

Arbour Trails SV Winter/Spring 2025 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal	Oatmeal	Cinnamon Oatmeal	Fresh Fruit Salad	Fresh Fruit Salad	Oatmeal	Fresh Fruit Salad
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal	Oatmeal	Assorted Cold Cereal	Cinnamon Oatmeal
Scrambled Eggs	Buttermilk Pancakes	Egg Sausage on english muffin	Assorted Cold Cereal	Assorted Cold Cereal	Omelette	Assorted Cold Cereal
Crispy Bacon	Maple Breakfast Sausage Link	Whole Wheat Toast	Cheddar Cheese	Crispy Bacon	Breakfast Ham	Fried Egg
Whole Wheat Toast	Sausage Link	Whole Wheat Toast	Assorted Lact Free Yogurt	Poached Egg	Whole Wheat Toast	Crispy Bacon
White Toast	Whole Wheat Toast	White Toast	Blueberry Muffin	Whole Wheat Toast	White Toast	Whole Wheat Toast
	White Toast		Whole Wheat Toast	White Toast		White Toast
			White Toast			
LUNCH						
Roasted Red Pepper Soup	Mushroom Wild Rice Soup	Split Pea Soup	Minestrone Soup	Creamy Onion Soup	Hearty Navy Bean Soup	Cream Cauliflower Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Chili Con Carne	Sour Cream	Cheesy Tuna Melt	Western Omelet Sandwich	Ham & Swiss on Croissant	Shrimp Salad on Croissant	Maple Syrup
Broccoli Salad	Perogies w/Bacon & Onion	Heritage Blend Salad	Italian Pasta & Vegetable Salad	Carrot Raisin Salad	Tuscan Greens with Dressing	Belgian Waffle & Berries
Baked Spiced Pears	Fresh Pineapple		Chilled Peaches	Mandarin Oranges	CranApple Gel Salad	Turkey Breakfast Sausage
	Tossed Salad					Fresh Melon
	Stewed Rhubarb with Custard					
DINNER						
Tuscan Lemon Chicken	Guinness Beef Pot Pie	Sausage & Apples	Beef Stir-Fry	Beef Shepherds Pie	Pork Souvlaki	Roast Turkey
Mediterranean Moussaka	Cheese Tortellini wth Alfredo Sauce	Chicken & Mushroom Voloute on Puff Pastry	Shrimp Pasta with Lobster Sauce	Pork Tortiere	White Bean Lentil & Turkey Stew	Turkey Gravy
Wild & Brown Rice	Mashed Potatoes	Sweet Potatoes	Fluffy Rice	Buttered French Beans	German Potato Salad	Parslied New Potatoes
Parsley Carrots	Baked Parmesan Tomato	Roasted Parsnips	Garden Salad	Herb Focaccia Bread	Roasted Mixed Peppers	Roasted Butternut Squash
Herb Focaccia Bread	Herb Focaccia Bread	Herb Focaccia Bread	Cranberry Focaccia Bread	Cherry Crisp	Herb Focaccia Bread	Herb Focaccia Bread
Berry Trifle	Homemade Cinnamon Rice Pudding	Homemade Cinnamon Rice Pudding	Jammy Shortbread Bar		Homemade Chocolate Pudding Cake	Apple Crumb Pie
	Mini Banana Sundae					

Arbour Trails SV Winter/Spring 2025 - Week 2

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal	Oatmeal	Oatmeal	Fresh Fruit Salad	Oatmeal	Oatmeal	Fresh Fruit Salad
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Cinnamon Oatmeal	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal
Scrambled Eggs	Buttermilk Pancakes	Egg Sausage on english	Assorted Cold Cereal	Crispy Bacon	Western Omelette	Assorted Cold Cereal
Crispy Bacon	Pork Sausage Pattie	muffin	Assorted Lact Free	Poached Egg	Breakfast Ham	Fried Egg
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Yogurt	Whole Wheat English	Whole Wheat Toast	Crispy Bacon
White Toast	White Toast	White Toast	Cheddar Cheese	Muffin	White Toast	White Toast
			Bran Muffin	Whole Wheat Toast		Whole Wheat Toast
			Whole Wheat Toast	White Toast		
			White Toast			
LUNCH						
Carrot Ginger Soup	Lobster Chowder	Lemon Lentil Soup	Beef & Noodle Soup	Cream of Mushroom	Tuscan Bean &	Chicken Rice Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Soup	Vegetable Soup	Unsalted Crackers
Spinach & Feta Quiche	Roasted Red Pepper	Pulled BBQ Beef on	Chicken Leek Egg	Unsalted Crackers	Unsalted Crackers	Hollandaise Sauce
Cabbage & Apple Salad	Pizza	Wheat	Noodle	Ham & Cheese	Salmon Salad on Rye	Eggs Benedict with
Mandarin Dream	Tomato Cucumber	Red Beet Citrus Salad	Spiced Carrot &	Sandwich	Caesar Salad	Peameal
Gelatin	Salad	Wheat Roll	Parsnip Salad	House Salad	Wheat Roll	Zesty Citrus Spinach
	Stewed Rhubarb &	Mixed Berries &	Wheat Roll	Chilled Apricots	Strawberries	Salad
	Berries	Topping	Chilled Cherries			Fruit Cocktail
DINNER						
Savory Mustard	Curried Lamb	Garlic Shrimp	Cheese & Spinach	Fish 'n Chips	Beef Biscuit Bake	Homemade Roast Beef
Chicken	Smoked Salmon with	Wine Mustard Glazed	Cannelloni	Confetti Coleslaw	Ham & Potato Casserole	Brown Gravy
Beef Ragout	Creamy Fusilli	Ham	Turkey Schnitzel	Herb Focaccia Bread	Herb Roasted Potatoes	Horseradish
Buttered Penne	Chives & Sour Cream	Boiled Potatoes	Mashed Potatoes	Cran-Apple Cobbler	Fresh Diced Beets	Garlic Mashed
Mashed Potatoes	Mashed Potatoes	Sugar Snap Peas	Heirloom Carrots		Herb Focaccia Bread	Potatoes
Savory Caesar Brussels	Fresh Green Beans	Herb Focaccia Bread	Cranberry Focaccia		Homemade Carrot	Fresh Broccoli Florets
Sprouts	Herb Focaccia Bread	Brownie Pudding Cake	Bread		Cake	Yorkshire Pudding
Herb Focaccia Bread	Spiced Bread Pudding		Oatmeal Cookies			Pumpkin Pie
Pumpkin Tart						

Arbour Trails SV Winter/Spring 2025 - Week 3

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Fresh Fruit	Cinnamon Oatmeal	Oatmeal	Fresh Fruit Salad
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal
Crispy Bacon	Buttermilk Pancakes	Egg Sausage on english muffin	Assorted Cold Cereal	Crispy Bacon	Western Omelette	Assorted Cold Cereal
Scrambled Eggs	Sausage Links	Whole Wheat Toast	Cheddar Cheese Slice	Poached Egg	Breakfast Ham	Crispy Bacon
Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Vanilla Yogurt	Whole Wheat Toast	Whole Wheat Toast	Fried Egg
White Toast	White Toast	White Toast	Raisin Toast	Toasted English Muffin	White Toast	Whole Wheat Toast
			Whole Wheat Toast			White Toast
			White Toast			
LUNCH						
Unsalted Crackers	Chicken Rice Soup	Tomato Bisque	Roasted Cauliflower Soup	Potato Bacon Soup	Savory Thai Butternut Soup	Turkey Rice Soup
Beef Barley and Veg Soup	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Vegetable Quiche	Haddock Bites	Spinach & Roasted Red Pepper Strata	Pastrami Sandwich	Tuscan Mac & Cheese	Hot Beef Dip Sandwich	Texas French Toast
Strawberries Mixed Green Salad	Creamy Coleslaw	Carrot Apple Salad	Tossed Salad	Waldorf Salad	Dill Potato Salad	Sausage Patty
Mandarin Pineapple Cup	Tropical Fruit	Wheat Roll	Fresh Fruit Salad	Berry Pineapple Cream	Mandarin Oranges	Stewed Berries
		Red Seedless Grapes				Diced Cantaloupe & Honeydew
DINNER						
Chicken & Veg Stir Fry	Glazed Pork Chop	Beef Stroganoff	Vegetarian Lasagna	Haddock with Roasted Red Pepper Sauce	Creamy Sundried Tomato & Chicken Gnocchi	Pork Loin w/Apples
Honey Balsamic Salmon	Beef Meatloaf	Salmon Pie	Lemon Thyme Chicken	Braised Beef Brisket		Glazed Sweet Potatoes
Fluffy Rice	Orange Sage Mashed Sweet Potato	Buttered Egg Noodles	Herbed Potatoes	Sour Cream	Braised Lamb Shanks	Roasted Root Vegetables
Garden Salad	Green Beans Cran/Pecan	Peas & Carrots	Sweet & Sour Cabbage	Baked Potato	Whipped Potatoes	Herb Focaccia Bread
Herb Focaccia Bread	Herb Focaccia Bread	Herb Focaccia Bread	Cranberry Focaccia Bread	Creamed Corn	Fresh Cauliflower & Peppers	Peach Crisp
Boston Cream Cake	Homemade Decadent Brownie	Black Forest Pudding	Black Forest Pudding	Herb Focaccia Bread	Herb Focaccia Bread	
	Apple Caramel Tart			Lemon Blueberry Coffee Cake	Chocolate Eclair Dessert	

Arbour Trails SV Winter/Spring 2025 - Week 4

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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BREAKFAST

Oatmeal	Cinnamon Oatmeal	Oatmeal	Fresh Fruit	Oatmeal	Cinnamon Oatmeal	Fresh Fruit Salad
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal	Assorted Cold Cereal	Assorted Cold Cereal	Oatmeal
Scrambled Eggs	Breakfast Sausage Link	Egg Sausage on english muffin	Assorted Cold Cereal	Crispy Bacon	Omelet of the Day	Assorted Cold Cereal
Bacon	Pancake with Maple Syrup	Whole Wheat Toast	Cheddar Cheese Slice	Poached Egg	Breakfast Ham	Crispy Bacon
Whole Wheat Toast	White Toast	White Toast	Vanilla Yogurt	Whole Wheat English Muffin	Whole Wheat Toast	Fried Egg
White Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast	Whole Wheat Toast	White Toast	Whole Wheat Toast
	White Toast		White Toast	White Toast		White Toast
			Raisin Toast	White Toast		

LUNCH

Golden Lentil Soup	Scotch Broth	Cream of Celery Soup	Unsalted Crackers	Squash Apple Soup	Unsalted Crackers	Lemon Chicken & Rice Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Corn Chowder	Unsalted Crackers	Vegetable Soup	
Sausage on White Bun	Quiche Lorraine	Pepperoni & Mushroom Pizza	Wieners & Beans	Deviled Ham Salad Sandwich	Crab Salad on Brioche Bun	Unsalted Crackers
Cucumber Salad	Carrot Raisin Salad	Heritage Blend Salad	Pineapple Slaw	Triple Bean Salad	Pear & Pecan Lettuce Salad	Crispy Bacon
Sauerkraut	Peach Fruit Whip	Mixed Berries	Peaches & Pears	Mango & Pineapple Salad	Blueberries with Whip Cream	Pancake with Maple Syrup
Orange Sections						Fresh Watermelon

DINNER

Forest Mushroom Beef Stew	Chicken Breast with Wine Sauce	Teriyaki Salmon	BBQ Chicken Leg	Baked Sole & Tomato Ginger Sauce	Turkey & Squash Bake	Homemade Roast Beef
Turkey Pot Pie	Tilapia & Dill Sauce	Coconut Curried Pork	Mediterranean Lamb Chop	Sherry Beef Tips	Honey Garlic Pork Loin	Horseradish
Mashed Potatoes	Couscous Pilaf	Basmati Rice	Garlic Mashed Potatoes	Roasted New Potatoes	Mashed Sweet Potatoes	Lyonnais Potatoes
Glazed Carrots	Buttered Red Cabbage	Fresh Zucchini Medley	Herb Focaccia Bread	Broccoli Almondine	Fresh Brussels Sprouts	Glazed Turnips
Herb Focaccia Bread	Herb Focaccia Bread	Strawberry Mousse & Whip Topping	Harvard Beets	Herb Focaccia Bread	Herb Focaccia Bread	Herb Focaccia Bread
Strawberry Cheesecake	Frosted Gingerbread Bar		Cranberry Focaccia Bread	Oatmeal Apple Cake	Maple Walnut Ice Cream	Yorkshire Pudding
			Custard Glazed Bread Pudding			Coconut Cream Pie