

# WEEK 1

## VALLEYVIEW RESIDENCE – Winter & Spring 2020-2021

DATE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Choice of Juice - Apple, Orange, Prune or Stewed Prunes								
<b>B R E A K F A S T</b>		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 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 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
	<b>SOUP</b>	Mushroom Barley	Split Pea	Veg. Chicken Noodle	Cream of Mushroom	Garden Vegetable	Carrot & Rice	Vegetable Florentine
<b>L U N C H</b>	<b>1<sup>st</sup> CHOICE</b>	**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
	<b>2<sup>nd</sup> CHOICE</b>	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/Onion 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
<b>D I N N E R</b>	<b>1<sup>ST</sup> CHOICE</b>	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
	<b>2<sup>nd</sup> CHOICE</b>	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 – Winter & Spring 2020-2021

# WEEK 2

DATE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Choice of Juice - Apple, Orange, Prune or Stewed Prunes								
<b>B R E A K F A S T</b>		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
	<b>SOUP</b>	Vegetable Borscht	Cream of Carrot	Matzo Ball	Lentil Pasta	Spring Vegetable	Minestrone	Butternut Squash
<b>L U N C H</b>	<b>1<sup>ST</sup> CHOICE</b>	**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
	<b>2<sup>ND</sup> CHOICE</b>	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
<b>D I N N E R</b>	<b>1<sup>ST</sup> CHOICE</b>	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
	<b>2<sup>ND</sup> CHOICE</b>	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

## VALLEYVIEW RESIDENCE – Winter & Spring 2020-2021

DATE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Choice of Juice - Apple, Orange, Prune or Stewed Prunes								
<b>BR EA K F A S T</b>		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
	<b>SOUP</b>	Vegetable Barley	Tomato Vegetable	Hearty Bean Soup	Veg. Chicken Rice	Cream of Cauliflower	Julienne Vegetable	Navy Bean
<b>L U N C H</b>	<b>1<sup>ST</sup> CHOICE</b>	Beef Wrap *Veg. Meat Wrap Potato Chips Chilled Pears	Smoked Meat Sandwich *Veg. Meat Sandwich Tossed Salad Chocolate Pudding	** Veg. Chicken Noodle Garlic Green Beans Tropical Fruit Salad	Assorted Sandwich *Veg. Sandwich Pickled Beet Salad Chilled Diced Peaches	**Mushroom Frittata Toast Points Scalloped Tomatoes Watermelon	**Grilled Cheese Cabbage Salad Chocolate Sundae Cup	**Cottage Cheese Fruit Plate/ Muffin Blueberry Crumb Cake
	<b>2<sup>ND</sup> CHOICE</b>	Barbeque Chicken Salad Plate *Veg. Chicken Salad Plate Bean Salad Ice Cream	Salmon Burger *Veg. Burger Marinated Tomato & Onion Apricot Halves	Tuna Salad/Roll *Cheese Sandwich Broccoli Salad Apple Strudel	** Cheese Ravioli Oriental Vegetables Tangerine Mousse	Pastrami Sandwich/Pickle *Veg. Salami Sandwich Spinach Mango Salad Coconut Pudding	Chicken Fingers & Fries Veg. Croquettes Italian Blend Vegetables Fresh Grapes	Beef, Broccoli Stir Fry *Veg. Beef Stir Fry Rice San Francisco Vegetable Lemon Pudding
<b>D I N N E R</b>	<b>1<sup>ST</sup> CHOICE</b>	Baked Cod/Lemon *Veg. Croquettes Rice Pilaf Seasoned Spinach Raspberry Cheesecake	Coq au Vin *Cottage Cheese Balls Steamed Rice Asparagus Mandarin Oranges	Boiled Chicken *Veg. Chicken Pattie Kasha Mashed Turnips Ambrosia	Herbed Baked Sole *Lentil Stew Scalloped Potato Yellow Wax Beans Triple Chocolate Fudge	Spaghetti & Meat Balls *Spaghetti & Veg. Meat Balls Garlic Bread Kernel Corn Lemon Meringue Pie	Swiss Steak *Veg. Swiss Steak Noodles Broccoli Spears Fresh Honeydew	Citrus Salmon *Veg. Frank & Beans Mashed Potato Parslied Cauliflower Strawberry Ice Cream
	<b>2<sup>ND</sup> CHOICE</b>	Sliced Corned Beef *Veg. Corned Beef Hash Boiled Potatoes Sautéed Cabbage Seasonal Fruit	Meatloaf/Mushroom Gravy *Veg. Meatloaf/Gravy Whipped Potato Diced Carrots Boston Cream Cake	BBQ Beef Ribette *Penne Spinach & Tomatoes Baked Potato/Sour Cream Sunrise Vegetables Fruit Tart	Chicken Marsala *Veg. Chicken Marsala Mashed Potato Green Peas Rosy Applesauce	Lemon Poached Tilapia *Banquet Loaf/Gravy Whipped Potato Zucchini Fruit Cup	Turkey Schnitzel *Veg. Turkey Roast Mashed Potato Harvard Beets Iced Red Velvet Cake	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