

Breakfast

Served with a selection of juice

Lunch

Served with a selection of juice

Dinner

Served with red or white wine

Monday

Oatmeal or Assorted Cold Cereal
Scrambled Eggs with
Bacon/ Sausage and Toast

Soup de Jour: Carrot Ginger Soup
Vegetable & Swiss Cheese Quiche
with a Mixed Green Salad
with Balsamic
or
Grilled Chicken & Mango Salad

Apple Cider Pork Chops
or
Oriental Beef
Served with:
Rice Pilaf, Sautéed Bok Choy,
Corn on the Cob

Tuesday

Oatmeal or Assorted Cold Cereal
Scrambled Eggs with
Bacon/ Sausage and Toast

Soup de Jour: Split Pea Soup
Cottage Cheese & Fruit Plate
with a Morning Glory Muffin
or
BLT on Whole Wheat
With A Mixed Green Salad

Italienne Swiss Steak
or
Krunchi Perch
Served with:
Parisienne Potatoes, Julienne Carrots,
Braised Napa Cabbage

Wednesday

Oatmeal or Assorted Cold Cereal
Scrambled Eggs with
Bacon/ Sausage and Toast

Soup de Jour: Tomato Soup
BBQ Beef on a Bun
or
Bagel and Lox
Served with:
With Carrot & Pineapple Slaw

Orange Thyme Chicken
or
Farmers Sausage
Served with:
Baked Potato, Seasoned Green Peas,
Sliced Beets

Thursday

Oatmeal or Assorted Cold Cereal
Scrambled Eggs with
Bacon/ Sausage and Toast

Soup de Jour: Florentine Soup
Chicken Salad on Multi-grain
or
Vegetarian Pizza
Served with:
Caesar Salad

Braised Lamb Shank
or
Tilapia & Dill Sauce
Served with:
Rosemary Potatoes, Whipped Squash,
Steamed Asparagus

Friday

Oatmeal or Assorted Cold Cereal
Scrambled Eggs with
Bacon/ Sausage and Toast

Soup de Jour: Cream of Broccoli Soup
Ploughman's Lunch
or
Western Omelette on Whole Wheat
Served with:
Green Goddess Salad

"Fish 'n Chips"
with Creamy Coleslaw
or
Beef Shepherd's Pie
Sugar Snap Peas
Grilled Onions and Peppers

Saturday

Oatmeal or Assorted Cold Cereal
Scrambled Eggs with
Bacon/ Sausage and Toast

Soup de Jour: Scotch Broth
Turkey and Lettuce on Whole Wheat
or
Macaroni & Cheese
Served with:
Romaine & Mandarin Salad with almonds

Steak & Mushrooms
or
Baked Glazed Ham
Served with:
Scalloped Potatoes, French Cut
Green Beans, Parsley Carrots

Sunday

Oatmeal or Assorted Cold Cereal
Scrambled Eggs with
Bacon/ Sausage and Toast

Soup de Jour: Chicken and Rice Soup
French Toast with Berry Sauce & Bacon
or
Crab Cake with Tartar Sauce
Served with:
Citrus Salad

Roast Turkey with Gravy and Stuffing
or
Braised Liver & Onions
Served with:
Mashed Potatoes, Broccoli Florets,
Cauliflower

Lunch and dinner include a **feature dessert** and an **à la carte dessert** menu.

À la carte alternatives are offered in addition to the daily feature.