



Fall Menu – October 19 - October 25, 2026

Follows Canada's Food Guide

Week 2	Monday (19)	Tuesday (20)	Wednesday (21)	Thursday (22)	Friday (23)	Saturday (24)	Sunday (25)
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>Meatballs finished in a Mushroom Sauce</u> Mashed Potatoes Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Smokies</u> Mac & Cheese Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>BLT Sandwich</u> Onion Rings Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Fish & Chips</u> Coleslaw Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Pulled Pork Sandwich</u> Greek Potatoes Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Hot Hamburger Sandwich</u> Roasted Potatoes Gravy Vegetables Assorted Desserts	Soup of the Day Assorted Sandwiches <u>Sunday Brunch</u> Fresh Fruit Homemade Muffins Fresh Omelette French Toast Bacon/Sausages Hashbrowns Assorted Desserts
Café Style							
SUPPER 5:00 – 6:15 pm	Soup of the Evening <u>Perch Fillet</u> Rice Vegetables <u>2nd Choice</u> Dessert of the Evening	Soup of the Evening <u>Chinese Buffet</u> Vegetables Dessert of the Evening	Soup of the Evening <u>Pork Chops</u> Mashed Potatoes Gravy Vegetables Dessert of the Evening	Soup of the Evening <u>Chicken Pot Pie</u> Vegetables Dessert of the Evening	Soup of the Evening <u>Beef Stroganoff with Egg Noodles</u> Vegetables Dessert of the Evening	Soup of the Evening <u>Perogies & Sausage</u> Vegetables Dessert of the Evening	Soup of the Evening <u>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