



# Summer Menu – July 7 - July 13, 2025

Follows Canada's Food Guide

Week 5	Monday (07)	Tuesday (08)	Wednesday (09)	Thursday (10)	Friday (11)	Saturday (12)	Sunday (13)
<b>BREAKFAST</b> 7:30 – 9:00 am	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Cream of Wheat Boiled Egg Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Cream of Wheat Boiled Egg Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Cream of Wheat Boiled Egg Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit
<b>Café Style</b>							
<b>LUNCH</b> 12:00 – 1:15 pm	Soup of the Day Assorted Sandwiches  <u>Meatloaf</u> Mashed Potatoes Gravy Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Perogies</u> Bratwurst Sausage Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Shrimp Stir Fry</u> Chow Mein Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Mustard Glazed Chicken</u> Mashed Potatoes Gravy Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Beef Dip</u> Roasted Potatoes Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Chicken Fajita Wrap</u> Fries Vegetables  Assorted Desserts	Soup of the Day Assorted Sandwiches  <u>Sunday Brunch</u> Fresh Fruit Homemade Muffins Scrambled Eggs Waffles Bacon/Sausages Hashbrowns  Assorted Desserts
<b>Café Style</b>							
<b>SUPPER</b> 5:00 – 6:15 pm	Soup of the Evening <u>Coconut Cream Chicken</u> Parsley Potatoes Vegetables  Dessert of the Evening	Soup of the Evening <u>Shepherd's Pie</u> Vegetables  Dessert of the Evening	Soup of the Evening <u>Chicken Cordon Bleu</u> Potato Wedges Gravy Vegetables  Dessert of the Evening	Soup of the Evening <u>Spice Rubbed Pork Chops</u> Roasted Potatoes Gravy Vegetables  Dessert of the Evening	Soup of the Evening <u>Crusted Tilapia Filet</u> Rice Vegetables <u>2<sup>nd</sup> Choice</u>  Dessert of the Evening	Soup of the Evening <u>Spaghetti &amp; Bolognese</u> Sauce Garlic Toast Vegetables  Dessert of the Evening	Soup of the Evening <u>Roast Beef Dinner</u> Mashed Potatoes Gravy Yorkshire Pudding Vegetables  Dessert of the Evening

Some Items May Vary According to Availability

\*\* Orange Juice, Apple Juice, Regular & Diet Cranberry Juice, Tomato Juice, V8, Milk, Chocolate Milk and Water available at all meals.

APPROVED