

Spring Summer Week 5

	<u>Monday 29</u>	<u>Tuesday 30</u>	<u>Wednesday 1</u>	<u>Thursday 2</u>	<u>Friday 3</u>	<u>Saturday 4</u>	<u>Sunday 5</u>
BREAKFAST	<u>Includes:</u>	<u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u>					
Feature	Oatmeal, Egg Over Easy, Bacon, White or Brown Toast	Oatmeal, Banana Blueberry Smoothie, White or Brown Toast	Oatmeal, Boiled Egg, Sliced Cheese, White or Brown Toast	Oatmeal, Bagel w/ Cream Cheese	Oatmeal, Scrambled Egg, Sliced Tomato, White or Brown Toast	Oatmeal, Fresh Fruit w/ Yogurt, White or Brown Toast	Oatmeal, Western Omelet (Egg, Ham, Peppers), White or Brown Toast
LUNCH	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>	<u>Chef Salad</u>
LUNCH SOUP	French Onion	Chicken Noodle	Hamburger Mac	Cream of Asparagus	Roasted Red Pepper	Beef Vegetable	Won Ton Soup
LUNCH FEATURE	Roast Pork Sandwich w/ Lettuce & Mustard	Cheesy Mushroom Soup Tuna Casserole	Cold Plate (Fresh Veggies, Deli Meat, Sliced Cheese,	RVH Egg Salad Sandwich (Cut in 4)	Newfoundland Poutine (Fresh Cut French Fries, Stuffing,	Chicken Quesadilla (Mix Between Pizza & Nacho Cheese	Greek Salad w/ Chicken Breast
Side Dish	Baked Beans	Fresh Bun	Crackers, Bread & Butter Pickles)	Carrot & Raisin Salad	Mozza Cheese & Gravy)	Chicken, Peppers, Onions)	Bruschetta Bread
Vegetable /Salad						w/ Salsa & Sour Cream	
DESSERT	Warm Brownie w/ Whipped Cream	Homemade Boston Cream Doughnuts Lets Go BRUINS!!!	Zucchini Loaf	Fruit Pizza	Ice Cream Cone	Pumpkin Tarts	Jam Jam Cookie
DINNER	<u>MASHED POTATOES ALWAYS AVAILABLE @ DINNER</u>						
	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day	Tossed Salad & Soup of the Day
DINNER FEATURE	Chicken Kiev w/ Cream Sauce	BBQ Hamburger w/ Works (Lettuce, Tomato,	BBQ Sausages on a Bun w/	Liver & onions w/ Gravy	Salmon w/ Lemon Herb Sauce	Spaghetti w/ Meat Sauce	Chinese Food Chicken Ball
STARCH 1	Rice Pilaf	Onion, Pickle, Condiments)	Sauerkraut, Fried Onions, Mustard	Mashed Potato	Roasted Potatoes	Garlic Bread	Sweet & Sour Sauce, Fried Rice
Green Veg	Butternut Squash	Coleslaw	Potato Salad	Seasoned California Mix	Seasoned Roasted Asparagus		Vegetable Chow Mein
Colour Veg	Carrot				Cauliflower		Egg Roll w/ Plum Sauce
DESSERT	Vanilla Pudding	Jell-O w/ Whipped Cream	Chocolate Strawberry Mousse Cake	Ambrosia (Fruit Cocktail, Whip Cream, & Coconut Mixed Together)	Cornflake Squares	Banana Cream Pie	Flavoured Ice Cream

ALWAYS AVAILABLE AS A SUBSTITUTE: GLUTEN FREE BREAD, CHEF SALAD, ASSORTED JUICES, WATER, MILK, TEA, COFFEE, FRUIT COCKTAIL, VANILLA ICE CREAM YOGURT

SNACKS AVAILABLE: IN MCKAY LOUNGE & 2ND FLOOR AT 10AM, 3PM, 7:30PM