

Schlegel Villages



Week Two- Fall & Winter 2023/2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Scrambled Eggs Bacon Whole Wheat Toast <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Pancake Breakfast Sausage Whole Wheat Toast <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Fried Eggs Bacon Whole Wheat Toast <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Continental Breakfast: Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Whole Wheat Toast or Baked Muffin Cheddar Cheese, Yogurt Fresh Fruit <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Poached Eggs Bacon Whole Wheat Toast or Grilled English Muffin <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Chefs Omelette Breakfast Ham Whole Wheat Toast <u>Always Available:</u> Fresh Fruit, Assorted Yogurt, White Toast in place of Whole Wheat	Continental Breakfast: Resident Choice of Juice Oatmeal or Resident Choice of Assorted Cold Cereal Whole Wheat Toast or Baked Muffin Cheddar Cheese Yogurt Fresh Fruit <i>Note</i> -Breakfast/Brunch Option served at lunch
Lunch	Carrot and Ginger Soup Roasted Red Pepper Pizza Served with Tomato & Cucumber Salad -- Stewed Rhubarb with Berries	Vegetable Soup Spinach & Feta Quiche Served with Cabbage and Apple Salad -- Mandarin Dream Gelatin	Lemon Lentil Soup Pulled BBQ Beef on a Bun Served with Red Beet & Citrus Salad -- Mixed Berries & Topping	Beef & Noodle Soup Chicken & Mushroom Crepe Served with Cranberry & Pecan Mixed Salad -- Chilled Apricots	Cream of Mushroom Soup Hot Hamburger Sandwich Served with Spiced Carrots and Parsnips -- Fresh Fruit Salad	Tuscan Bean & Vegetable Soup Grilled Salmon and Asparagus Salad Baked Scallion Roll -- Strawberries	Italian Wedding Soup Eggs Benedict with Peameal Served with Zesty Citrus Spinach Salad -- Fresh Orange Sections
Dinner	Beef Ragout Served with Buttered Penne Savoury Caesar Brussel Sprouts Or Savoury Mustard Chicken Served with Mashed Potatoes & Savoury Caesar Brussel Sprouts -- Cranberry Apple Cobbler	Coq Au Vin Served with Chives&Sour Cream Mashed potatoes & Fresh Green Beans Or Smoked Salmon with Creamy Dill Fusilli Served with Tossed Salad -- Spiced Bread Pudding	Garlic Shrimp Or Wine Glazed Ham Both Served with Herbed Boiled Potatoes and Sugar Snap Peas -- Brownie Pudding Cake	Cheese & Spinach Cannelloni Served with Caesar Salad Or Italian-Style Beef Liver Served with Mashed Potatoes and Caesar Salad -- Warm Baked Cookie	Fish and Chips Served with Tartar Sauce and Coleslaw -- Baked Butter Tart	Turkey Scallopini Or Ham & Potato Casserole Both Served with Herb Roasted Potatoes and Fresh Beets -- Traditional Carrot Cake	Homemade Roast Beef Garlic Mashed Potatoes Fresh Broccoli Florets Yorkshire Pudding -- Pumpkin Pie with Topping

