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| **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| **Breakfast** | Fruit Bowl  WW Bread w/Butter | Fruit Bowl  Bran Muffin | Fruit Bowl  French Toast w/Syrup | Fruit Bowl  Bagel w/Cream Cheese | Fruit Bowl  Pumpkin Muffin w/Butter | Fruit Bowl  Croissants | Fruit Bowls  Assorted Pastry |
| **2pm Snack** | Berry Loaf | Square | Banana Walnut Loaf | Square | Mincemeat Tart | Coconut Macarons | Assorted Squares & Tarts |
| **7pm Snack** | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted |
| **Lunch Salads** | House Salad w/Egg | House Salad w/Veg | Italian Salad | House Salad w/Walnuts | House Salad w/Cheese | Greek Salad on Romaine | Chef’s Choice Salad |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Ice Cream, Jell-0, Fruit, Pudding | Bacon Wrapped Pork Tenderloin  **OR**  Beef Chili  **With**  Red Roasted Potato  Peas  Carrots  **Dessert Tray** | Herb White Fish  (Lemon Wedge/Tartar Sauce)  **OR**  Liver & Onions  **With**  Mashed Potato  Buttered Corn  Broccoli  **Dessert Tray** | Chicken & Kimchi Dumpling  (Green Onions, Soya Sauce/Sesame Seeds)  **OR**  BBQ Pork  **With**  Squash  Garlic Napa Cabbage  Chow Mein Noodles  **Dessert Tray** | Turkey Schnitzel  Gravy/Cranberry Sauce  **OR**  Meatballs in Gravy  **With**  Mashed Potatoes  Asparagus  Grilled Eggplant  **Dessert Tray** | Baked Haddock w/  Lemon Garlic Sauce  **OR**  Curried Chicken  **With**  Jasmine Rice  Sautéed Spinach  Tomato Slices  **Dessert Tray** | Veal Cutlet with Gravy  **OR**  Honey Garlic Chicken  **With**  Rice Pilaf  Vegetable Medley  (zucchini, baby corn, red peppers)  **Dessert Tray** | Roast Turkey w/Gravy  Cranberry Sauce  Stuffing  **OR**  Fish  w/Lemon Tartar Sauce  **With**  Mashed Potato  Vegetable Blend  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm**  **Dessert Tray**  Yogurt, Ice Cream, Jell-0, Fruit, Pudding  Feature Dessert | Lentil Soup  **Cold Deli Plate**  Cheese Slices  Deli Turkey  Dinner Bun w/Butter  Salad  Pickles & Olives  **OR**  Egg Sandwich w/Salad  **Feature Dessert**  Tapioca Pudding | Italian Wedding Soup  California Veg Burger  (Grilled Onion/Pepper & Guacamole, Havarti Cheese)  **OR**  Spanakopita  w/ Pita Bread  Tzatziki Sauce  **With**  Greek Salad  **Feature Dessert**  Cheesecake | Broccoli Cheese Soup  Beef Hotdogs  (Relish, Ketchup, Mustard)  **OR**  Salmon Quiche  **With**  Coleslaw  Watermelon Wedge  **Feature Dessert**  Berry Cobbler | Minestrone Soup  Monte Cristo Sandwich  **OR**  Tuna Casserole  Garlic Bread  **With**  Mixed Green Salad  Pineapple Wedge  **Feature Dessert**  Peach Crisp | Creamy Carrot Soup  Baked Beans  Dinner Bun  **OR**  Chicken & Leek Pot Pie w/Gravy  **With**  Caesar Salad  Orange Wedge  **Feature Dessert**  Rice Pudding | Beef Vegetable Soup  Mac & Cheese  **OR**  Hot Pastrami Sandwich on Rye Bread  **With**  Mixed Greens Salad  Fruit Garnish  **Feature Dessert**  Mango Ice Cream | Turkey Noodle Soup  Eggplant Parmesan  Garlic Bread  **OR**  Chicken & Egg Fried Rice  **With**  Cucumber Salad  **Feature Dessert**  Apple Pie A la Mode |

Available at:

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

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| **Week 2** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| **Breakfast** | Fruit Bowl  Blueberry Scone | Fruit Bowl  Multi-Grain Bread w/ P.B | Fruit Bowl  Bagel w/Cream Cheese | Fruit Bowl  Fruit & Bran Muffin | Fruit Bowl  Waffles w/Syrup | Fruit Bowl  Cheese & Chive Scone | Fruit Bowls  Assorted Pastry |
| **2pm Snack** | Bavarian Fruit Tart | Blueberry Loaf | Mini Veg Quiche | Lemon Streusel | Banana Loaf | Squares | Assorted Loaf & Tarts |
| **7pm Snack** | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted |
| **Lunch Salads** | Italian House Salad | House Salad w/Egg | House Salad w/Nuts | House Salad w/Bacon | House Salad w/Veg | House Salad Classic | House Salad Chef’s Choice |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Ice Cream, Jell-0, Fruit, Pudding | Teriyaki Chicken Drumstick  **OR**  Garlic Shrimp Skewers  **With**  Jasmine Rice  Baby Carrots  Asparagus  **Dessert Tray** | Pork Stew  **OR**  Salmon  **With**  Mashed Potato  Broccoli  Buttered Corn  **Dessert Tray** | Chicken Adobo  **OR**  Veal Cutlet w/Gravy  **With**  Jasmine Rice  Sautéed Garlic Celery  Sliced Carrots  **Dessert Tray** | Baked Sole  (Garlic & Herb Butter)  Lemon Wedge  **OR**  Meatloaf w/Tomato Sauce  **With**  Garlic Whipped Potato  Sautéed Spinach/Onions and Julienne Peppers  **Dessert Tray** | **Brunch Menu**  Croissant  Savory Hashbrown  Scrambled Eggs  Breakfast Sausage  Kiwi & Strawberry  **Dessert Tray** | Orange Ginger Chicken  **OR**  Liver & Onions w/Gravy  **With**  Mashed Potato  Garlic Green Beans  Baby Carrots  **Dessert Tray** | Prime Rib Roast  Baked Potato  (Sour Cream/Green Onion)  Garlic Mushrooms  Asparagus  Grilled Red Pepper  **ALT**: Battered Haddock  Lemon/Tartar Sauce  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm**  **Dessert Tray**  Yogurt, Ice Cream, Jell-0, Fruit, Pudding  Feature Dessert | Cream of Zucchini Soup  Fish Burger  (Lettuce & Tartar Sauce)  **OR**  Chicken Strips w/Dipping Sauce  Dinner Bun  **With**  Fries  House Salad  **Feature Dessert**  Berry Yogurt Parfait | Carrot Lentil Soup  Beef Pot Pie w/Gravy  **OR**  Seafood Cake  w/Lemon Dill Aioli  Garlic Bread  **With**  House Salad  Cantaloupe Slice  **Feature Dessert**  Raisin Bread Pudding | Beef Noodle Soup  Tortellini Pasta w/Meatsauce  **OR**  Grilled Ham & Cheese Sandwich  **With**  Caesar Salad  Garlic Bread  **Feature Dessert**  Cinnamon Baked Apples w/Ice Cream | Egg Corn Soup  Vegetable Dumpling  (Green Onion/Soy Sauce/Sesame Seeds)  **OR**  Stir Fry Chicken  (Celery/Onions/Peppers)  **With**  Fried Rice  Broccoli  **Feature Dessert**  Peach Cobbler | Cream of Spinach  Fish & Chips  Coleslaw  (Ketchup/Tartar Sauce)  Lemon Wedge  **ALT:**  Veg Lasagna  w/Green Salad  Bun  **Feature Dessert**  Mango Crisp | Turkey Vegetable Soup  Perogies & Onions  Sausage  (Sour Cream/Green Onion)  **OR**  Cabbage Rolls  **With**  Italian Salad  Dinner Bun  **Feature Dessert**  Strawberry Cake | Cream of Chicken Soup  Hotdogs w/Condiments  **OR**  Chicken Balls  w/Dipping Sauce  (Sweet & Sour)  Garlic Bread  **With**  Potato Salad  Fruit Slice  **Feature Dessert**  Coconut Pie |

Available at:

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

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| **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| **Breakfast** | Fruit Bowl  WW Bread w/Butter | Fruit Bowl  Bran Muffin | Fruit Bowl  French Toast w/Syrup | Fruit Bowl  Bagel w/Cream Cheese | Fruit Bowl  Pumpkin Muffin w/Butter | Fruit Bowl  Croissants | Fruit Bowls  Assorted Pastry |
| **2pm Snack** | Berry Loaf | Square | Banana Walnut Loaf | Square | Mincemeat Tart | Coconut Macarons | Assorted Squares & Tarts |
| **7pm Snack** | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted |
| **Lunch Salads** | House Salad w/Egg | House Salad w/Veg | Italian Salad | House Salad w/Walnuts | House Salad w/Cheese | Greek Salad on Romaine | Chef’s Choice Salad |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Ice Cream, Jell-0, Fruit, Pudding | Herb Salmon    **OR**  Roasted Lamb Chops  **With**  Turmeric Rice Pilaf  Seasonal Veg Medley  (Carrot/Broccoli/Celery)  **Dessert Tray** | Pork Meatballs  in Onion Gravy  **OR**  Turkey Schnitzel  **With**  Mashed Potato  Squash  Peas  **Dessert Tray** | Veal Cutlet  w/Gravy  **OR**  BBQ Pork Ribs  **With**  Roasted Potatoes  Wok Sautéed Vegetables  (Peppers, Onions, Celery, Zucchini)  **Dessert Tray** | Baked Haddock  w/Almonds & Herb Butter  **OR**  Beef Stew  **With**  Jasmine Rice  Vegetable Blend  **Dessert Tray** | Bratwurst Sausage  **OR**  Chicken Kiev    **With**  Mashed Potato  Buttered Carrot Slice  Grilled Zucchini  **Dessert Tray** | Sweet & Spicy Ham  **OR**  Garlic Herb Chicken  **With**  Scalloped Potato  Fresh Seasonal Vegetables  **Dessert Tray** | Roast Pork  w/Applesauce/Gravy  **OR**  Sweet & Sour Fish  (pineapple, peppers, onions)  **With**  Jasmine Rice  Broccoli  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm**  **Dessert Tray**  Yogurt, Ice Cream, Jell-0, Fruit, Pudding  Feature Dessert | Vegetable Barley Soup  Vegetarian Chill w/  Dinner Roll  **OR**  Turkey Sandwich  (Lettuce, Tomato, Cucumber, Mayo)  **With**  House Coleslaw  Fruit Garnish  **Feature Dessert**  Fruit Cheesecake | Mulligatawny Soup  Bacon Cheeseburger  **OR**  Vegetarian Quiche  **With**  Green Salad w/Veg  **Feature Dessert**  Strawberry Rhubarb Pie | Creamy Squash Soup  Grilled Ham & Cheese Sandwich  **OR**  Chicken Satay w/Peanut Sauce  Garlic Bread  **With**  Caesar Salad  **Feature Dessert**  Pineapple Cake | Yellow Pea Soup  Meat Lasagna  **OR**  Chickpea Falafel  w/Hummus  **With**  Caesar Salad  Garlic Bread  **Feature Dessert**  Apricots | Cream of Tomato & Rice Soup  Fish & Chips  **OR**  Chicken Pot Pie  **With**  Broccoli Slaw  Fruit Garnish  Dinner Roll  **Feature Dessert**  Carrot Cake | Clam Chowder  Chicken Fried Rice  Dumplings  Garlic Broccoli  **OR**  Ham &Cheese Croissant  Green Salad  **Feature Dessert**  Egg Tart | Spring Vegetable Soup  Meatlovers Pizza  **OR**  Deli Roast Beef w/Horseradish Mayo  Sandwich  **With**  Italian Salad  **Feature Dessert**  Assorted Pies |

Available at:

* **Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
* **Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee

**Snacks** - Assorted Juice, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie

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| **Week 4** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| **Breakfast** | Fruit Bowl  Blueberry Scone | Fruit Bowl  Multi-Grain Bread w/ P.B | Fruit Bowl  Bagel w/Cream Cheese | Fruit Bowl  Fruit & Bran Muffin | Fruit Bowl  Waffles w/Syrup | Fruit Bowl  Cheese & Chive Scone | Fruit Bowls  Assorted Pastry |
| **2pm Snack** | Bavarian Fruit Tart | Blueberry Loaf | Mini Veg Quiche | Lemon Streusel | Banana Loaf | Squares | Assorted Loaf & Tarts |
| **7pm Snack** | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted |
| **Lunch Salads** | Italian House Salad | House Salad w/Egg | House Salad w/Nuts | House Salad w/Bacon | House Salad w/Veg | House Salad Classic | House Salad Chef’s Choice |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Ice Cream, Jell-0, Fruit, Pudding | Beef Meatloaf  **OR**  Battered Haddock  (Lemon/Tartar Sauce)  **With**  Whipped Potatoes w/Chives & Sour Cream  Broccoli/Cauliflower & Pepper Medley  **Dessert Tray** | Baked Salmon  **OR**  General Tao Chicken  **With**  Jasmine Rice  Garlic Mushrooms  Green Beans  **Dessert Tray** | Curry Chicken w/Naan  **OR**  Liver & Onions w/  Mashed Potato & Gravy  **With**  Buttered Peas  Dill Carrot Slices  **Dessert Tray** | Pork Cutlet w/Gravy  **OR**  Tomato Herb Turkey Loaf  **With**  Mashed Potatoes  Vegetable Blend  **Dessert Tray** | Steamed Cod w/Garlic Sauce  **OR**  Turkey Schnitzel  **With**  Pineapple Raisin Rice  Vegetable Medley  (carrot, broccoli, celery, onion)  **Dessert Tray** | Teriyaki Chicken Burger w/Pineapple Ring  **OR**  Vegetable Burger  **With**  French Fries  Coleslaw  Cantaloupe  **Dessert Tray** | Roast Lamb w/Gravy  Mint Jelly  **OR**  Baked Fish  **With**  Rice Pilaf  Grilled Zucchini  Seasoned Carrots  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm**  **Dessert Tray**  Yogurt, Ice Cream, Jell-0, Fruit, Pudding  Feature Dessert | Seafood Chowder  Egg Salad Sandwich  **OR**  Turkey Pot Pie  **With**  Caesar Salad  Orange Slice  **Feature Dessert**  Mango Mousse | Mixed Bean Soup  Fruit & Cheese Plate  Cottage Cheese  Fresh Fruit Cup  Morning Glory Muffin  **OR**  Cheese Sandwich w/Fruits  **Feature Dessert**  Apple Pie | Cream of Broccoli  Spaghetti & Meatballs  **OR**  Breaded Mushroom Bites  **With**  Caesar Salad  Orange Wedge  Garlic Bread  **Feature Dessert**  Chocolate Pudding | Chicken Noodle Soup  Tuna Melt Sandwich  **OR**  Chicken Strips  Dipping Sauce  **With**  Potato Wedges  Coleslaw  Melon  **Feature Dessert**  Berry Crisp | Vegetable Bean Soup  Blue Cheese & Ham Quiche  **OR**  Beef Lasagna  Garlic Bread  **With**  Balsamic Spring Greens w/Orange & Olives  **Feature Dessert**  Peach Halves | Lemon Orzo Soup  Spanakopita  **OR**  Chicken Souvlaki  **With**  Greek Salad  Greek Lemon Potatoes  Pita Bread  Tzatziki Sauce  **Feature Dessert**  Tiramisu | Cream of Spinach Soup  Chow Mein  Honey Garlic Pork  **OR**  Stir-fry Tofu  **With**  Stir-fry Asian Vegetables  (Bok choy, napa cabbage, carrots, baby corn, celery, broccoli...)  **Feature Dessert**  Egg Tart |

Available at:

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

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| **Week 5** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
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| **Breakfast** | Fruit Bowl  Blueberry Muffin | Fruit Bowl  Apple Cinnamon Scone | Fruit Bowl  Waffle | Fruit Bowl  Bagel w/Cream Cheese | Fruit Bowl  Cranberry Muffin | Fruit Bowl  Bagel w/Cream Cheese | Fruit Bowls  Assorted Pastry |
| **2pm Snack** | Apple Caramel Loaf | Square | Butter Tarts | Carrot Cake | Cranberry Orange Loaf | Squares | Assorted Pastries |
| **7pm Snack** | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted | Cookies Assorted |
| **Lunch Salads** | House Salad w/Veg | Italian House Salad | Greek Salad on Romaine | House Salad w/Chicken | House Salad w/Egg | Classic House Salad | Chef’s Choice Salad |
| **Lunch**  **1st Seating 11:30am**  **2nd Seating 12:30 pm**  **Dessert Tray**  Yogurt, Ice Cream, Jell-0, Fruit, Pudding | Honey Dijon Basa Fish  **OR**  Cheddar Smokies Sausage  **With**  Scalloped Potato  Steamed Beets  Peas  **Dessert Tray** | Swedish Meatballs  **OR**  Tofu & Shrimp Stir-fry  **With**  Mashed Potato  Roasted Carrots  Grilled Zucchini  **Dessert Tray** | Butter Paneer w/Naan  **OR**  Liver & Onions w/Mashed Potato & Gravy  **With**  Sautéed Green beans & Red Peppers  **Dessert Tray** | Salisbury Steak in Mushroom & Onion Gravy  **OR**  Turkey Schnitzel  **With**  Mashed Potato  PEI Medley  **Dessert Tray** | Cajun Seared Haddock w/Maple Lime Butter  **OR**  Chicken Dumpling  **With**  Rice Pilaf  Asparagus  Grilled Peppers  **Dessert Tray** | **Brunch**  Egg Benedict  (English Muffin, Ham, Hollandaise Sauce)  Baby Roma Tomato Bocconcini Pesto Salad  Vegetable Spring Roll  **Dessert Tray** | Maple Glazed Baked Ham  Roasted Potatoes  Green Bean Almondine  Baby Carrots  **ALT**: Chicken  **Dessert Tray** |
| **Supper**  **1st Seating**  **4:30 pm**  **2nd Seating**  **5:30 pm**  **Dessert Tray**  Yogurt, Ice Cream, Jell-0, Fruit, Pudding  Feature Dessert | Potato Leek Soup  Chicken Ala King w/Dinner Bun  **OR**  Salmon Quiche  **With**  House Salad  **Feature Dessert**  Pineapple Upside Down Cake | Mushroom Barley Soup  BBQ Pulled Pork Sandwich  **OR**  Cod Nuggets w/Lemon Wedge-Tartar Sauce  **With**  Coleslaw  Honeydew & Orange  **Feature Dessert**  Greek Yogurt w/Honey & Walnut | Carrot Ginger Soup  Spinach Beef Cannelloni Pasta w/Tomato Sauce  **OR**  Chicken Skewers w/Tzatziki Sauce  **With**  Arugula Green Salad  Garlic Bread  **Feature Dessert**  Stewed Apples | Creamy Vegetable Soup  Baked Beans  **OR**  Beef Lasagna  **With**  Italian Salad  Dinner roll w/Butter  **Feature Dessert**  Black Forest Cake | Vegetable Wonton Soup  Sweet & Sour Chicken  Vegetable Fried Rice  Garlic Broccoli  ALT: Pork  **Feature Dessert**  Yogurt Parfait with Seasonal Berries | Creamy Tomato Basil Soup  Mussels w/Garlic Wine Sauce & Diced Tomato/Scallions  Baguette  Salad  ALT: Cheese Omelet    **Feature Dessert**  Bread Pudding | Vegetable Chowder  Warm Turkey Sandwich w/Cheese  **OR**  Battered Fish  Lemon/Tartar Sauce  **With**  Caesar Salad  Fruit Slices  **Feature Dessert**  Chef’s Choice |

Available at:

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