

# Schlegel Villages



# Week One- 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	<b>Continental Breakfast:</b> 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	<b>Continental Breakfast:</b> 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	Roasted Red Pepper Soup  Ham and Swiss on Croissant Served with Broccoli Salad -- Baked Spiced Pears	Mushroom and Wild Rice Soup  Perogy Casserole Served with Tossed Salad -- Stewed Rhubarb with Custard	Split Pea Soup  Cheesy Tuna Melt Served with German Potato Dill Salad -- Fresh Pineapple	Minestrone Soup  Western Omelet Sandwich Served With Macaroni Salad -- Chilled Peaches	Creamy Onion Soup  Corned Beef on Rye Served with Coleslaw and Dill Pickle -- Baked Cinnamon Apples	Cream of Asparagus Soup  Shrimp Salad on a Croissant Served with Tuscan Greens with Dressing -- CranApple Gel Salad	Cream of Cauliflower Soup  Egg and Cheese on Wheat Served with Roasted Hashbrowns and Bacon -- Fresh Melon
Dinner	Honey Balsamic Salmon OR Tuscan Lemon Chicken Both Served With Wild & Brown Rice and Parsley Carrots -- Berry Trifle	Guinness Beef Pot Pie Served with Mashed Potatoes and Baked Parmesan Tomato Or Cheese Tortellini with Alfredo Sauce Tossed Salad -- Mini Banana Sundae	Sausage and Apples Or Chicken & Mushroom Veloute on Puff Pastry Both Served with Sweet Potatoes and Roasted Root Vegetables -- Warm Cinnamon Rice Pudding	Beef Stir-Fry Or Eggplant Parmigiana Both Served with Rice and Garden Salad -- Jammy Shortbread	Parmesan Herb & Garlic Baked Cod Or Pork Tourtiere Both Served with Rosemary Roasted Potatoes Sauteed Spinach -- Cherry Crisp	Pork Souvlaki Served with Parslied New Potatoes and Roasted Mixed Peppers Or White Bean Lentil & Turkey Stew -- Homemade Chocolate Pudding Cake	Roast Turkey Served with Mashed Potatoes, Savoury Stuffing and Roasted Squash -- Warm Apple Pie

