vegetable Fried Rice Garlic Broccoli Dessert Tray	Ham Sweet Spiced OR Maryland Chicken Thigh w/Gravy With Mashed Potatoes Roasted Vegetables (Asparagus/Carrots) Dessert Tray	Turkey Schnitzel w/Gravy OR Bacon Wrapped Pork Loin With Scalloped Potatoes Steamed Beets Buttered Peas Dessert Tray	Brunch Menu Pancake w/Syrup Hashbrown Ham Slice Scrambled Eggs Minted Fresh Fruits Dessert Tray	Almond Sole Fish Lemon Wedge/Tartar OR Curried Chicken w/Yogurt Dip With Jasmine Rice Sautéed Spinach/Peppers/Onions Dessert Tray	Eggs Benedict OR Chicken & Waffle With Tomato & Basil Bocconcini Salad Cantaloupe Wedge Dessert Tray	Beef Stew w/Bacon & Red Wine OR Battered Fish Fillet Lemon/Tartar Sauce With Mashed Potatoes Baked Squash Dessert Tray
Supper 1 st Seating 4:30 2 nd Seating 5:30 HS Sandwiches Available On Snack Carts Dessert Tray Yogurt, Jell-O, Ice Cream, Fruit, Pudding PLUS Feature Dessert	Borscht Soup Perogies w/Onions & Sausage OR Seafood Cake With Caesar Salad Dinner roll Feature Dessert Lemon Berry Trifle	Cream of Spinach Blue Cheese & Leek Quiche w/Garlic Bread OR Meatlovers Pizza With Green Salad Feature Dessert Pumpkin Cheesecake	Hearty Minestrone Soup Chicken Skewer w/Peanut Sauce OR Spanakopita With Tzatziki Sauce Pita Bread Greek Salad Feature Dessert Assorted Cakes	Potato Leek Soup Meatsauce OR Mushroom Cream Sauce With Spaghetti Pasta Caesar Salad Orange Wedges Feature Dessert Greek Yogurt w/Walnut & Honey	Turkey Soup Beef Burger OR Vegetarian Burger With Potato Wedges Spinach Salad w/Mandarin & Walnut Feature Dessert Blueberry Pie	Congee Soup Kung Pow Chicken (peppers, green onion & peanut) OR Pork Dumpling With Chow Mein Noodles Fresh Veg Medley Feature Dessert Baked Apples	Cream of Celery Turkey Panini OR BBQ Pork Ribs w/Dinner Roll With Creamy Coleslaw Orange Wedges Feature Dessert Dessert of the Day

Available at:

- **Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
- **Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee
- **Snacks** - Assorted Juice, milk, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie

Swedish Assisted Living Residence – Fall & Winter Menu 2022-2023 (Starts November 14th 2022)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Bran & Carrot Muffin Apple	French Toast Orange	Cheese & Chive Scone Pear	Sourdough Toast Banana	Tea Biscuit w/Butter Assorted Fruit	Pumpkin Muffin Assorted Fruit	Assorted Pastries Assorted Fruit
2pm Snack	Pumpkin Loaf	Bavarian Fruit Tart	Cranberry Loaf	Squares	Lemon Streusel	Mini Croissant	Assorted Squares/Tarts
7pm Snack	Chocolate Cookies	Oatmeal Raisin Cookies	Shortbread Cookies	Double Choc Cookies	Macadamia Cookies	Blueberry Cookies	Assorted Cookies
Lunch Salads	House Salad (Egg)	House Salad (Mandarin)	House Salad (Beans)	House Salad (Peppers)	House Salad (Seeds)	House Salad (Cheese)	Chef Salad
<u>Lunch</u> 1 st Seating 11:30 2 nd Seating 12:30 HS Sandwiches Available On Snack Carts <u>Dessert Tray</u> Yogurt, Jell-O, Ice Cream, Fruit, Pudding	Pork Sausage <u>OR</u> Roast Chicken <u>With</u> Scalloped Potatoes PEI Vegetable (Green Bean & Carrot) Dessert Tray	Fish Taco <u>OR</u> Pulled Beef Taco <u>With</u> Coleslaw Mango Salsa Avocado Spread Lime Wedge Dessert Tray	Beef Shepherd's Pie <u>OR</u> BBQ Salmon <u>With</u> Garlic Mashed Potato Fall Roasted Vegetable (Carrot, Turnip, Butternut Squash) Dessert Tray	Chicken Adobo <u>OR</u> Honey Garlic Pork <u>With</u> Jasmine Rice Vegetable Medley (Celery, Broccoli & Carrots) Dessert Tray	Italian Beef Stew <u>OR</u> Butter Chicken w/Yogurt Dip <u>With</u> Herbs Roasted Potatoes Steamed Vegetables Dessert Tray	Brunch Menu Scrambled Eggs Sausage Hashbrown Fresh Fruit Bowl Buttered English Muffin Dessert Tray	Prime Rib Gravy/Horseradish <u>With</u> Mashed Potato Yorkshire Pudding Vegetable Blend ALT: Cheese Omelette Dessert Tray
<u>Supper</u> 1 st Seating 4:30 2 nd Seating 5:30 HS Sandwiches Available On Snack Carts <u>Dessert Tray</u> Yogurt, Jell-O, Ice Cream, Fruit, Pudding PLUS Feature Dessert	Thai Chicken Soup Spinach Cannelloni <u>OR</u> Veal Parmesan <u>With</u> Leafy Green Salad Garlic Bread Feature Dessert Peach Halves	French Onion Soup Chicken Teriyaki <u>OR</u> Creamy Pork Casserole <u>With</u> Seasoned Rice Pilaf Seasonal Veg Medley Feature Dessert Chocolate Cake	Tomato Basil Soup Grilled Cheese Sandwich <u>OR</u> Turkey Burger <u>With</u> Creamy Coleslaw Cantaloupe Wedges Feature Dessert Pumpkin Pie	Green Pea Soup Beef Pot Pie <u>OR</u> Baked Beans w/Dinner Roll <u>With</u> Mixed Green Salad Feature Dessert Berry Cobbler	Creamy Pumpkin Soup Cottage Cheese Bran Muffin <u>OR</u> Deli & Cheese Plate <u>With</u> Fruit Slice Feature Dessert Carrot Cake	Red Lentil Soup Beef Lasagna <u>OR</u> Eggplant Parmesan <u>With</u> Italian Arugula Salad Garlic Bread Feature Dessert Caramel Flan	Beef Barley Soup Ham Croissant w/Chutney <u>OR</u> Chicken Salad Sandwich <u>With</u> Broccoli Raisin Salad Feature Dessert Dessert of the Day

Available at:

- Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
- Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee
- Snacks** - Assorted Juice, milk, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie

Swedish Assisted Living Residence – Fall & Winter Menu 2022-2023 (Starts November 14th 2022)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Banana Walnut Muffin Apple	Orange Cranberry Scone Orange	Raisin Bread Pear	Bagel w/Cr.Cheese Banana	Multi-Grains Bread Assorted Fruits	Peanut Butter Muffin Assorted Fruits	Assorted Pastries Assorted Fruits
2pm Snack	Mincemeat Tart	Banana Bread	Mini Quiche	Brownies	Chocolate Loaf	Coconut Tart	Assorted Snacks
7pm Snack	Chocolate Cookies	Oatmeal Raisin Cookies	Shortbread Cookies	Double Choc Cookies	Macadamia Cookies	Blueberry Cookies	Assorted Cookies
Lunch Salads	House Salad (Egg)	House Salad (Nuts)	House Salad (Italian)	House Salad (Cheese)	House Salad (Greek)	House Salad (Veg)	Chef Salad
<u>Lunch</u> 1 st Seating 11:30 2 nd Seating 12:30 HS Sandwiches Available On Snack Carts <u>Dessert Tray</u> Yogurt, Jell-O, Ice Cream, Fruit, Pudding	Chicken Kiev <u>OR</u> Bratwurst Sausage <u>With</u> O'Brien Potatoes (Onions, Mixed Peppers) Seasonal Vegetable Dessert Tray	Picadillo Style Beef <u>OR</u> Turkey Schnitzel w/Gravy & Cranberry <u>With</u> Mashed Potato Roasted Fall Vegetables Dessert Tray	BBQ Pork Ribs <u>OR</u> Tandoori Chicken <u>With</u> Jasmine Rice Green Beans Carrots Dessert Tray	Basa Fillet <u>OR</u> Salisbury Steak (Mushroom/Onions) <u>With</u> Scalloped Potato Roasted Squash Peas Dessert Tray	Seafood Casserole <u>OR</u> Veal Cutlet w/Paprika Sauce <u>With</u> Penne Pasta Vegetable Mix Dessert Tray	Pork Cutlet <u>OR</u> Lamb Curry w/Mint Yogurt <u>With</u> Citrus Basmati Rice Fresh Veg Medley Dessert Tray	Roast Turkey <u>With</u> Stuffing & Gravy Cranberry Sauce Whipped Potatoes Vegetable Blend Dessert Tray
<u>Supper</u> 1 st Seating 4:30 2 nd Seating 5:30 HS Sandwiches Available On Snack Carts <u>Dessert Tray</u> Yogurt, Jell-O, Ice Cream, Fruit, Pudding PLUS Feature Dessert	Mushroom Dijon Soup Salmon Parmesan <u>OR</u> BBQ Pork Ribette <u>With</u> Potato Wedges Coleslaw Fruits Feature Dessert Banana Foster Cobbler	Chicken Cream Soup Mussels Bowl w/Toasted Baguette <u>OR</u> Mushroom Risotto with white wine <u>With</u> Bowl of Salad Feature Dessert Orange Cake	Turkey Noodle Soup Filipino Beef Omelet w/Garlic Bread <u>OR</u> Mac & Cheese Nuggets <u>With</u> 4 Bean Salad Fruit Garnish Feature Dessert Apple Oat Crumble	Lemon Orzo Soup Chicken Souvlaki <u>OR</u> Spanakopita <u>With</u> Tzatziki Sauce Pita Bread Greek Salad Feature Dessert Bread Pudding	Sweet Potato Soup Perogies w/Onions Pork Sausage <u>OR</u> Egg Sandwich <u>With</u> Chef Salad Feature Dessert Apple Pie	Minestrone Soup BBQ Chicken Pizza <u>OR</u> Mushroom Cheese Bites <u>With</u> Green Salad Tomato/Cucumber Slice Feature Dessert Cranberry Rice Pudding	Cream of Celery Vegetable Lasagna w/Garlic Bread & Salad <u>OR</u> Beef Noodle Ramen (Beef Broth & Egg) Feature Dessert Dessert of the Day

Available at:

- **Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
- **Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee
- **Snacks** - Assorted Juice, milk, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie

Swedish Assisted Living Residence – Fall & Winter Menu 2022-2023 (Starts November 14th 2022)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Bran & Carrot Muffin Apple	French Toast Orange	Cheese & Chive Scone Pear	Sourdough Toast Banana	Tea Biscuit w/Butter Assorted Fruit	Pumpkin Muffin Assorted Fruit	Assorted Pastries Assorted Fruit
2pm Snack	Pumpkin Loaf	Bavarian Fruit Tart	Cranberry Loaf	Squares	Lemon Streusel	Mini Croissant	Assorted Squares/Tarts
7pm Snack	Chocolate Cookies	Oatmeal Raisin Cookies	Shortbread Cookies	Double Choc Cookies	Macadamia Cookies	Blueberry Cookies	Assorted Cookies
Lunch Salads	House Salad (Egg)	House Salad (Mandarin)	House Salad (Beans)	House Salad (Peppers)	House Salad (Seeds)	House Salad (Cheese)	Chef Salad
<u>Lunch</u> 1 st Seating 11:30 2 nd Seating 12:30 HS Sandwiches Available On Snack Carts <u>Dessert Tray</u> Yogurt, Jell-O, Ice Cream, Fruit, Pudding	Roast BBQ Pork OR Herbed Steamed Fish With Roasted Potato Broccoli Cauliflower Dessert Tray	Chicken Piccata w/Caper Cream Sauce OR Beef Stroganoff With Rice Pilaf Vegetable Blend Dessert Tray	Shanghai Beef w/Onion & Peppers OR Lemon & Pepper Fish With Chow Mien Noodle Steamed Vegetables Dessert Tray	Beef Meatloaf w/Tomato Sauce OR Tofu Florentine (Creamy Cheese Sauce) With Mashed Potato Fall Roasted Vegetable (Yam/Carrot/Turnip) Dessert Tray	Chicken Cordon Bleu OR Montreal Baked Fish With Scalloped Potato Broccoli Buttered Corn Dessert Tray	Brunch Chicken & Waffles Maple Syrup Scrambled Eggs Hashbrown Fresh Minted Fruit Dessert Tray	Roast Lamb w/Mint Jelly OR Sole Almond & Caper With Mashed Potato Paprika Yam Buttered Pea Dessert Tray
<u>Supper</u> 1 st Seating 4:30 2 nd Seating 5:30 HS Sandwiches Available On Snack Carts <u>Dessert Tray</u> Yogurt, Jell-O, Ice Cream, Fruit, Pudding PLUS Feature Dessert	Broccoli Cheddar Soup Cheese Burger OR Turkey Sandwich With Potato Salad Fruit Slice Feature Dessert Yogurt Berry Trifle	Roasted Carrot Soup Salmon Quiche OR Pork Parmesan With Dinner Bun Green Salad Feature Dessert Cheesecake	Mixed Bean Soup Italian Monte Cristo Sandwich OR Omelet w/Garlic Bread With Arugula Salad w/Beet, Feta & Walnut Feature Dessert Baked Apple	Vegetable Orzo Soup Pesto Chicken OR Tomato Sauce With Penne Pasta Mixed Green Salad Orange Slice Feature Dessert Almond Rice Pudding	Pea & Ham Soup Butter Paneer OR Italian Beef Stew With Naan Bread Green Salad Tomato/Cucumber Slice Feature Dessert Peach Cobbler	Cream of Potato Tuna Melt Sandwich OR Pulled Pork Sandwich With Peas & Pear Onions Salad Feature Dessert Spiced Cream Cake	Cream of Asparagus Turkey Sloppy Joe Sandwich OR Beef Hotdog With Potato Wedges Broccoli Slaw Feature Dessert Dessert of the Day

Available at:

- **Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
- **Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee
- **Snacks** - Assorted Juice, milk, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie

Swedish Assisted Living Residence – Fall & Winter Menu 2022-2023 (Starts November 14th 2022)

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Sourdough Toast Apple	Pancake Orange	English Muffin Bread Pear	Bagel w/Cr. Cheese Banana	Morning Glory Muffin Assorted Fruits	Croissant Assorted Fruits	Assorted Pastries Assorted Fruits
2pm Snack	Bacon Quiche	Peanut Butter Loaf	Square	Nanaimo Bars	Butter Tarts	Chocolate Croissant	Chef's Choice
7pm Snack	Chocolate Cookies	Oatmeal Raisin Cookies	Shortbread Cookies	Double Choc Cookies	Macadamia Cookies	Blueberry Cookies	Assorted Cookies
Lunch Salads	House Salad (Chicken)	House Salad (Nuts)	House Salad (Cheese)	Classic House Salad	House Salad (Egg)	House Salad (Greek)	House Salad (Choice)
<u>Lunch</u> 1 st Seating 11:30 2 nd Seating 12:30 HS Sandwiches Available On Snack Carts <u>Dessert Tray</u> Yogurt, Jell-O, Ice Cream, Fruit, Pudding	Shrimp & Tofu <u>OR</u> Stir-Fried Chicken <u>With</u> Pad Thai Noodle Sautéed Vegetables Dessert Tray	Maple Pecan Pork <u>OR</u> Roasted Chicken <u>With</u> Hashbrown Potatoes Buttered Turnips Roasted Squash Dessert Tray	Beef Mechado (Filipino Beef Stew) <u>OR</u> Pork Medallion w/Apple Chutney <u>With</u> Turmeric Rice Stir-Fry Vegetables Dessert Tray	Chicken Curry <u>OR</u> Herb Baked Fish <u>With</u> Coconut Jasmine Rice Veg Medley Steamed (Broccoli/Cauliflower) Dessert Tray	Pork Cutlet w/Gravy <u>OR</u> Smokey Beef Stew <u>With</u> Mashed Potatoes Roasted Beets Peas Dessert Tray	Thai Fish w/Coconut Sauce <u>OR</u> General Tso Chicken <u>With</u> Steamed Rice Thai Mixed Vegetables Dessert Tray	Roast Beef Gravy/Horseradish <u>With</u> Mashed Potato Yorkshire Pudding Vegetable Blend ALT: Cheese Omelette Dessert Tray
<u>Supper</u> 1 st Seating 4:30 2 nd Seating 5:30 HS Sandwiches Available On Snack Carts <u>Dessert Tray</u> Yogurt, Jell-O, Ice Cream, Fruit, Pudding PLUS Feature Dessert	Tomato Basil Soup Ham & Broccoli Casserole <u>OR</u> Cheesy Baked Macaroni <u>With</u> Coleslaw Fruit Garnish <u>Feature Dessert</u> Lemon Meringue Pie	Harvest Squash Soup Ravioli Pasta w/Butternut Squash Cream Sauce <u>OR</u> Beef Cabbage Roll <u>With</u> Caesar Salad <u>Feature Dessert</u> Stewed Strawberry & Rhubarb	Lemon Chickpea Soup Chicken Souvlaki <u>OR</u> Chickpea Falafel w/Hummus & Tzatziki Sauce <u>With</u> Italian Salad Pita Bread <u>Feature Dessert</u> Mango Ice Cream	Creamy Pumpkin Soup Tourtiere Pie w/Gravy <u>OR</u> Herbed Cheese Omelet <u>With</u> Dinner Roll Greek Salad <u>Feature Dessert</u> Apple Cobbler	Cream Corn Soup Cod Nugget <u>OR</u> Deli & Cheese Plate <u>With</u> Dinner Roll Chef's Salad <u>Feature Dessert</u> Blueberry Pie	Chick Thai Soup Mac & Cheese Nuggets <u>OR</u> Ruben Sandwich <u>With</u> Potato Wedges Coleslaw <u>Feature Dessert</u> Portuguese Egg Tart	Beef Barley Soup Chicken Alfredo Pizza <u>OR</u> Hawaiian Pizza <u>With</u> Arugula Salad Fruit Slice <u>Feature Dessert</u> Dessert of the Day

Available at:

- **Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
- **Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee
- **Snacks** - Assorted Juice, milk, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie