

# VALLEYVIEW RESIDENCE – Summer & Fall 2023

## WEEK # 1

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 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 Pancakes 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 2% Milk Ass't Jam/Peanut Butter 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>L U N C H</b>	<b>SOUP</b>	Mushroom Barley	Split Pea	Veg. Chicken Noodle	Cream of Mushroom	Garden Vegetable	Carrot & Rice	Vegetable Florentine
		<b>1<sup>st</sup> CHOICE</b>	**Vegetable Quiche Seasoned Green Peas Butterscotch Pudding	**Macaroni & Cheese Stewed Tomato Blueberry Ice Cream	Smoked Salmon Cream Cheese on Rye *Cream Cheese Bagel Caesar Salad Apricot Halves	Assorted Sandwich *Veg. Assorted Sandwich Green Salad Fresh Honeydew	**Cottage Cheese Fruit Plate/ Muffin Strawberry Yogurt	**Egg Salad Croissant Tossed Salad Vanilla Ice Cream	Turkey Burger *Veggie Burger Lett/Tomato/Pick/Onion Black Bean & Corn Salad Jello Mold
	<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 Dilled Cucumber Salad Fresh Grapes	**Cheese & Potato Perogys /Sour Cream Diced Carrots Very Berry Mousse	Fish Fingers/Tartar Sauce *Veggie Nuggets Mashed Potato Mexican Vegetables Vanilla Pudding	Teriyaki Chicken Veg. Chicken Teriyaki Rice Pilaf 4 Way Mix Vegetables Assorted Desserts	Dressed Hotdog *Veg. Dressed Hotdog Baked Beans Cabbage Salad Melon	Salmon Salad Sandwich **Cheese, Lettuce & Tomato Sandwich Greek Salad Fruit Cup	
<b>D I N N E R</b>	<b>1<sup>st</sup> CHOICE</b>	Herbed Basa Fillets *Falafel Ball Scalloped Potato Whole Kernel Corn Frosted Banana Cake	Beef Pot Roast/Gravy *Veg. Beef Parmesan Mashed Potato Parsnips Chilled Diced Peaches	Veal Paprika/ Gravy *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 Cream 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>	Honey Garlic Drumsticks *Veg. Chicken in Honey Garlic Sauce Mashed Potato Sautéed Mushrooms Seasonal Fruit	Baked Pollock/Lemon *Veg. Tofu Balls Rice Pilaf French Green Beans Chocolate 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 Fruit Cocktail	Salisbury Steak *Veg. Beef Steak Parisienne Potato Sweet Potato Strawberries	

\*Suitable as vegetarian (veg.) entrée choice  
\*\* Suitable for regular and vegetarian choices

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

Bread with Margarine/Butter served at Lunch & Dinner

# VALLEYVIEW RESIDENCE – Summer & Fall 2023

## 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 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% Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cream of Wheat Buttered Wheat Toast Cheese Omelets 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>L U N C H</b>	<b>SOUP</b>  <b>1<sup>ST</sup> CHOICE</b> Vegetable Borscht  **Veggie Pizza Spring Mix Salad Seasonal Fruit  <b>2<sup>ND</sup> CHOICE</b> Submarine Sandwich *Veg. Sub. Sandwich Spinach Mandarin Salad Fruit Yogurt	Cream of Carrot  Beef Pot Pie *Veg. Beef Pie Beets & Onion Salad Chilled Diced Pears  **Cheese Cannelloni Seasoned Green Peas Rocky Road Pudding	Matzo Ball  Hamburger on a Bun *Veg. Hamburger Bun Lettuce/Tom/Pckl/Onion Mustard/Mayonnaise Potato Salad Pineapple Tidbits  ** Cheese & Tomato Sandwich Dilled Cucumber Salad Lemon Pudding	Lentil Pasta  Chicken Fillets *Veg. Chicken Nuggets Kasha & Bow Tie Noodles House Side Salad Mandarin Orange  **Belgian Waffles & Cottage Cheese Hot Spiced Apples Tiramisu Mousse	Spring Vegetable  **Rainbow Tortellini/ Marinara Sauce Seasoned Peas Frozen Yogurt  Roast Beef Salad Plate/ Roll *Veg. Meat Plate/ Roll Garden Salad Chilled Applesauce	Minestrone  **Spinach Souffle Mashed Potato Italian Vegetables Tapioca Pudding  Pastrami Sandwich/ Pickle *Veg. Salami Sandwich Tossed Salad Rainbow Jello	Butternut Squash  Reuben Sandwich/Pickles **Veg. Reuben Sandwich Florentine Mix Vegetables Butterscotch Sundae Cup  Seafood Salad/Croissant *Veg. Cheese & Lettuce/ Croissant Caesar Salad Fruit Cocktail
<b>D I N N E R</b>	<b>1<sup>ST</sup> CHOICE</b> Boiled Chicken *Veg. Chicken Casserole Mashed Potato Parslied Cauliflower Mocha Mousse Cake  <b>2<sup>ND</sup> CHOICE</b> Beef Curry * Veg. Beef Curry Steamed Rice Niagara Blend Apricot Halves	Sautéed Liver & Onions *Cheese Ravioli /Sauce Mashed Potato Wax Beans & Red Pepper Fruit Cocktail  Baked Salmon Loins *Veg. Croquettes Baked Potato/Sour Cream Seasoned Broccoli Ice Cream Sandwich	Chicken Balls/ Sweet & Sour Sauce *Veg. Tofu Balls/S&S Sauce Steamed Rice Garden Blend Vegetables Diced Peaches  Roast Veal/ Gravy *Veg. Beef Pattie Roasted Red Skin Potatoes Fried Zucchini & Onion Caramel Swirl Cake	Turkey Sausage *Veg. Chicken Pattie Roasted Potato Sauerkraut Squash Medley Orange Cake  Baked Haddock/Dill Sauce *Cheese Perogys Mashed Potato Whole Kernel Corn Melon	Adobo Chicken *Veg. Enchilladas Steamed Rice Oriental Vegetables Streusel Pecan Cake  Fish'n Chips *Falafel Balls Carrots Fresh Grapes	Roast Beef/Gravy *Linguine & Vegetables Mashed Potatoes Lima Beans Chocolate Eclair  Hawaiian Chicken *Veg. Hawaiian Chicken Steamed Rice California Vegetables Watermelon	Thyme Baked Chicken *Lentil Roast Steamed Barley Seasoned Green Beans White Cake  Lamb Stew/Tea Biscuit Veg. Beef Stew/Tea Biscuit Sweet Potato Peach Slices

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 \*\* Suitable for regular and vegetarian choices

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

Bread with Margarine/Butter served at Lunch & Dinner

# VALLEYVIEW RESIDENCE – Summer & Fall 2023

## WEEK # 3

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 Pancakes 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 Muffin Boiled Egg 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Scrambled Eggs Danish 2% Milk Ass't Jam/Peanut Butter Butter Assorted Fruit Assorted Cold Cereal	Assorted Juices Stewed Prunes Cream of Wheat Buttered Wheat Toast French 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 Butter Assorted Fruit Assorted Cold Cereal
	<b>L U N C H</b>	<b>SOUP</b>	Vegetable Barley	Tomato Vegetable	Hearty Bean Soup	Cabbage & Potato	Cream of Cauliflower	Julienne Vegetable
	<b>1<sup>ST</sup> CHOICE</b>	Beef Wrap *Veg. Meat Wrap Potato Chips Chilled Pears	Smoked Meat Sandwich *Veg. Meat Sandwich Spring Mix Salad Chocolate Pudding	**Veg. Chicken Noodles Garlic Green Beans Tropical Fruit Salad	Assorted Sandwich *Veg. Sandwich Garden Salad Watermelon	** Mushroom Frittata Toast Points Scalloped Tomato Chilled Diced Peaches	**Grilled Cheese Sandwich Cabbage Salad Chocolate Sundae Cup	**Cottage Cheese Fruit Plate/ Muffin Creamy Rice Pudding
	<b>2<sup>ND</sup> CHOICE</b>	BBQ Chicken Salad Plate/Roll *Veg. Chicken Salad Plate Bean Salad Ice Cream	Chicken Wings/ Biscuit *Veg. Nuggets Baby Corn Salad Apricot Halves	Tuna Salad/Dinner Roll *Cheese Sandwich Broccoli Salad Apple Spice Strudel	** Macaroni & Cheese Four Way Mix Vegetables Tangerine Mousse	Pastrami Sandwich/ Pickle *Veg. Salami Sandwich Spinach Mango Salad Coconut Pudding	Chicken Fingers & French Fries Veg. Croquettes Italian Vegetables Fresh Grapes	Fish Burger *Veg. Burger Marinated Tomato & Onion Pineapple Tidbits
<b>D I N N E R</b>	<b>1<sup>ST</sup> CHOICE</b>	Baked Cod *Veg. Croquettes Rice Pilaf Seasoned Spinach Raspberry Cheesecake	Coq au Vin *Cottage Cheese Balls Steamed Rice Cocktail Mix Vegetables Mandarin Oranges	Roasted Garlic Chicken *Veg. Garlic Chicken Kasha Mashed Turnips Ambrosia	Herbed Baked Sole *Lentil Stew Scalloped Potato Yellow Wax Beans Butter Pecan Fudge Cake	Spaghetti & Meat Balls *Spaghetti & Veg. Meat Balls Garlic Bread Kernel Corn Lemon Meringue Pie	Swiss Steak *Veg. Swiss Steak Egg Noodles Broccoli Spears Mandarin Oranges	Citrus Salmon *Veg. Frank & Beans Steamed Rice PEI Vegetables Red Velvet Cake
	<b>2<sup>ND</sup> CHOICE</b>	Sliced Corned Beef *Veg. Corned Beef Hash Boiled Potatoes Sunrise Vegetable Seasonal Fruit	Meatloaf/Mushroom Gravy *Veg. Meatloaf/Gravy Whipped Potato Diced Carrots Boston Cream Cake	BBQ Beef Ribette *Veg. Penne Spinach & Tomatoes Baked Potatoes/S Cream Garden Blend 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 Pattie Sweet Potato Harvard Beets Maple Chocolate Mania Cake	Veal Slices *Spinach & Mushroom Strata Roasted Potatoes Baked Squash Fresh Honeydew

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

Bread with Margarine/Butter served at Lunch & Dinner