

SAMPLE WEEKLY MENU

Breakfast

Lunch

Dinner

Monday

Cinnamon oatmeal or
assorted cold cereal
Sausage links
Toast

Soup: Cream of mushroom
Chili con carne
or
Homemade macaroni and cheese
Side: Broccoli salad
Dessert: Baked spiced pears

Maple Dijon glazed salmon
or
Roast creole chicken thigh
Sides: Mashed sweet potatoes and
roasted fresh asparagus
Dessert: English trifle

Tuesday

High fibre cream of wheat
or assorted cold cereal
Poached eggs
Toast

Soup: Roasted red pepper and potato
Blackened chicken citrus salad
or
Crab salad on brioche bun
Side: Fresh baked roll
Dessert: Fresh fruit salad

Beef and broccoli stir-fry
or
Vegetable masala
Sides: Basmati rice and
stir fried vegetables
Dessert: Pumpkin tart

Wednesday

Oatmeal or assorted cold cereal
Turkey bacon
Toast

Soup: Squash and apple
Tomato ricotta tart
or
Salmon salad sandwich
on multi-grain bread
Side: Strawberries mixed green salad
Dessert: Fresh watermelon slices

Coq au vin
or
Pork schnitzel and mustard sauce
Sides: Parslied new potatoes and
roasted cauliflower and peppers
Dessert: Carrot cake
with cream cheese icing

Thursday

High fibre cream of wheat
or assorted cold cereal
Scrambled eggs
Toast

Soup: Broccoli cheese soup
Tex Mex chicken salad plate
or
Corned beef on rye with
a vinaigrette coleslaw
Dessert: Mango and pineapple salad

Mediterranean lamb chop
or
Shrimp and scallop skewer
Sides: Wild and brown rice and
buttered fresh green beans
Dessert: Rice pudding

Friday

Cinnamon oatmeal or
assorted cold cereal
Fried eggs
Toast

Soup: Creamy tomato
Chicken spinach tomato salad
or
Ham and Swiss croissant with
a citrus couscous salad
Dessert: Stewed rhubarb with custard

Haddock with roasted
red pepper sauce
or
Braised beef brisket
Sides: Herb roasted potatoes and
sautéed yellow and green zucchini
Dessert: Maple walnut ice cream

Saturday

Oatmeal or assorted cold cereal
Bacon
Toast

Soup: Carrot ginger
Asparagus and red pepper quiche
or
Pepperoni and mushroom pizza
Side: Caesar salad
Dessert: Diced cantaloupe
and honeydew

Honey garlic pork back ribs
or
Chicken and mushroom
velouté on puff pastry
Sides: Baked potato with
sour cream and chives and
buttered local corn on the cobb
Dessert: Peach cobbler

Sunday

High fibre cream of wheat
or assorted cold cereal
Yogurt parfait
Toast

Soup: Tuscan bean and vegetable
Eggs benedict with a
zesty citrus spinach salad
Dessert: Homemade cinnamon
applesauce

Roast beef with gravy
Sides: Yorkshire pudding, sour
cream and chive mashed potatoes
and roasted butternut squash
Dessert: Pecan pie

Menus are subject to change.

A la carte menu with additional entrees, vegetables, and desserts is available at lunch and dinner.

Some Villages may elect to have one daily feature with the a la carte menu.