

# Summer Menu

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFRESHMENT	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit
Lunch	Chicken noodle soup Served with crackers  Ham & Cheese Sandwich  <b>Fresh fruit or Jell-O /Prunes</b>	Fish Burger  Green Salad  Cantaloupe wedges  <b>Fresh fruit/Jell-O /Prunes</b>	Beef Barley Soup Egg Salad Sandwich Pasta & Veggie salad Carrots/Celery & Cauliflower  <b>Fresh fruit/Jell-O /Prunes</b>	Turkey Sandwich with Cranberry Sauce Garden Salad  <b>Fresh fruit or Jell-O /Prunes</b>	Minestrone Soup Tuna Sandwich With Pickled Beets  <b>Fresh Fruit/Jell-O /Prunes</b>	Sliced chicken  Sandwich  With cranberry mayo  Greek Salad  <b>Fresh fruit or Jell-O</b>	<b>Sunday Brunch</b>  Cheese Omelette Hash browns Buttermilk Biscuit  <b>Cantaloupe slices/Jell-O /Prunes</b>
2 <sup>ND</sup> CHOICE	Devilled Ham or Egg Sandwich with sides as above	Devilled Ham or Egg Sandwich with sides as above	Devilled Ham or Egg Sandwich with sides as above	Devilled Ham or Egg Sandwich with sides as above	Devilled Ham or Egg Sandwich with sides as above	Devilled Ham or Egg Sandwich with sides as above	Devilled Ham or Egg Sandwich with sides as above
REFRESHMENT	Chef Choice Cookies & assorted beverages	Meat and Crackers	Raw Veggies & Dip	Fresh Fruit Salad & Greek Yogurt	Cheese & Crackers	Chips, Salsa & Layered Bean Dip	Banana Loaf
DINNER	Grilled Pork Chop Mashed Potatoes Mushroom Onion Gravy, Green Beans & Carrots  <b>Baked Cinnamon Apple</b>	Chicken a la King With Brown Rice  <b>Peach Cobbler</b>	Spaghetti & Meat Balls, Garlic Toast, Caesar Salad  <b>Chocolate Cake with Ice cream</b>	Chicken Stir-Fry Broccoli, Cauliflower, Peppers with Steamed White/Brown Rice  <b>Fruit Pie</b>	Salisbury Steak Roasted Potatoes Squash & Asparagus  <b>Tapioca</b>	Sole Fish Potato Pancakes Chef's Seasonal Vegetables Roasted Carrots <b>Apple Pie</b>	Roast Beef Yorkshire Pudding Mashed Potatoes Gravy Parsnips/Peas  <b>Strawberry Shortcake</b>
2 <sup>ND</sup> CHOICE	Tuna Casserole with sides as above	Tuna Casserole with tossed salad	Tuna Casserole with sides as above	Tuna Casserole with tossed salad	Tuna Casserole with tossed salad	Tuna Casserole with tossed salad	Tuna Casserole with tossed salad

**\* NOTE:** Tea, coffee milk and juice are served at all meals. A Tossed Green Salad is available for any meal. Jell-O or a Fresh Fruit bowl is available at all meals for dessert choice.

# Summer Menu

WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFRESHMENT	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Assorted Muffins Fresh Fruit	Choice of Assorted Muffins Fresh Fruit
LUNCH	Garden Vegetable Soup With Crackers  Chef Salad Sliced ham turkey, cheese and boiled egg, Okanagan Spring Mix Bun Fresh fruit or Jell-O /Prunes	Cream of Mushroom With Crackers  Toasted Cheese/Onion/Tomato/ Canadian Bacon Sandwich Dill Pickles Carrot Raisin Salad Fresh Fruit/Jell-O /Prunes	Chicken Noodle Soup With Crackers  Salmon Salad Sandwich Potato Salad Fresh Fruit/Jell-O /Prunes	Beef Barley Soup  Bacon & Mushroom Quiche Coleslaw w/Carrot Bun Fresh Fruit/Jell-O /Prunes	Minestrone Soup With Crackers  Chicken Salad Sandwich Seasonal Veggie Sticks Broccoli/Cauliflower With Dip Fresh fruit or Jell-O /Prunes	BBQ Cheese Burgers with Lettuce, Onion, Tomato Potato Wedges Fresh Fruit/Jell-O /Prunes	Sunday Brunch  Fried Eggs, Pan fried Potatoes, Beef Sausage Toast Fresh Fruit/Jell-O /Prunes
2 <sup>ND</sup> CHOICE	Egg or Tuna Salad Sandwich With sides as above	Egg or Tuna Salad Sandwich With sides as above	Egg or Tuna Salad Sandwich With sides as above	Egg or Tuna Salad Sandwich With sides as above	Egg or Tuna Salad Sandwich With sides as above	Egg or Tuna Salad Sandwich With sides as above	Muffin or Bagel & Fruit
REFRESHMENT	Cranberry Loaf	Cucumbers & Cheese	Fresh Fruit in Season(orange)	Cookies & Milk	Cheese & Crackers	Fresh Fruit Salad & Greek Yogurt	Granola Bar
DINNER	Salmon Parsley Potatoes & Cherry Tomatoes & Carrots Chocolate Bread Pudding	Swiss Steak Oven Roasted Potatoes Seasonal Vegetable Peas Dinner Roll Carrot Cake	Greek Chicken Skewers Vegetable Stir Fry Steamed Rice Spinach Banana Cream Pie	Breaded Veal, Corn Au Gratin Potatoes & Chef's Seasonal Vegetable/Broccoli Pineapple Upside Down Cake	English Style Fish & Chips w/Tartar Sauce Coleslaw with Lemon Wedge Dessert Buffet	Pizza Night- Cook to order your favorite toppings Choice of Tossed/Caesar Salad Chocolate Pudding	Roast Pork Mashed potatoes Gravy & Applesauce Carrots/Leeks Brownie with Ice Cream
2 <sup>ND</sup> CHOICE	Lasagne with Caesar salad	Lasagne with Caesar salad	Lasagne with Caesar salad	Lasagne with Caesar salad	Lasagne with Caesar salad	Lasagne with Caesar salad	Lasagne with Caesar salad

\* NOTE: Tea, coffee milk and juice are served at all meals. A Tossed Green Salad is available for any meal. Jell-O or a Fresh Fruit bowl is available at all meals for dessert choice.

# Summer Menu

WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFRESHMENT	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit Yogurt
LUNCH	Cream of Cauliflower Soup Chicken Salad Croissant Fresh Vegetables Fresh fruit or Jell-O /Prunes	Blue Heron Egg McMuffin Waldorf Salad Fresh Fruit/Jell-O /Prunes	Bacon Cheese Dogs Coleslaw Pickles Fresh fruit or Jell-O /Prunes	Beef Dip With Au Jus Home Fries Raw Vegetables Fresh fruit or Jell-O /Prunes	Grilled Chicken Burger Potato Salad Fresh fruit or Jell-O /Prunes	Potato Soup Shaved Ham & Swiss on a Kaiser Sweet Pickles Fresh Fruit or Jell-O /Prunes	Sunday Brunch Poached Eggs, Hashbrowns, Bacon, toast Fresh Fruit/Jell-O /Prunes
2 <sup>ND</sup> CHOICE	Tuna Salad with sides as above	Tuna Salad with sides as above	Tuna Salad with sides as above	Tuna Salad with sides as above	Tuna Salad with sides as above	Tuna Salad with sides as above	Muffin or Bagel & Fruit
REFRESHMENT	Rice Crispy Squares	Bean Dip	Meat & Crackers	Fruit(orange) & Yogurt	Cheese & Strawberries	Cottage Cheese & Fresh Fruit Salad	Mini Bagel & Cream Cheese
DINNER	Hot Beef Sandwiches Mashed Potatoes Asparagus Yellow Beans Carrot Cake	Seafood Pasta Salad Blueberry Pie ala Mode	Shepherd's Pie Tossed salad with choice of dressing Chocolate Mousse	Stuffed Pork Loin Scalloped Potatoes Chef's Season Vegetables/Chard Creamy Rice Pudding	Maple Glazed Salmon White/Brown Rice with Marinated Green Beans Peach Crumble	Liver & Onions Steamed Leafy Greens Mashed Potatoes Chocolate Bread Pudding	Roast Chicken & Stuffing Bok Choy Mashed Potatoes, Yams Gravy Seasonal Ice Creams
2 <sup>ND</sup> CHOICE	Chicken Pot Pie with sides as above	Chicken Pot Pie with sides as above	Chicken Pot Pie with sides as above	Chicken Pot Pie with sides as above	Chicken Pot Pie with sides as above	Chicken Pot Pie with sides as above	Chicken Pot Pie with sides as above

\* NOTE: Tea, coffee milk and juice are served at all meals. A Tossed Green Salad is available for any meal. Jell-O or a Fresh Fruit bowl is available at all meals for dessert choice.

# Summer Menu

WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>REFRESHMENT</b>	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit	Choice of Asst. Muffins Fresh Fruit
<b>LUNCH</b>	Turkey & Wild Rice Soup Tuna Salad Croissant Vegetable Sticks  Fresh Fruit/Jell-O /Prunes	Ham & Grilled Cheese Sandwich Dill Pickles Cucumber Sour Cream Salad  Fresh Fruit/Jell-O /Prunes	Garden Vegetable Soup Deli Meat Sub Sweet Potato Salad  Fresh Fruit/Jell-O /Prunes	Chef's Surprise  Fresh Fruit/Jell-O /Prunes	Italian Bean and Pasta Soup  Toasted Denver Sandwich Carrot & Raisin Salad  Fresh Fruit/Jell-O /Prunes	Chicken Strips and Plum Sauce with Caesar Salad  Fresh Fruit/Jell-O /Prunes	<b>SUNDAY BRUNCH</b>  Scrambled Eggs Hash Browns Ham English Muffin  Cantaloupe Slices/Jell-O /Prunes
<b>2<sup>ND</sup> CHOICE</b>	Chicken or Tuna Salad Sandwich with sides as above	Chicken or Tuna Salad Sandwich with sides as above	Chicken or Tuna Salad Sandwich with sides as above	Chicken or Tuna Salad Sandwich with sides as above	Chicken or Tuna Salad Sandwich with sides as above	Chicken or Tuna Salad Sandwich with sides as above	Muffin or Bagel & Fruit
<b>REFRESHMENT</b>	Strawberries, Cheese and Crackers	Orange and Kiwi Slices	Veggies and Hummus	Peaches and Cream	Cheese and Crackers	Greek Yogurt Parfait	Pudding and Cookie
<b>DINNER</b>	Meat Loaf Mashed Potatoes Carrots and Peas  Pineapple upside down cake	Sweet and Sour Pork Asian Rice Broccoli and Snow Peas  Apple pie ala Mode	Shrimp Tortellini with Peppers Caesar Salad  Strawberries & Ice Cream	Tenant's Choice with Green Vegetables	Veal Cutlets Mashed Potatoes Fresh Vegetables Radish/Peas Dessert Buffet	BBQ Baby Back Ribs Rice Grilled Vegetables Carrots Cheese Cake	Sirloin Steaks Baked Potato Spinach Salad Cream Puffs
<b>2<sup>ND</sup> CHOICE</b>	Chefs Salad	Chefs Salad	Spaghetti & Meatballs with tossed salad	Chefs Salad	Spaghetti & Meatballs with tossed salad	Spaghetti & Meatballs with tossed salad	Spaghetti & Meatballs with tossed salad

\* NOTE: Tea, coffee milk and juice are served at all meals. A Tossed Green Salad is available for any meal. Jell-O or a Fresh Fruit bowl is available at all meals for dessert choice.