

Spring/ Summer

Week 1

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
BREAKFAST	<u>Includes:</u>	<u>Tea, Coffee, Milk, Juice, Cold Cereals, Toast and Fresh Fruit</u>					
Feature	Oatmeal/Cereal, Assorted Fresh Baked Muffin, Mandarins	Oatmeal/Cereal, Scrambled Egg, Baked Beans, Tomato Slice, White or Brown Toast	Oatmeal/Cereal Fresh Baked Croissant, Fruit Cocktail	Oatmeal/cereal, Over Easy Eggs, Sausage, Orange Slice, White or Brown Toast	Oatmeal/Cereal, French Toast w/ Banana, and Syrup	Oatmeal/Cereal Toasted Bagel w/ Cream Cheese, Orange Wedge	Oatmeal/Cereal, Bacon & Cheese Omelet, 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	Cream of Turkey	Hamburger Potato	Cream of Potato	Stuffed Pepper	Butternut Squash	Carrot and Bacon	Garden Vegetable
LUNCH FEATURE	Soup & Sandwich Combo (RVH Egg Salad)	Tomato & Macaroni Casserole w/ Cheese	Soup & Sandwich Combo (BLT)	Cold Plate (Deli Meat, Sliced Cheese, Breton Cracker, Deviled Egg, Carrot Stick, Sweet Pickle, Broccoli Salad)	Eggs Benidict (English Muffin w/ Poached Egg, Swiss Cheese, Hollandaise Sauce)	Soup & Sandwich Combo (Ham & Cheese w/ Lettuce, Tomato, & Mustard)	Chicken Ceasar Salad
Side Dish	Dill Pickle	Fresh Bun					Garlic Bread
Vegetable /Salad			Celery Stick		Fruit Salad	Sliced Cucumber	
DESSERT	Pudding w/ Wafer Cookie	Snickerdoodle Cookies	Mini Doughnut	Rice Pudding	Peanut Butter Oreo Square	Marble Cake	Ice Cream Sandwich
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	Fried Ham	BBQ Oktoberfest Sausage	Turkey Meatball w/ Gravy	Spaghetti and Meat Sauce	Homemade Beer Battered Fish w/ Tartar Sauce	RVH Pizza Night (Pepperoni, Mushroom, Peppers)	Roast Beef w/ Yorkshire Pudding
STARCH 1	Scallop Potatoes w/ Onion	Mashed Potato	Seasoned Rice	Garlic Bread	Fresh Cut French Fries		Mashed Potato w/ Gravy
Green Veg	Baked Beans	Fried Cabbage	Green Beans	Ceasar Salad	Coleslaw	Side Salad	Broccoli
Colour Veg	Cream Corn	Honey Glazed Carrot	Cauliflower				Seasoned Carrots
DESSERT	Jello w/ Whipped Cream	Ice Cream Cake	Fresh Melon	Oatmeal Cranberry Cookie	Flavoured Ice Cream	Cream Puff w/ Mixed Berries	Coconut Cream Pie w/ Whipped Cream

ALWAYS AVAILABLE: TOSSED SALAD, ASSORTED JUICES, WATER, MILK, TEA, COFFEE, FRUITS, VANILLA ICE CREAM, YOGURT

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