



MENU FOR THE WEEK OF JUNE 29- JULY 5, 2026



*Menu items are subject to change due to availability of product. *Please check the Daily Menu Board**

DINNER

OMELET OF THE WEEK: SMOKED SALMON & DILL

	29-Jun-26	30-Jun-26	01-Jul-26	02-Jul-26	03-Jul-26	04-Jul-26	05-Jul-26
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	SCOTCH BROTH SOUP	CORN, BACON & POTATO CHOWDER SOUP	*CANADA DAY* FRENCH CANADIAN SPLIT PEA SOUP	FRENCH ONION SOUP	BEEF RICE SOUP	CHICKEN NOODLE SOUP	CREAM OF CAULIFLOWER SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	CRUMBLed TUNA & SLICED BOILED EGGS SALAD	PAPAYA & PINEAPPLE ON ICEBERG LETTUCE	BLUEBERRIES & PROSCIUTTO ICEBERG LETTUCE SALAD	FRESH BERRIES ON ICEBERG LETTUCE	FESTIVE SALAD *AVOCADO, CORN, CHERRY *TOMATOES ON LETTUCE	CRISPY BACON WITH CUCUMBER, RED PEPPERS	ICEBERG LETTUCE WITH BRIE CHEESE & GRAPES, HONEYDEW
Entrée 1	SWEET & SOUR PORK WITH STEAMED RICE	OVERNIGHT ROASTED PORK BELLY WITH BBQ GLAZE	ROASTED RACK OF LAMB WITH MINT JELLY & GRAVY	GRILLED SKINLESS BREAKFAST SAUSAGES WITH POTATO & CARAMELIZED ONION	BREADED VEAL CUTLETS WITH GRAVY	MEAT LASAGNA WITH GARLIC BREAD	REUBEN SANDWICH (CORNEd BEEF, SWISS CHEESE, SAUERKRAUT, THOUSAND ISLAND DRESSING ON RYE BREAD) WITH SALAD
Entrée 2	LINGUINE CHICKEN PRIMAVERA WITH PARMESAN & GARLIC BREAD	HAWAIIAN STYLE ROASTED CHICKEN LEGS WITH GRILLED PINEAPPLE	TURKEY BREAST WITH STUFFING & GRAVY	ROASTED WHOLE CHICKEN WITH GRAVY & STUFFING	ROASTED CHICKEN THIGHS WITH CREAMY SPINACH SAUCE	BREADED CHICKEN SCHNITZEL WITH LEMON WEDGE	BUTTERMILK FRIED CHICKEN DRUMSTICKS
Entrée 3	TORPEDO PRAWNS WITH FRENCH FRIES, TARTAR SAUCE	SHRIMP SPRING ROLLS ON FRIED RICE	PAN FRIED SOCKEYE FILET WITH GARLIC LEMON SAUCE	FISH & CHIPS WITH COLESLAW & TARTAR SAUCE	PAN FRIED COD FILET WITH CAPER SAUCE	POACHED SALMON FILET WITH HOLLANDAISE SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE
Starch	POTATO PATTIES	BOILED POTATOES	MASHED POTATOES	MASHED SWEET POTATOES WITH CHIVES	BAKED 1/2 POTATO WITH SOUR CREAM	WHIPPED POTATOES	POTATOES O'BRIEN
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	GREEN KALE	YELLOW ZUCCHINI	CORN ON THE COB	RED SWISS CHARD	BABy CARROTS	BAKED *TOMATO	MIXED VEGETABLES
Vegetable	SLICED CARROTS	DICED BEETS	ROASTED BABY CARROTS	CORN NIBLETS	*CAULIFLOWER WITH CHEESE SAUCE	BRAISED GREEN CABBAGE	
FEATURED Dessert	COCONUT PUDDING	CARROT CAKE	HOMEMADE FRESH BLUEBERRY TARTS	BAKED EGG CUSTARD	WHIPPED PINEAPPLE JELLO	PUMPKIN PIE	HAYSTACK BROWNIE



** Menu item contains a Superfood.*

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS & LENTILS
BEETS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

