

**WINDERMERE CARE CENTRE  
FALL AND WINTER - 2008 - 2009 Production Menu**

<b>1</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>
Break Fast	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Banana Nut Muffin  Garnish: Sliced orange <i>Scrambled Eggs</i>	Assorted Juices or Prunes <i>Cr of Wheat</i> or Cold Cereal Morning Glory Muffin  <i>Waffles</i> /maple syrup <i>Boiled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Carrot Pineapple Muffin  <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Orange Date Muffin  <i>Boiled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Apple Turnover Garnish: Orange slice <i>Bacon</i> Choice of : <i>Scrambled/Fried Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Raisin Bran Muffin  <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Oatmeal/Apple Muffin  <i>Boiled Eggs</i>
Ethnic	Steamed salmon/ ginger & Soya Sauce & Rice Steamed Vegetables	Beef & Broccoli on Rice	Deep fried tofu with Asian Vegetables & Pork on Rice	Diced chicken with cashew nut on rice	Beef and Tomato on Rice. Steamed Chinese Vegetables	Sweet & sour pork with rice Seasonal Chinese Vegetables	Fried rice with ham and egg with peas & carrots
Altern.	Sand: <i>Sl. Turkey</i>	Sand: <i>Tuna salad</i>	Sand: <i>Lyoner/Lettuce</i>	Sand: <i>Egg Salad</i>	Sand: <i>Roastbeef</i>	Sand: Cheese	Sand: <i>Tom/Lettuce.</i>
Lunch	<i>Cream of Broccoli Soup</i>  <i>Alaska Salmon Burger</i> W.W. Bun Tomato/lettuce  Cherry Crisp	<i>Lentil Soup</i>  <i>Egg-cellent Salad</i> Marble Rye Bread Autumn Salad  Date Square	<i>French Onion Soup</i>  <i>3 Cheese Pasta Bake</i>  Spinach Salad  Banana	<i>Sweet Potato Soup</i>  <i>Quiche Lorraine</i> Carrot & Date Salad ½ sl. bread  Fresh Orange Sections	<i>Boston Chicken Soup</i>  <i>Crab Club Sandwich</i>  Potato chips  Lime Parfait	<i>Vegetable and Cheese Soup</i> <i>Pear Pancakes with Orange Sauce</i> <i>Link Sausages</i>  Jell-O	<i>Tomato Leek Soup</i>  <i>Open faced Focaccia Sandwich</i> <i>Mexican Cole slaw</i>  Homemade Butter Tart
P.M.	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie
Ethnic	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with Rice	Same with rice
Altern.	<i>Turkey Schnitzel</i>	<i>Fish</i>	<i>Chicken</i>	<i>Roast Turkey</i>	<i>Ham</i>	<i>Chicken</i>	<i>Fish (Baked)</i>
Dinner	<i>Spinach &amp; Nut Meat Loaf</i>  Parsley Potatoes Baked Squash Casserole <i>Orange Tapioca Pudding</i>	<i>Chicken Fricassee</i>  <i>Steamed Rice</i> Zucchini Sauté  <i>Strawberry Mousse</i>	<i>Breaded Sole Fillets</i> Sl.lemon/tartar sauce  <i>Baked Potatoes</i> Scalloped Tomatoes  <i>Bread and Butter Pudding</i>	<i>Grilled Pork Chops with Mustard Cream Sauce</i>  Herbed Potato Bake Cabbage  Pumpkin Praline Cake	<i>Honey-glazed Turkey Breast</i> with Roasted Pineapple Whipped Potatoes Fresh Italian Seasoned vegetables  Fruits of the Forest Pie	<i>Spicy Pepper Steak</i>  Dilled Potatoes Celery & Carrots  <i>Fudge Pudding</i>	<i>Lemon Baked Chicken &amp; Sauce</i>  Oven Browned Potatoes Creamed peas & Onions  <i>Baked Custard</i>
H.S	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room – Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc

**NOTE: Water, Juice, Milk, Tea and Coffee are available at every meal. Jams, jellies and or peanut butter are served at breakfast. Satellite Dining Rooms – Only boiled & scrambled eggs for Brkft**  
Bread slice available at the evening/dinner meal

**WINDERMERE CARE CENTRE  
FALL AND WINTER - 2008 - 2009 Production Menu**

2	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
Break Fast	Assorted Juices or Prunes <i>Oatmeal</i> /Cold Cereal Cranberry Apple Muffin Garnish: Sliced Orange <i>Scrambled Eggs</i>	Assorted Juices or Prunes / <i>Oatmeal</i> / Cold Cereal Muffin of the Day <i>Pancakes</i> /maple syrup <i>Boiled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> / Cold Cereal Cinnamon Raisin Swirl Muffin <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Cream of Wheat</i> /Cold Cereal Raspberry Rage Muffin <i>Boiled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Blueberry Danish Orange Slices <i>Bacon</i> ; Choice of: <i>Scrambled/Fried Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> / Cold Cereal Golden Bran Raisin Muffin <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Cr. of Wheat</i> /Cold Cereal Orange Date Muffine <b>Banana</b> <i>Boiled Eggs</i>
Ethnic	Beef in black bean sauce on Rice Steamed Vegetables	Chicken with ginger on Noodles	Honey glazed B.B.Q. pork on Rice Steamed Vegetables	Curry turkey and potatoes on Rice	Soya Sauce Chicken on Rice Steamed vegetables	Egg Foo Yung and Rice	Pork Chow Mein & Stir Fry Vegetables
Alter	Sand: <i>Egg salad</i>	Sand: <i>Salmon Salad</i>	Sand: <i>Roast Beef</i>	Sand: <i>Lyoner/Lettuce.</i>	Sand: <i>Cream cheese/cuc</i>	Sand: <i>Tomato/Lettuce.</i>	Sand: <i>Roast Beef.</i>
Lunch	<i>Green Pea Soup</i> <i>Assorted Sandwiches on 12 grain Bread</i> Diced Cucumber Salad  <i>Ice Cream</i>	<i>Tomato Vegetable Soup</i>  <i>Chicken Tetrzzini</i> Apple Carrot Slaw  Banana	<i>Cream of Chicken Soup</i> <i>Grilled Cheese/Bacon &amp; Tomato Sandwich</i> Tossed Salad  Jellied Fruit Salad	<i>Hearty Potato Ham Chowder</i> <i>Sl. Sm. Turkey Plate</i> Cheese Biscuit Cranberry Ring Mold on Lettuce Strawberries and <i>real whip cream</i>	<i>Butternut Squash Soup</i>  <i>Shrimp Salad</i> Light Rye Bread Diced Tomato Salad  Nanaimo Bar	<i>Beef Noodle Soup</i>  <i>Denver Omelet</i> Pickled Beets Toast points  Praline Pumpkin Dessert	<i>Turkey Rice Soup</i>  <i>Pork Bar-B-Que Sandwich</i> Carrot Raisin Salad  Butterscotch Squares
P.M.	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie
Ethnic	Same with <i>rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>
Altern	<i>Chicken</i>	<i>Ham</i>	<i>Chicken</i>	<i>Sl. Turkey</i>	<i>Poached Fish</i>	<i>Beef</i>	<i>Baked Fish</i>
Dinner	<i>Sweet &amp; Sour Pork Patties</i>  <i>Mashed Potatoes Cauliflower Polonaise</i>  Pear Upside Down Cake	<i>Beef a la Deutsch</i>  Roast potatoes Corn & Green Onions  <i>Baked Rice &amp; Raisin Pudding</i>	<i>Cajun – Style Baked Fish Fillets</i>  Baked Potatoes/ <i>sour cream</i> Tomato Veg. Medley  <i>Chocolate Pudding</i>	<i>Sweet &amp; Spicy Pork Loin</i>  Steamed Potatoes Peas, Carrots & sautéed Mushrooms  Peach Cake	<i>Roast Beef/</i> Yorkshire Pudding Gravy <i>Mashed Potatoes</i> Whipped Carrots & Parsnips  Assorted Pie	<i>Chicken l'Orange</i>  <i>Mashed Potatoes</i> Herbed Green Beans  <i>Pudding of the Day</i>	<i>Salisbury Meat Loaf &amp; Tomato Sauce</i>  Parsley Potatoes <i>Cabbage au Gratin</i>  <i>Baked Custard</i>
H.S.	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room – Request Dn.Rm Jce,Mlk,Bsc

**NOTE: Water, Juice, Milk, Tea and Coffee are available at every meal. Jams, jellies and or peanut butter are served at breakfast. Satellite Dining Rooms – Only boiled & scrambled eggs for Brkft Bread slice available at the evening/dinner meal**

**Developed by: Erna Verstraten**

**Approved by: Rhonda Smyl**

**WINDERMERE CARE CENTRE  
FALL AND WINTER - 2008 - 2009 Production Menu**

<b>3</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>
Break Fast	Assorted Juices or Prunes <i>Oatmeal</i> /Cold Cereal  Blueberry Muffin Garnish: Sliced oranges <i>Scrambled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> /Cold Cereal  <i>Cinnamon French Toast</i> /maple syrup <i>Boiled Eggs</i>	Assorted Juices or Prunes <i>Cr of Wheat</i> /Cold Cereal  Oatmeal Raisin Muffin <b>Banana</b> <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal  Pineapple Carrot Muffin  <i>Boiled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> /Cold Cereal Croissant Garnish: Sliced oranges <i>Bacon</i> ; Choice of: <i>Scrambled/Fried Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Cereal Apple Spice Muffin  <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> / Cold Cereal  Variety Muffin  <i>Poached Eggs</i>
Ethnic	Chicken Stir Fry with rice. Seasonal Chinese Vegetables	Tofu/Vegetables on rice With sliced beef	Chinese pork and noodles. Seasonal Chinese Vegetables	Chicken with mushrooms on rice	Oyster sauce beef on rice & vegetables	Blk bean sauce & pork, string beans on rice	Soya Sauce Chicken Seasonal Chinese Vegetables
Altern.	Sand: <i>Lyonner &amp; Lettuce</i>	Sand: <i>Turkey</i>	Sand: Cheese/lettuce	Sand: <i>Roast Beef</i>	Sand.: <i>Cream cheese</i>	Sand: <i>Chix Salad</i>	Sand: <i>egg salad</i>
Lunch	<i>Carrot Rice Soup</i>  <i>Honey Mustard Turkey Sandwich</i> Autumn Salad  Fresh Orange Sections	<i>Italian vegetable Soup</i>  <i>Egg Salad</i> on Croissant  Spinach Salad  <i>Rhubarb Whip</i>	<i>Cream of Leek Soup</i>  <i>Creole Spaghetti with ground chicken</i> Tossed salad  Blueberry Crisp	<i>Chicken Curry Soup</i>  <i>Luncheon Salad</i>  Multi grain roll  <i>Lemon Tart &amp; whip cream garnish</i>	<i>Tomato Corn Chowder</i>  <i>French Toasted Turkey &amp; Cheese sandwich</i> Melon garnish  Brownie	<i>Potato Soup</i>  <i>Caramelized Onion Focaccia Wedges</i> Carrot/raisin salad  Dessert of Day	<i>Navy Bean Soup</i>  <i>Alaska Salmon Burger</i> W.W. Bun Tomato/lettuce  Jellied Fruit Salad
P.M.	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie
Ethnic	Same or <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same or <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>
Altern	<i>Roast Beef</i>	<i>Fish (Baked)</i>	<i>Roast Beef</i>	<i>Turkey Schnitzel</i>	<i>Chicken</i>	<i>Ham</i>	<i>Fish</i>
Dinner	<i>Beef Stoganoff</i>  <i>Mashed Potatoes</i>  Green Peas  <i>Strawberry pudding</i>	<i>Pork Link Sausages</i> Apple Rings  <i>Mashed Potato Casserole</i> Turnips  <i>Bread &amp; Butter Pudding</i>	<i>Breaded Sole Fillets</i> <i>Hollandaise Sauce</i>  Baked Potato/ <i>sour cream</i> Creamed Spinach  <i>Pineapple Rice Surprise</i>	<i>Pot Roast/Gravy</i>  Lemon & Thyme Roasted Potatoes Squash Apple Bake  <i>Crème Caramel</i>	<i>Baked Ham &amp; Apricot Dressing</i>  Sweet Potatoes Southern Style Green Beans  Apple Pie	<i>Baked Teriyaki Steak</i>  Parslied Potatoes Italian Mix. Vegetables <i>Baked Pumpkin Custard</i>	<i>Breaded Chicken Cutlets/Sauce</i>  Tater Gem Potatoes Carrots Lyons Style  <i>Tapioca Pudding</i>
H.S.	Room - Request DnRmJce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.RmJce,Mlk,Bsc	Room – Request Dn.Rm Jce,Mlk,Bsc	Room – Request Dn.Rm Jce,Mlk,Bsc

**NOTE: Water, Juice, Milk, Tea and Coffee are available at every meal. Jams, jellies and or peanut butter are served at breakfast. Satellite Dining Rooms – Only boiled & scrambled eggs for Brkft Bread slice available at the evening/dinner meal**

**WINDERMERE CARE CENTRE  
FALL AND WINTER - 2008 - 2009 Production Menu**

<b>4</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>
Break Fast	Assorted Juices or Prunes <i>Oatmeal</i> /Cold Cereal Zucchini Nut Muffin Garnish: Sliced oranges  <i>Scrambled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Muffin of Day <b>Banana</b> <i>Waffles</i> /maple syrup <i>Boiled Eggs</i>	Assorted Juices or Prunes <i>Cream of Wheat</i> or Cold Cereal Apple Spice Muffin  <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Dark Raisin Bran Muffin  <i>Boiled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Apple Danish Orange Sections <i>Bacon</i> /Choice of: <i>Scrambled/Fried Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Cranberry Nut Muffin  <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Cereal Pineapple carrot Muffin  <i>Boiled Eggs</i>
Ethnic	<i>Braised Tofu with Rice &amp; Chinese mushrooms</i>	<i>Sweet &amp; sour pork on Rice</i>	<i>Diced chicken and cashews on Rice</i>	<i>Curried shrimp with sugar snap peas on rice</i>	<i>Beef with broccoli on Rice</i>	<i>Chicken Chow Mein &amp; Stir Fry Vegetables</i>	<i>Steamed ground pork with egg on Rice</i>
Altern	<i>Lyoner/Lettuce</i>	<i>Egg Salad</i>	<i>Cheese/Lettuce</i>	<i>Roastbeef</i>	<i>Egg Salad</i>	<i>Turkey</i>	<i>Sl. Ham</i>
Lunch	<i>Vegetable Florentine Soup</i>  <i>Mushroom and cheese omelet/&amp; slice of bacon</i> Toast points  Sliced Peaches	<i>Yellow Split Pea Soup</i>  <i>Sm ham, mozzarella cheese and romaine lettuce on rye bread</i> Pickles  Watermelon	<i>Tomato Leek Soup</i>  <i>Turkey Oven Sandwich</i>  Tossed Salad  Home Made Butter Tart	<i>Beef Noodle soup</i>  <i>Shrimp Salad</i> Cucumber Herb Salad Multi Grain Roll  Sl. strawberries <i>with whip cream</i>	<i>Hearty Herb Chicken Soup</i>  <i>Asst sandwiches on marble and l rye bread</i> Melon garnish  <i>Brownie</i>	<i>Black Bean Soup</i>  <i>Blueberry Pancakes</i> Sausages Maple syrup  Ice cream Sundae	<i>Chicken Vegetable Soup</i>  <i>Cottage Cheese &amp; Fruit Salad plate</i> Carrot and Nut Biscuit  Apple Crumble Cake
P.M.	Coffee/tea/Cookie	Coffee/tea/Cookie	Coffee/tea/Cookie	Coffee/tea/Cookie	Coffee/tea/Cookie	Coffee/tea/Cookie	Coffee/tea/Cookie
Ethnic	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same with <i>Rice</i>	Same or <i>Rice</i>
Altern	<i>Chicken</i>	<i>Sl. Turkey</i>	<i>Chicken</i>	<i>Fish Fingers</i>	<i>Turkey Schnitzel</i>	<i>Chicken</i>	<i>Fish</i>
	<i>Shepherd's Pie</i> Gravy  Mashed Winter Squash  Lemon Topped Gingerbread	<i>Italian Roast Pork Gravy</i>  Red Nugget Potatoes <i>Cauliflower Casserole</i>  <i>Caramel Pudding</i>	<i>Lemon Baked Fish</i>  <i>Parslied Potatoes</i> Beets in Orange Sauce  <i>Rice and Raisin Pudding</i>	<i>Sautéed Chicken with mushrooms</i> Sauce <i>Jasmine Rice</i> Green Beans  <i>Cheese cake with topping</i>	<i>Roast Beef &amp; Yorkshire Pudding/Gravy</i>  <i>Whipped Potatoes</i> Mashed Carrots & Parsnips  Pie of the Day	<i>Ham Loaf Northern Style &amp; tomato sauce</i>  Roast Potatoes <i>Creamed Spinach</i>  Dessert of the Day	<i>Corned Beef &amp; Mustard Gravy</i>  <i>Potatoes Romanoff</i> <i>Steamed Cabbage</i>  <i>Rhubarb Bread Pudding</i>
H.S.	Room - Request DnRm Jce,Mlk,Bsc	Room - Request Dn.RmJce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.RmJce,Mlk,Bsc

**NOTE: Water, Juice, Milk, Tea and Coffee are available at every meal. Jams, jellies and or peanut butter are served at breakfast. Satellite Dining Rooms – Only boiled & scrambled eggs for Brkft Bread slice available at the evening/dinner meal**

**WINDERMERE CARE CENTRE  
FALL AND WINTER - 2008 - 2009 Production Menu**

5	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
Break Fast	Assorted Juices or Prunes <i>Cr. of Wheat/C Cereal</i> Blueberry Muffin Garnish: Orange Sections <i>Scrambled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal/Cold Cereal</i>  Variety Muffin <i>Pancakes</i> <i>Boiled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal  Carrot Muffin <b>Banana</b> <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Oatmeal/Cold Cereal</i>  Apple Spice Oat Muffin  <i>Boiled Eggs</i>	Assorted Juices Prunes <i>Oatmeal</i> or Cold Cereal Cinnamon Raisin Danish Orange Slices <i>Bacon/ Choice of:</i> <i>Scrambled/Fried Eggs</i>	Assorted Juices or Grapefruit <i>Cream of Wheat</i> or Cold Cereal Bran Raisin Muffin  <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Oatmeal</i> or Cold Cereal Golden Bran Muffin  <i>Boiled Eggs</i>
Ethnic	Ham & Bean Sprouts on Noodles	Tofu & chicken with vegetables on Rice	Teriyaki Beef with Noodles. Seasonal Chinese Vegetables	Chicken Stir Fry on Rice. . Seasonal Chinese Vegetables	Braised Fish with Ginger/Gr.Onions/Rice Steamed vegetables	Chinese Pepper Steak on Rice Steamed vegetables	Pork Fried Rice and Vegetables
Altern	<i>Cheese</i>	<i>Lyoner/Lettuce</i>	<i>Roast Beef</i>	<i>Salmon Salad</i>	<i>Egg Salad</i>	Tomato/Lettuce	<i>Turkey</i>
Lunch	<i>Lentil Soup</i>  <i>Omelet Bohemian Style</i> Toast points Coleslaw on lettuce  Fresh Orange Sections	<i>Pepper Pot Soup</i>  <i>Turkey /bacon &amp; lettuce on light rye</i> Pickled Beets/Lettuce  Sliced bananas with cream	<i>Mulligatawny Soup</i>  <i>Grilled "2" Cheese Sandwich</i> Tossed Salad  Jell-O	<i>Curried Vegetable Chowder</i> <i>Gourmet Cucumber Chicken salad</i> Focaccia Bread  Date Square	<i>Beef Mushroom Soup</i>  <i>Salmon Salad Plate</i> Diced Tomato Salad Multi grain Bun  <i>Ice Cream with chocolate sauce</i>	<i>Cream of Tomato Soup</i>  <i>Philly Beefsteak</i> on a French Roll Potato Chips  <i>Mousse of the Day</i>	<i>Beefy Bean Soup</i>  <i>Monto Christo Sandwich</i> Sl. cucumbers/onions in sour cream  Carrot Cake
P.M.	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie	Coffee/Tea/Cookie
Ethnic	<i>Same &amp; Rice</i>	<i>Same &amp; Rice</i>	<i>Same &amp; Rice</i>	<i>Same &amp; Rice</i>	<i>Same &amp; Rice</i>	<i>Same &amp; Rice</i>	<i>Same with Rice</i>
Altern	<i>Sliced Ham</i>	<i>Roast Beef</i>	<i>Sliced Turkey</i>	<i>Sole Fillets</i>	<i>Fish Fingers</i>	<i>Chicken</i>	<i>Ham</i>
Dinner	<i>Braised Chicken Stew</i>  Tater Gem potatoes French Cut Beans  <i>Tapioca Pudding</i>	<i>Tourtiere/gravy</i>  <i>Mashed Potatoes</i> Italian Mixed vegetables  <i>Butterscotch Pudding</i>	<i>Salmon Loaf&amp; Hollandaise Sauce</i>  Parslied Potatoes Carrots Julienne  <i>Bread &amp; Butter Pudding</i>	<i>Roast Pork with apple dressing</i>  <i>Mash Sweet Potatoes</i> Winter Roast Vegetables <i>Strawberry swirl</i> <i>Cheese Cake</i>	<i>Yankee Pot Roast</i> Gravy  <i>Roast Potatoes</i> Squash Apple Bake  Rhubarb Pie	<i>Ham Patties</i> with cranberries  <i>Potato Croquettes</i> <i>Creamed Spinach</i>  Apple Spice cake	<i>Chicken a la King</i>  <i>Mashed Potatoes</i> Tomato Vegetable Medley  <i>Baked Custard</i>
H.S.	Room - Request Dn.RmJce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.Rm Jce,Mlk,Bsc	Room - Request Dn.RmJce,Mlk,Bsc

**NOTE: Water, Juice, Milk, Tea and Coffee are available at every meal. Jams, jellies and or peanut butter are served at breakfast. Satellite Dining Rooms – Only boiled & scrambled eggs for Brkft Bread slice available at the evening/dinner meal**