

Week 1



Fall-Winter Menu 2025-2026

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Regular & Cut up	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
	Hot Oatmeal	Hot Oatmeal	Hot Oatmeal	Hot Oatmeal	Hot Oatmeal	Hot Oatmeal	Hot Oatmeal
	Toast/ Jam	Toast/ Jam	Toast/ Jam	Toast/ Jam	Toast/ Jam	Toast/ Jam	Toast/ Jam
	Plain Omelette	Sausages	Cheese Scones with Fruits	Poached Eggs	Scrambled Eggs	Boiled Eggs	Bacon

Toast- Brown or White. Cold Cereal- Bran, Corn Flakes, Rice Krispy, Cherries

Lunch

Soup	Beef Barley Soup	Split Peas & Ham	Beef & Vegetable Soup	Vegetable Chowder	Brown Lentil & Spinach Soup	Winter Vegetable Soup	Chicken Noodle Soup
Entrée	Chicken Drumsticks	Salmon Salad Sandwich	Meat Lover Mac & Cheese	Grilled Paneer Cheese Wrap	Pepperoni Pizza	Roasted Chicken Casserole	Scrambled Eggs
Sides	Roasted Vegetables	Potato Salad	Tossed Green Salad with Vegetables	Baked Potato Bites	Caesar Salad	Dinner Roll	Hash Brown Potatoes & Turkey Sausage
Dessert	Red Velvet Cake	Peaches with Cinnamon Syrup and Cream	Coffee Mouse	Jello With Fruits	Vanilla Mousse with Wafers	Ice cream Sandwich	Warm Cherry Strudel
PM Snacks	Assorted Baking Goods and Fruits	Assorted Baking Goods and Fruits	Assorted Baking Goods and Fruits	Assorted Baking Goods and Fruits	Assorted Baking Goods and Fruits	Assorted Baking Goods and Fruits	Assorted Baking Goods and Fruits

Dinner

Entrée	Penne With Beef Ragout	Chicken Pot Pie	Salisbury Steak With Mushroom Sauce	Pork Tenderloin	Maple Glazed Salmon	Winter Beef Stew	BBQ Pork Ribs
Starch & Vegetables	Buttered Steamed Vegetable	Mushroom & Peas	Mashed Potatoes & California Vegetable	Scallops Potatoes Carrots and Brussel Sprouts	Roasted Baby Potatoes, Broccoli & Peppers	Homemade Buttermilk Biscuits	Baked Potatoes, Glazed Carrots & Peas
Dessert	Chocolate Mousse with Cookies	Butter Tart	Yoghurt with Fruits	Black Forest Cake	Apple Crumble	Pumpkin Cake With Whipped Cream	Apple Pie
HP Snacks	Assorted Sandwiches and Fruits	Assorted Sandwiches and Fruits	Assorted Sandwiches and Fruits	Assorted Sandwiches and Fruits	Assorted Sandwiches and Fruits	Assorted Sandwiches and Fruits	Assorted Sandwiches and Fruits

Beverages served at all meals and snacks: Water, Juice, Milk, Coffee and Tea

*Items NOT suitable for residents on Thickened Fluids

All Blended Soups must be on Honey Thick Consistency