



Summer Menu – September 15 - September 21, 2025

Follows Canada's Food Guide

Week 5	Monday (15)	Tuesday (16)	Wednesday (17)	Thursday (18)	Friday (19)	Saturday (20)	Sunday (21)
BREAKFAST 7:30 – 9:00 am	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Cream of Wheat Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Cream of Wheat Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Cream of Wheat Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit	Assorted Juices* Yogurt Assorted Cereal Oatmeal Boiled Egg/Egg Bites Toast/Butter/Preserves Freshly Baked Muffins Fresh Fruit
Café Style							
LUNCH 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 Fingers</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
Café Style							
SUPPER 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 Quesadillas</u> Rice 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>2nd Choice</u> Dessert of the Evening	Soup of the Evening <u>Spaghetti & 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