



Summer Menu – June 22 - June 28, 2026

Follows Canada's Food Guide

| Week 5 | Monday (22) | Tuesday (23) | Wednesday (24) | Thursday (25) | Friday (26) | Saturday (27) | Sunday (28) |
|------------------------------------|--|---|--|---|--|---|---|
| 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> Garlic Coil 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>Chicken Quesadillas</u> Rice Vegetables Dessert of the Evening | Soup of the Evening <u>Shepherd's Pie</u> Vegetables Dessert of the Evening | Soup of the Evening <u>Pork Chops in Mushroom Sauce</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 Sauce</u> Garlic Toast Vegetables Dessert of the Evening | Soup of the Evening <u>Roast Pork Loin</u> Mashed Potatoes Gravy 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