



DINING

We know how good meals are important and promise to prepare delicious home-cooked meals made from scratch each day by our team of trained culinary professionals. Residents can select from a variety of “à la carte” menu choices designed with their health, tastes and preferences in mind.

Sample menu (fall/winter)

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP OF THE DAY	Cream of cauliflower & broccoli	Cream of chicken	Beef & vegetable	Split pea	Tomato	Chicken noodle	Cream of mushroom
SIDE DISH	Mixed salad	Carrots	Rice salad	Watermelon cucumber salad	Caesar	Strawberry & mixed greens with pumpkin seeds	Coleslaw
ENTRÉE #1	Crispy chicken burger	Chicken quesadilla with seasoned rice	Ham and brie sandwich on pumpnickel bread	Fruit plate with cottage cheese	Creamy salmon served in a pastry shell with mashed potatoes and diced squash	Grilled ham and cheese sandwich	Cod loin with mashed potatoes and diced squash
ENTRÉE #2	Beef and mushroom pie, mashed potatoes, and broccoli	Beef stir fry with seasoned rice	Filet of sole with roasted potatoes and brussel sprouts	Hot chicken sandwich with mashed potatoes and peas	Roasted red pepper, spinach and feta quiche	Swedish meatballs with egg noodles	Baked pork chop and apples with mashed potatoes and diced squash
DESSERT	Bananas & custard	Peaches & cream	Syrup pudding	Baked apples	Doughnuts	Cherry pie	Pears Belle-Hélène

DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SALAD	Chef's salad	Chef's salad	Chef's salad	Chef's salad	Chef's salad	Chef's salad	Chef's salad
ENTRÉE #1	Coq au vin with mashed potatoes, yellow and green zucchini	Italian sausage with warm potato salad and asparagus	Meatloaf with red wine sauce, sautéed potatoes, and roasted red peppers	Honey garlic pork drumstick with boiled potatoes, yellow and green beans	Salisbury steak in mushroom gravy with scalloped potatoes, peas and corn	Sautéed shrimp with rice pilaf and maple & basil glazed carrots	Orange ginger chicken with jasmine rice and green beans
ENTRÉE #2	Beef and mushroom pie with mashed potatoes, yellow and green zucchini	Beef stir fry with rice	Filet of sole with sautéed potatoes and roasted peppers	Hot chicken sandwich with boiled potatoes, yellow and green beans	Roasted red pepper, spinach and feta quiche with scalloped potatoes, peas and corn	Baked meatballs with mushroom gravy, rice pilaf and maple & basil glazed carrots	Baked pork chop with apples, jasmine rice, and green beans
DESSERT	Assorted	Raisin pie	Chef's choice	Fruit cake	Lemon coconut bar	Chocolate cake	Apple crumble pie

Choice of side : rice or mashed potatoes