

**WINDERMERE CARE CENTRE
SPRING AND SUMMER - 2009 Production Menu**

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
Break Fast	Assorted Juices or Prunes <i>Cream of Wheat or Cold Cereal</i> Orange Date Muffin Garnish: Orange sl. <i>Scrambled Eggs</i>	Assorted Juices or Prunes <i>Oatmeal or Cold Cereal</i> Lemon Poppy Seed Muffin <i>French Toast Boil Egg</i>	Assorted Juices or Prunes <i>Oatmeal or Cold Cereal</i> ½ Banana Zucchini Nut Muffin <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Oatmeal or Cold Cereal</i> Bran Muffin <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Oatmeal or Cold Cereal</i> Garnish: Orange slices Croissant/Danish <i>Bacon & Scrambled/Fried Eggs</i>	Assorted Juices or Prunes <i>Oatmeal or Cold Cereal</i> ½ Banana Orange Cranberry Muffin <i>Poached Eggs</i>	Assorted Juices or Prunes <i>Cream of Wheat/Cold Cereal</i> Cinnamon Raisin Swirl Muffin <i>Poached Eggs</i>
Ethnic	Tofu & minced pork with mixed veg. on Rice	Shrimp fried rice with peas	Soya sauce chicken, st. vegetables/rice	Minc oriental beef stir fry w/ st. Veg & Rice	Bake Fish lemon/ginger sauce, St. Veg on Rice	Pork Chow Mien with stir fry vegetables	Egg plant & minced pork on rice
Alter	Sand: <i>Roast Beef</i>	Sand: <i>Sl. Turkey</i>	Sand: <i>Lyoner.</i>	Sand: <i>Egg Salad</i>	Sand: Cheese/lettuce	Sand:peanutbut/banan	Sand: <i>Cheese/Lettuce</i>
Lunch	<i>Chix. Vegetable Soup</i> <i>Cheddar Mushroom Open-face Sandwich</i> Mixed Green Salad Fresh Fruit of Season	<i>Bean and Bacon Soup</i> <i>Focaccia Sandwich</i> Health Salad <i>Strawberry Ice Cream</i>	<i>Broccoli and Cheese Soup</i> <i>Asian Noodle Salad</i> <i>Sliced turkey & ½ hard boiled Egg</i> Home made butter tart	<i>Tomato Barley Soup</i> <i>Pear Pancakes with Orange Sauce</i> <i>Link Sausages</i> <i>Ice Cream Sundae</i>	<i>Chicken Rice Soup</i> <i>Salmon Salad Plate</i> Lemon slice Whole Wheat Roll <i>Vanilla Berry Parfait</i>	<i>Italian Vegetable Soup</i> <i>Grilled "2" Cheese on Sour Dough Bread</i> <i>Ambrosia Gelatine</i> Canned apricots	<i>Yellow Split Pea Soup</i> <i>Cool Summer Salad</i> Cheese biscuit Lemon Burst Macaroon Bar
P.M.	Juice/milk & cookies	Fresh fruit & cookie	Great Punch/cookie	Juice/milk & cookie	Fresh fruit & cookie	Real fruit popsicle	Juice/milk & 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>
Alter	<i>Pork</i>	<i>Beef</i>	<i>Chicken</i>	<i>Fish</i>	<i>Pork</i>	<i>Beef</i>	<i>Turkey</i>
Dinner	<i>Ham and Potato Bake</i> Seasoned Whole Kernel Corn <i>Apple Streusel Bread Pudding</i>	<i>Curried Honey Mustard Chicken</i> Hash Brown Potatoes Broccoli Mornay <i>Pineapple Rice Surprise</i>	<i>Cajun – Style Baked Fillets</i> Bak. Potatoes/sour cream Tomato Veg. Medley <i>Orange Tapioca Pudding</i>	<i>Pork Medallions</i> Wine Cream Sauce <i>Lyonnaisse Potatoes</i> Celery & Carrots Pound Cake with cherry topping	<i>Pot Roast/Gravy</i> Roasted Potatoes Mashed Squash Lemon Meringue Pie	<i>Turkey Loaf</i> Potato Gems Grilled Tomatoes <i>Crème caramel</i>	<i>Mushroom Topped Pork Chops</i> Parsley Potatoes Green Peas <i>Vanilla Pudding</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 Brkf