

WEEK 1

VALLEYVIEW RESIDENCE – Summer & Fall 2021

DATE													
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
Choice of Juice - Apple, Orange, Prune or Stewed Prunes													
B R E A K F A S T		Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Boiled Egg 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cream of Wheat Assorted muffin Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Cheddar Cheese 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cream of Wheat French Toast Buttered Wheat Toast Boiled Egg 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cream of Wheat Danish Buttered Wheat Toast Cheddar Cheese 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Raisin Toast Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal					
	SOUP	Mushroom Barley	Split Pea	Veg. Chicken Noodle	Cream of Mushroom	Garden Vegetable	Carrot & Rice	Vegetable Florentine					
L U N C H	1st CHOICE	**Vegetable Quiche Seasoned Green Peas Butterscotch Pudding	**Macaroni & Cheese Stewed Tomato Assorted Yogurt	Salmon Cream Cheese/Rye *Cream Cheese Bagel Spring Mix Salad Apricot Halves	Assorted Sandwich *Veg. Assorted Sandwich Green Salad Fresh Honeydew	**Cottage Cheese Fruit Plate/Muffin Strawberry Yogurt	**Egg Salad Croissant Tossed Salad Ice Cream	Chicken Souvlaki Plate Veg. Chicken Nugget Plate Rice Pilaf Greek Salad Lemon Poppy Seed Loaf					
	2nd CHOICE	Turkey Salad Plate/Roll * Veg. Turkey Salad Plate/Roll Garden Salad Tropical Fruit Salad	Corned Beef on Rye/ Pickle Spear *Veg. Corned Beef Sandwich/Pickle Spear Garden Salad Fresh Grapes	**Cheese Perogys with Sour Cream Diced Carrots Very Berry Mousse	Breaded Pollock Fillet *Veg. Chicken Nuggets Mashed Potato Mexican Vegetables Vanilla Pudding	Turkey Burger *Veg. Burger Lettuce/Tom/Pckl/Onio n Bean Salad Assorted Desserts	Dressed Hotdog *Veg. Dressed Hotdog Baked Beans Cabbage Salad Melon	Salmon Salad/ Roll **Cheese Lettuce & Tomato Sandwich Chick Pea Salad Fruit Cup					
D I N N E R	1st CHOICE	Herbed Haddock Fillets *Falafel Balls Scalloped Potato Whole Kernel Corn Frosted Banana Cake	Pot Roast/Gravy *Veg. Beef Parmesan Mashed Potato Parsnips Chilled Diced Peaches	Veal Paprika *Ziti Pasta Bake Buttered Noodles Yellow Wax Beans Chilled Pears	Shepherd's Pie/Gravy *Veg. Shepherd's Pie Parslied Cauliflower Iced Carrot Cake	Lemon Baked Sole *Veg. Croquettes Home Fried Potato Asparagus Iced Chocolate Brownie	Meat Lasagna *Vegetarian Lasagna Garlic Bread Mixed Vegetables Raspberry Jelly Roll	Roast Turkey Gravy & Cranberry Sauce * Veg. Turkey Croquettes Bread Stuffing Whipped Potato Italian Blend Vegetables Banana Cream Pie					
	2nd CHOICE	Salisbury Steak *Veg. Pattie/Gravy Mashed Potato Sautéed Mushrooms Seasonal Fruit	Baked Pollock/Lemon *Tofu Balls Rice Pilaf French Green Beans Chocolate Layer Cake	Pan Roasted Chicken *Veg. Chicken Pattie/Gravy Seasoned Barley Baked Squash Lemonicious Bar	BBQ Chicken *Veg BBQ Chicken Steamed Rice Brussels Sprouts Peach Slices	Lamb Chops/Mint Jelly *Cottage Cheese Patties Mashed Potato Succotash Mandarin Oranges	Chicken Stir Fry *Veg. Chicken Stir Fry Steamed Rice Broccoli Spears Tropical Fruit Salad	Pepper Steak *Veg. Pepper Steak Parisienne Potato Sweet Potato Vanilla Mousse					

*Suitable as vegetarian (veg.) entrée choice

Choice of water, tea, coffee and milk served at all meals

Bread with Margarine/Butter served at Lunch & Dinner

** Suitable for regular and vegetarian choices

VALLEYVIEW RESIDENCE – Summer & Fall 2021

WEEK 2

DATE								
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Choice of Juice - Apple, Orange, Prune or Stewed Prunes								
B R E A K F A S T		Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Blueberry Muffin Cheddar Cheese 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cream of Wheat Buttered Wheat Toast Boiled Egg 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Cheddar Cheese 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cream of Wheat Buttered Wheat Toast Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Bagel & Cream Cheese Turkey Bacon 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cream of Wheat Buttered Wheat Toast Cheese Omelette 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Raisin Toast Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal
	SOUP	Vegetable Borscht	Cream of Carrot	Matzo Ball	Lentil Pasta	Spring Vegetable	Minestrone	Butternut Squash
L U N C H	1ST CHOICE	**Pizza Spring Mix Salad Seasonal Fruit	Beef Steak Pie *Veg. Beef Pie Beets & Onion Salad Chilled Diced Pears	Hamburger on Bun *Veg. Hamburger Bun Potato Salad Lettuce/Tom/Pckl/Onion Mustard Mayonnaise Pineapple Tidbit	Chicken Fillets *Veg. Chicken Nuggets Kasha & Bow Tie Noodles House Side Salad Fresh Fruit Salad	**Cheese Rainbow Tortellini Mixed Vegetables Peach Frozen Yogurt	**Spinach Souffle Mashed Potato Italian Vegetables Tapioca Pudding	Reuben Sandwich **Veg. Reuben Sandwich Garden Salad Butterscotch Sundae
	2ND CHOICE	Submarine Sandwich *Veg. Sub. Sandwich Spinach Mandarin Salad Fruit Yogurt	**Cheese Cannelloni Seasoned Peas Rocky Road Pudding	** Cheese & Tomato Sandwich Dilled Cucumber Salad Lemon Pudding	**Waffles & Cottage Cheese Hot Spiced Apples Tiramisu Mousse	Roast Beef Salad Plate *Veg. Meat Salad Plate Roll Chilled Applesauce	Pastrami Sandwich *Veg. Salami Sandwich Tossed Salad Canned Fruit	Seafood Salad/Croissant *Veg. Cheese & Lettuce/ Croissant Carrot Raisin Salad Fruit Cocktail
D I N N E R	1ST CHOICE	Boiled Chicken *Veg. Chicken Casserole Mashed Potatoes Parslied Cauliflower Butter Tart Bar	Sautéed Liver & Onions *Cheese Ravioli Mashed Potato Wax Beans & Red Pepper Fruit Cocktail	Chicken Balls/ Sweet & Sour Sauce *Tofu Balls/Sweet & Sour Sauce Steamed Rice Garden Blend Vegetables Diced Peaches	Turkey Sausage *Veg. Meat Balls/ HGS Parslied Boiled Potato Sauerkraut Squash Medley Orange Cake	Adobo Chicken *Veg. Enchilladas Steamed Rice Oriental Blend Vegetables Streusel Pecan Cake	Roast Beef/Gravy *Linguine & Vegetables Mashed Potatoes Edamame Beans Chocolate Eclair	Thyme Baked Chicken *Lentil Roast Barley Seasoned Green Beans White Cake
	2ND CHOICE	Beef Curry * Veg. Beef Curry Steamed Rice Mixed PEI Vegetables Apricot Halves	Baked Salmon Loins *Veg. Croquettes Baked Potato/Sour Cream Seasoned Broccoli Ice Cream Sandwich	Roast Veal *Veg. Beef Pattie Roasted Red Potatoes Fried Zucchini & Onion Caramel Swirl Cake	Baked Haddock/Dill Sauce *Cheese Perogys Mashed Potato Whole Kernel Corn Melon	Fish'n Chips *Falafel Balls Carrots Fresh Grapes	Hawaiian Chicken *Veg. Hawaiian Chicken Rice California Vegetables Watermelon	Lamb Stew/Tea Biscuit *Veg. Beef Stew/Biscuit Sweet Potato Peach Slices

*Suitable as vegetarian (veg.) entrée choice

Choice of water, tea, coffee and milk served at all meals

Bread with Margarine/Butter served at Lunch & Dinner

** Suitable for regular and vegetarian choices

WEEK 3

DATE								
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Choice of Juice - Apple, Orange, Prune or Stewed Prunes								
B R E A K F A S T		Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast French Toast Boiled Egg 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cram of Wheat Buttered Wheat Toast Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Cheddar Cheese 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cream of Wheat Buttered Wheat Toast Lemon Raspberry Swirl Boiled Egg 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Scrambled Eggs Turkey Bacon 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cream of Wheat Buttered Wheat Toast Donut 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Raisin Toast Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal
	L U N C H	SOUP 1ST CHOICE 2ND CHOICE	Vegetable Barley Beef Wrap *Veg. Meat Wrap Potato Chips Chilled Pears Barbeque Chicken Salad Plate *Veg. Chicken Salad Plate Bean Salad Ice Cream	Tomato Vegetable Smoked Meat Sandwich *Veg. Meat Sandwich Tossed Salad Chocolate Pudding Salmon Burger *Veg. Burger Marinated Tomato & Onion Apricot Halves	Hearty Bean Soup ** Veg. Chicken Noodle Garlic Green Beans Tropical Fruit Salad Tuna Salad/Roll *Cheese Sandwich Broccoli Salad Apple Strudel	Veg. Chicken Rice Assorted Sandwich *Veg. Sandwich Pickled Beet Salad Chilled Diced Peaches ** Cheese Ravioli Oriental Vegetables Tangerine Mousse	Cream of Cauliflower **Mushroom Frittata Toast Points Scalloped Tomatoes Watermelon Pastrami Sandwich/Pickle *Veg. Salami Sandwich Spinach Mango Salad Coconut Pudding	Julienne Vegetable **Grilled Cheese Cabbage Salad Chocolate Sundae Cup Chicken Fingers & Fries Veg. Croquettes Italian Blend Vegetables Fresh Grapes
D I N N E R	1ST CHOICE 2ND CHOICE	Baked Cod/Lemon *Veg. Croquettes Rice Pilaf Seasoned Spinach Raspberry Cheesecake Sliced Corned Beef *Veg. Corned Beef Hash Boiled Potatoes Sautéed Cabbage Seasonal Fruit	Coq au Vin *Cottage Cheese Balls Steamed Rice Asparagus Mandarin Oranges Meatloaf/Mushroom Gravy *Veg. Meatloaf/Gravy Whipped Potato Diced Carrots Boston Cream Cake	Boiled Chicken *Veg. Chicken Pattie Kasha Mashed Turnips Ambrosia BBQ Beef Ribette *Penne Spinach & Tomatoes Baked Potato/Sour Cream Sunrise Vegetables Fruit Tart	Herbed Baked Sole *Lentil Stew Scalloped Potato Yellow Wax Beans Triple Chocolate Fudge Chicken Marsala *Veg. Chicken Marsala Mashed Potato Green Peas Rosy Applesauce	Spaghetti & Meat Balls *Spaghetti & Veg. Meat Balls Garlic Bread Kernel Corn Lemon Meringue Pie Lemon Poached Tilapia *Banquet Loaf/Gravy Whipped Potato Zucchini Fruit Cup	Swiss Steak *Veg. Swiss Steak Noodles Broccoli Spears Fresh Honeydew Turkey Schnitzel *Veg. Turkey Roast Mashed Potato Harvard Beets Iced Red Velvet Cake	Citrus Salmon *Veg. Frank & Beans Mashed Potato Parslied Cauliflower Strawberry Ice Cream Veal Slices *Broccoli & Mushroom Strata Roasted Potatoes Baked Squash Fresh Fruit Cup

*Suitable as vegetarian (veg.) entrée choice

Choice of water, tea, coffee and milk served at all meals

Bread with Margarine/Butter served at Lunch & Dinner

** Suitable for regular and vegetarian choices