

Schlegel Villages



Week Four-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 <u>Note</u> -Breakfast/Brunch Option served at lunch
Lunch	Golden Lentil Soup Sausage on a Bun Served with Sauerkraut and German Dill Potato Salad -- Orange Sections	Cream of Cauliflower Soup Quiche Lorraine Served with Carrot and Raisin Salad -- Peach Fruit Whip	Cream of Celery Soup Pepperoni and Mushroom Pizza Served with Heritage Blend Salad -- Mixed Berries	Corn Chowder Turkey Salad Wrap Served with Pineapple Slaw -- Peaches & Pears	Squash and Apple Soup Roast Beef Dijon Mayo Sandwich Served with Triple Bean Salad -- Mango & Pineapple Salad	Vegetable Soup Crab Salad on Brioche Bun Served with Pear & Pecan Salad -- Blueberries with Topping	Lemon Chicken & Rice Pancake with Maple Syrup Crispy Bacon Stewed Berries -- Applesauce
Dinner	Forest Mushroom Beef Stew Or Turkey Pot Pie Both Served with Mashed Potatoes and Glazed Carrots -- Strawberry Cheesecake	Chicken Breast with Wine Sauce Or Tilapia & Dill Sauce Both Served with Couscous Pilaf and Buttered Red Cabbage -- Frosted Gingerbread Bar	Teriyaki Salmon Or Coconut Curried Pork Both Served with Basmati Rice and Fresh Golden Cauliflower -- Strawberry Mousse with Whipped Topping	Mediterranean Lamb Chop Or BBQ Chicken Leg Both Served with Garlic Mashed Potatoes & Harvard Beets -- Custard Glazed Bread Pudding	Fish and Chips Served with Tartar Sauce & Coleslaw -- Apple Toffee Cake	Turkey & Squash Bake Or Honey Garlic Ribs Both Served with Mashed Sweet Potatoes and Fresh Brussel Sprouts -- Maple Walnut Ice Cream	Homemade Roast Mashed Potatoes Roasted Turnip and Root Vegetables Yorkshire Pudding -- Coconut Cream Pie