



The following menus are applicable to these sites: Rosehaven, Louise Jensen, Memory Lane, Faith House, Viewpoint, and Bethany Meadows

Dates	Menu Week
January 30 – February 5	Week 1
February 6 – February 12	Week 2
February 13 – February 19	Week 3
February 20 – February 26	Week 4
February 27 – March 5	Week 1
March 6 – March 12	Week 2
March 13 - 19	Week 3
March 20 – March 26	Week 4
March 27 – April 2	Week 1
April 3 – April 9	Week 2

Please note that all menus are subject to change based on availability. Please call the facility directly should you have specific questions.

The menus for weeks 1-4 are attached. A list of alternative food items that are available at every meal if desired is also attached.



REGULAR WEEK AT A GLANCE

**Fall &
Winter
Week 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cream of Wheat/Flax Boiled Egg Whole Wheat Toast	Oat Bran/Flax Cheddar Cheese Assorted Muffins	Cream of Wheat/Flax Yogurt Whole Wheat Toast	Oatmeal w/ Flax Scrambled Eggs Whole Wheat Toast	Cream of Wheat w/Flax Cheddar Cheese Raisin Toast	Oat Bran w/Flax Bacon Pancakes w/Syrup	Cream of Wheat/Flax Omelet Whole Wheat Toast
LUNCH	Chicken Rice Soup Bacon Waffles w/Berry Sauce Whip Topping Chocolate Pudding Parfait	Cream of Cauliflower Soup Fish Burger Tarter Sauce Cucumber Tomato Salad Ice Cream Treats	Italian Wedding Soup Vegetable Beef Stew Biscuit Mixed Vegetable Pineapple	Split Pea Soup Turkey Sandwich w/ Cranberry Mayonaisse Garden Salad Jello w/ Whip Topping	Hearty Vegetable Soup Sloppy Joes Burger Bun Sliced Carrots Ice Cream Sundae	Cream of Mushroom Soup Chicken Salad Sandwich Cranberry Almond Garden Salad Diced Peaches	Chicken Noodle Soup Beef, Lettuce & Cheese Hoagie Sub Sliced Pickles Potato Chips Baked Cookie
SUPPER	Oven Baked Chicken Thighs Mashed Potatoes Gravy California Mixed Vegetable Carrot Cake	Sweet & Savoury Meatloaf Savory Diced Potatoes Gravy Creamed Peas Sticky Honey Bun Cake	Chicken Alfredo Buttered Rotini Noodles Broccoli & Cheese Sauce Banana Cream Pie	Pork Bites Sweet & Sour Sauce Tator Tots Oriental Vegetable Rhubarb Crisp	Lemon Pepper Cod Tarter Sauce Buttered Rice Green Beans Caramel Chocolate Brownie	Oven Baked Sausage Potato Wedges Broccoli Lemon Cheese Cake	Roast Turkey Cranberry Sauce Brussel Sprouts Mashed Potatoes/Gravy Homemade Stuffing Pumpkin Pie Whipped Topping

REGULAR WEEK AT A GLANCE

Fall & Winter Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oatmeal w/ Flax Yogurt Whole Wheat Toast	Cream of Wheat w/Flax Cheddar Cheese Assorted Muffins	Oat Bran w/Flax Scrambled Egg Whole Wheat Toast	Apple Cinn. Oatmeal w/ Flax Boiled Egg Whole Wheat Toast	Oat Bran/Flax Yogurt Raisin Toast	Oatmeal w/ Flax Breakfast Sausage Waffles w/Syrup	Cream of Wheat w/Flax Scrambled Egg Whole Wheat Toast
LUNCH	Corn Chowder Denver Scramble Tomato Wedges Croissant Sliced Peaches	Chicken Rice Soup Chicken Tenders Plum Sauce Garden Salad Tator Tots Ice Cream Treats	Tomato Macaroni Soup Ham & Cheese Bun Sliced Dill Pickles Sliced Tomatos Potato Chips Apricots	Vegetable Chowder Bratwurst on a Bun Sauerkraut Tangerine Mousse	Baked Bean Soup Beef & Macaroni Casserole Montego Vegetable Ice Cream Sundae	Cream of Celery Soup Hot Turkey on Bread Montego Vegetable Cranberry Sauce Donut Holes	Vegetable Barley Soup Roast Beef Sandwich Horseradish Mayonnaise Garden Salad Baked Apple Slices
SUPPER	Beef Pot Pie Mixed Vegetables Mashed Potatoes Gravy Boston Cream Pie	Cheesy Ham & Rice Casserole Broccoli Sour Cream Coconut Cake	Ground Beef Stroganoff Peas w/ Pearl Onions Rotini Peach Pie	Cornflake Chicken Green Beans Mashed Potatoes Gravy Baked Cookie	Krunchie Perch Tarter Sauce Winter Mixed Vegetable Savory Diced Potatoes Danish	Honey Garlic Meatballs Buttered Carrots Mashed Potatoes Gravy Lemon Buttermilk Cake	Baked Ham Creamed Corn Scalloped Potatoes Bread Pudding

REGULAR WEEK AT A GLANCE

**Fall &
Winter
Week 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Oat Bran/Flax Boiled Egg Whole Wheat Toast	Cream of Wheat/Flax Cheddar Cheese Assorted Muffins	Oatmeal w/ Flax Yogurt Whole Wheat Toast	Cream of Wheat w/Flax Scrambled Eggs Whole Wheat Toast	Oat Bran w/Flax Cheddar Cheese Raisin Toast	Apple Cinn. Oatmeal w/Flax Bacon French Toast w/Syrup	Cream of Wheat/Flax Omelet Whole Wheat Toast
LUNCH	Hearty Vegetable Soup Pancakes w/ Berry Sauce & Whip Topping Back Bacon Tiramisu Mousse	Cream of Broccoli Soup Lasagna Garlic Toast Caesar Salad Ice Cream Treats	Chicken Noodle Soup Egg or Seafood Salad Croissant Creamy Pea Salad Stewed Rhubarb	Cream of Tomato Soup Cheese Burger w/ Tomato & Lettuce Tomato Baked Beans Fruity Jell-O	French Onion Soup Beef Chili Cornmeal Muffin Garden Salad Ice Cream Sundae	Cream of Mushroom Soup Cheesy Pepperoni Casserole Garlic Breadstick Caesar Salad Winter Fruit Cup	Minestrone Soup Ham, Swiss & Lettuce Sandwich Sweet Pickles Potato Chips Baked Cookie
SUPPER	Teriyaki Chicken Buttered Rice California Vegetable Banana Cake	Garlic Sausage Perogies Fried Onions & Bacon Crumble Sour Cream Pickled Beets Rice Pudding	BBQ Pork Macaroni & Cheese Buttered Cabbage Pumpkin Pie w/ Whip Topping	Chicken Stew Mashed Potatoes Gravy Mixed Vegetable Chocolate Peanut Butter Cake	Salmon w/ Dill Sauce Buttered Rice Peas & Carrots Nanaimo Bar	Creamy Herb Pork Chop Green Beans Savory Diced Potatoes Gravy Berry Cheesecake	Roast Beef Dilled Carrots Mashed Potatoes Gravy Yorkshire Pudding Butter Pecan Fudge Cake

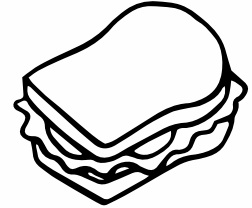
REGULAR WEEK AT A GLANCE

**Fall & Winter
Week 4**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cream of Wheat w/Flax Yogurt Whole Wheat Toast	Apple Cinn. Oatmeal w/ Flax Cheddar Cheese Assorted Muffins	Cream of Wheat/Flax Scrambled Egg Whole Wheat Toast	Oat Bran w/Flax Boiled Egg Whole Wheat Toast	Oatmeal w/Flax Yogurt Raisin Toast	Cream of Wheat w/Flax Breakfast Sausage Waffles w/Syrup	Oat Bran w/Flax Scrambled Egg Whole Wheat Toast
LUNCH	Corn Chowder Breakfast Sandwich (English Muffin, Egg Patty, Cheese) Tomato Slices Tropical Fruit Salad	Vegetable Barley Soup BBQ Pork Rib on a Bun Coleslaw Ice Cream Treats	Baked Bean Soup Beef & Macaroni Casserole Mixed Vegetables Diced Pears	Cream of Cauliflower Soup Hot Roast Beef on Bread Horseradish Green Beans Gravy Strawberry Cream Cheese Pastry	Tomato Macaroni Soup Egg or Tuna Salad Dinner Bun Cucumber & Onion Salad Ice Cream Sundae	Split Pea Soup Lasagna Mixed Vegetable Garlic Bread Peanut Butter Pudding Parfait	Hearty Vegetable Soup Chicken Salad Croissant Cranberry Almond Garden Salad Baked Apple Slices
SUPPER	Tuna Noodle Casserole Buttered Peas Caramel Vanilla Cake	Salisbury Steak Brown Sugar Turnip Mashed Potatoes Gravy Pineapple Upside Down Cake	Turkey Pot Pie Cauliflower w/ Cheese Sauce Buttered Rice Cherry Pie	Italian Sausage w/ Onions Buttered Cabbage Savory Diced Potatoes Gravy Bread Pudding	English Style Fish Tarter Sauce Crinkle Cut Carrots Mashed Potatoes Gravy Butter Tart Square	Chicken Tenders Plum Sauce Casear Salad Tator Tots Apple Crisp	Maple Dijon Pork Loin Winter Squash Casserole Roasted Potatoes Gravy Oreo Cheesecake

ALTERNATIVES MENU

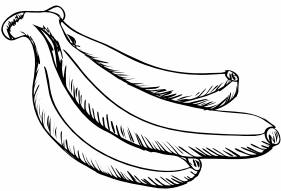
AVAILABLE DURING MEALS



Whole Wheat Bread or Whole Grain Bread:

available plain, toasted, or as a sandwich with any of the following proteins: Peanut Butter, Canned Tuna, Flakes of Ham, Flakes of Chicken. All proteins are also available on their own.

Cottage Cheese, Yogurt, Canned Fruit, or Bananas also available.

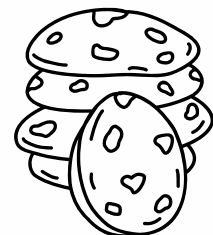


AVAILABLE ALL THE TIME

Snacks include pudding cups, gelatin, cookies, and crackers

Assorted juices and 2% milk

Peanut butter/jam/jelly/honey



Please ask staff for assistance.