

WEEK 1

VALLEYVIEW RESIDENCE

| DATE | | November 18, 2024 | | | | | | |
|--|------------------------------|---|--|---|---|---|--|---|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Choice of Juice - Apple, Orange, Prune or Stewed Prunes, Assorted Fresh Fruits | | | | | | | | |
| B R E A K F A S T | | Assorted Juices Stewed Prunes Oatmeal Pancakes 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 Boiled Egg 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal | Assorted Juices Stewed Prunes Cream of Wheat Mini Croissants 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 Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal | Assorted Juices Stewed Prunes Cream of Wheat Raisin Bread Toast Buttered Wheat Toast Omelet 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal | Assorted Juices Stewed Prunes Oatmeal Danish Buttered Wheat Toast Boiled Egg 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal |
| | SOUP | Red Split Pea | Tomato Vegetable | Cream of Mushroom | Corn Chowder | Butternut Squash | Vegetable Barley | Vegetable Florentine |
| L U N C H | 1st CHOICE | **Cheese & Potato Perogys/ Sour Cream Diced Carrots Butterscotch Pudding | **Macaroni & Cheese Stewed Tomato Vanilla Cream Puffs | Beef Strips in Ginger Sauce * Veg. Strips on Ginger Sauce Rice Pilaf Four Way Mix Vegetables Apricot Halves | **Egg & Veggies Fried Rice Vegetables Spring Rolls/ Plum Sauce Melon | **Cottage Cheese Fruit Plate/Cornbread Muffin Strawberries | Dressed Hotdog *Veg. Dressed Hotdog Baked Beans Coleslaw Chocolate Ice Cream | Reuben Sandwich **Veg. Reuben Sandwich Sauerkraut Beets & Onion Salad Vanilla Pudding |
| | 2nd CHOICE | Smoked Salmon on Rye * Cream Cheese Bagel Spring Mix Salad Watermelon | Chicken Salad Plate/Roll **Cheese Lettuce & Tomato Sandwich Dilled Cucumber Slices Tropical Fruit Salad | Salmon Salad Sandwich *Cream Cheese Bagel Caesar Salad Tiramisu Mousse | Corned Beef on Rye *Veg. Corned Beef Garden Salad Chocolate Truffle Cake | Beef Pot Pie *Veg. Beef Pie Tossed Salad Assorted Desserts | **Vegetable Garden Quiche Seasoned Peas Pineapple Tidbits | **Egg Salad Croissant Greek Salad Fruit Cup |
| D I N N E R | 1ST CHOICE | Beef Cubes *Cottage Cheese Pattie Mashed Potato Niagara Blend Cantaloupe | Herb Roast Lamb/ Mint *Veg. Beef Pattie/Gravy Mashed Potato Parslied Cauliflower Chilled Diced Peaches | Chicken Diane *Veg. Chicken Pattie Mashed Potatoes Yellow Waxed Beans Nanaimo Bar | Baked Salmon/Dill Sauce *Lentil Stew Steamed Rice PEI Vegetables Strawberry Shortcake | Garlic Spiced Chicken *Veg. Pan Roasted Chicken Kasha & Bowtie Steamed Cabbage Iced Red Velvet Cake | Roast Turkey Gravy & Cranberry Sauce * Veg. Turkey Loaf Bread Stuffing Whipped Potato Italian Blend Vegetables Vanilla Caramel Swirl Cake | Beef Pot Roast/Gravy *Linguine & Vegetables Parslied Boiled Potato Cocktail Mix Vegetables Pumpkin Pie |
| | 2nd CHOICE | Baked Sole/Lemon *Banquet Loaf Scalloped Potato Whole Kernel Corn Frosted Banana Cake | Turkey Stew *Veg. Turkey Stew Steamed Rice Diced Parsnips Iced Carrot Cake | Lemon Baked Cod *Broccoli & Mushroom Strata Fried Potato Wedges California Vegetables Fresh Grapes | Spaghetti & Meatballs *Spaghetti & Veg. Meat Sauce Sautéed Zucchini Garlic Breadsticks Mandarin Oranges | Shepherd's Pie/Gravy *Veg. Shepherd's Pie Mashed Potato Whole Green Beans Chilled Pears | Veal Paprika *Falafel Balls Buttered Noodles Peas and Carrot Hot Spiced Apples | Honey Garlic Drumsticks *Honey Garlic Veg. Chicken Rice Pilaf Squash Diced Peaches |

*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

WEEK 2

VALLEYVIEW RESIDENCE

| DATE | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|------------------------------|--|--|---|--|---|--|---|
| Choice of Juice - Apple, Orange, Prune or Stewed Prunes, Assorted Fresh Fruits | | | | | | | | |
| B R E A K F A S T | | Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Mini Croissants Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal | Assorted Juices Stewed Prunes Cream of Wheat Buttered Wheat Toast Pancakes Cheddar Cheese 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 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 Danish 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 Raisin Bread Toast Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal |
| | SOUP | Garden Vegetable | Green Split Peas | Spring Vegetable | Cauliflower | Carrot & Rice | Minestrone | Veg. Chicken Noodle |
| L U N C H | 1ST CHOICE | Fish Fingers/Tartar Sauce *Veg. Nuggets Mashed Potato Mexican Vegetables Tapioca Pudding | Hamburger on Bun *Veg. Hamburger Bun Potato Salad Lettuce/Tom/Pckl/Onion Mustard Mayonnaise Chilled Diced Pears | ** Vegetable Pizza Spring Mix Salad Mandarin Oranges | **Veg. Chicken Noodles Garlic Green Beans Raspberry Mousse | **Vegetables Lasagna/ Garlic Breadsticks Caesar Salad Fresh Orange Sections | **Belgian Waffles with Cottage Cheese Hot Spiced Apples Assorted Desserts | Fish on a Bun /Tartar *Veg. Chicken Burger Spinach Mango Salad Fruit Cocktail |
| | 2nd CHOICE | Submarine Sandwich *Veg. Sub. Sandwich Caesar Salad Fresh Fruit Cup | Chicken Tenders *Veg. Chicken Nuggets Kasha & Bow Tie Noodles Dilled Cucumber Salad Mousse Peach Passion | Chicken Salad Sandwich *Veg. Cheese & Lettuce Croissant House Side Salad Vanilla Ice Cream Cup | Pastrami On Rye/Pickle *Veg. Salami Sandwich on Rye/Pickle Garden Salad Diced Peaches | Roast Beef Sandwich *Veg. Sandwich Dill Pickle Spear Tossed Salad Cinnamon Roll Bar | **Spanish Omelet Griddle Toast Points Mixed Green Salad Fresh Grapes | ** Cheese & Tomato Sandwich Arugula and Feta Salad Butterscotch Sundae |
| D I N N E R | 1ST CHOICE | Grilled Teriyaki Chicken/Sauce *Veg. Lasagna Mashed Potato Asparagus Buttertart Bar | Herb Roast Veal/Gravy *Cheese Ravioli Baked Potato/Sour Cream Wax Beans & Red Pepper Fruit Cocktail | Baked Chicken Leg *Veg. Chicken Pot Pie Roasted Red Potatoes Fried Zucchini & Onion Baked Whole Apple | Fish'n Chips *Penne Spinach & Tomatoes Peas & Carrots Chocolate Brownie | Beef Au Jus *Veg. Spring Rolls /Plum Sauce Roasted Potato Italian Vegetables Orange Cake | Crusty Herb Chicken/ Gravy *Veg. Chicken Stir Fry Mashed Potato Harvard Beets Fruit Cup | Adobo Chicken *Veg. Chicken Nuggets Steamed Rice Asian Vegetables Boston Cream Cake |
| | 2nd CHOICE | Lamb Curry * Veg. Beef Curry Steamed Rice Glazed Sweet Potato Apricot Halves | Citrus Salmon *Veg. Walnut Patties Mashed Potato Sunrise Vegetable Berry Burst Cake | Beef Burgundy *Veg. Beef Burgundy /Gravy Mashed Potato Parsnips Mango Mousse Cake | Turkey Sausage/ Sauerkraut *Veg. Falafel Balls Whipped Potato Squash Tropical Fruit Salad | Barbeque Chicken *Veg. BBQ Chicken Rice Pilaf Garlic Cabbage Watermelon | Savory Baked Pollock *Tofu Balls Baked Potato & S Cream California Vegetables Chocolate Éclair | Herbed Lamb Chop *Veg. Parmesan Buttered Egg Noodles Roasted Yams Peach Halves |

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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

WEEK 3

VALLEYVIEW RESIDENCE

| DATE | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|------------------------------|--|---|--|--|---|--|---|
| Choice of Juice - Apple, Orange, Prune or Stewed Prunes, Assorted Fresh Fruits | | | | | | | | |
| B R E A K F A S T | | Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast Pancake 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 Mini Croissants 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 Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal | Assorted Juices Stewed Prunes Cream of Wheat Buttered Wheat Toast Raisin Bread Toast Boiled Egg 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal | Assorted Juices Stewed Prunes Oatmeal Buttered Wheat Toast French Toast Scrambled Eggs 2% Milk Ass't Jam/Peanut Butter Assorted Fruit Assorted Cold Cereal |
| | SOUP | Mushroom Barley | Veggie Bean | Matzoh Ball | Lentil | Vegetable Borscht | Veg. Chicken Rice | Navy Bean |
| L U N C H | 1ST CHOICE | Beef Wrap *Veg. Meat Wrap Potato Chips Fruit Cup | Stir Fry Chicken Udon *Udon with Veg. Chicken Asian Vegetables Apricot Halves | ** Egg Patty on a Bun Lettuce/Tomato/Mayo French Fries Chilled Pears | **Grilled Cheese Sandwich Pickled Beet Salad Tangerine Mousse | Chicken Souvlaki/ Tzatziki *Veg. Chicken Nugget Rice Pilaf Greek Salad Mandarin Oranges | Assorted Sandwich * Veg. Assorted Sandwich Red Cabbage Slaw Butterscotch Ice Cream | Chicken Burger *Veg. Chicken Burger Tossed Salad Custard Tart |
| | 2ND CHOICE | BBQ Chicken Salad Plate *Veg. BBQ Chicken Salad Sandwich Bean Salad Chocolate Pudding | Meat Sandwich *Veg. Meat Sandwich House Side Salad Apple Turnover | Tuna Salad Plate/ Roll *Cheese Quesadilla Broccoli Salad Butterscotch Pudding | Chicken Salad Croissant *Cheese & Tomato Sandwich Green Salad Chilled Diced Peaches | Smoked Salmon & Cream Cheese on Rye *Cream Cheese Bagel Garden Salad Vanilla Pudding | **Roasted Mushroom Ravioli /Marinara Sauce Spinach Mango Salad Apricot Halves | ** Vegetable Frittata Baked Tomato Toast Points Diced Pears |
| D I N N E R | 1ST CHOICE | Basa Fillet in Dill Sauce *Macaroni & Cheese Baked Potato/Sour Cream Winter Mix Vegetable Raspberry Cheesecake | Boiled Chicken *Cheese Perogies Whipped Potato Brussels Sprouts Mandarin Oranges | Chicken Balls/ Sweet & Sour Sauce *Veg. Tofu Balls Cocktail Mix Vegetables Seasoned Rice Fresh Grapes | Lemon Baked Sole *Cheese Ravioli Mini Red Potatoes Yellow Wax Beans Maple Chocolate Mania Cake | Beef Stir Fry with Broccoli *Veg. Beef Stir Fry Steamed Rice Kernel Corn Apple Blossoms | Hungarian Beef *Veg. Meat Spring Rolls/Plum Sauce Buttered Noodles Broccoli Spears Fresh Honeydew | Herbed Haddock *Ziti Pasta Bake Rice Pilaf Asian Blend Cream Jelly Roll |
| | 2ND CHOICE | Veal Cutlet/Gravy *Veg. Burger Parisienne Potato California Vegetables Tropical Fruit Salad | Meatloaf/ Gravy *Veg. Meatloaf/Gravy Mashed Potato Diced Carrots Frosted Vanilla Cake | Penne & Meat Sauce/Parmesan Cheese *Penne & Veg. Meat Sauce PEI Vegetables Pecan Streusel Cake | Honey Garlic Wings *Veg. Chicken Pot Pie Rice Pilaf Niagara Blend Fruit Cup | Lemon Poached Tilapia/ Dill Sauce *Lentil Stew Mashed Potato Green Peas Fruit Cocktail | Turkey Schnitzel *Walnut Patties Whipped Potato Glazed Sweet Potato Lemon Meringue Pie | Swiss Steak *Veg. Beef Patty/Gravy Roasted Potato Sautéed Mushrooms Fresh Fruit Cup |

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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