

MENU FOR THE WEEK OF AUGUST 10, 2026 - AUGUST 16, 2026

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

DINNER

OMELET OF THE WEEK: PAYSAN (BACON, POTATOES, SAUTEED ONIONS)

	10-Aug-26	11-Aug-26	12-Aug-26	13-Aug-26	14-Aug-26	15-Aug-26	16-Aug-26
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Appetizer: SOUP	COCK A LEEKIE SOUP	TOMATO DILL SOUP	MULLIGATAWNY SOUP	WON TON SOUP	LLL: BLUEBERRY PUREED SPLIT GREEN PEA SOUP	CHICKEN NOODLE SOUP	NAVY BEAN SOUP
	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE	DAILY CONGEE
Appetizer: SALAD	MIXED GREENS & BERRY SALAD	BACON, LETTUCE TOMATO SALAD	FENNEL, FRESH PEAR & DRIED *CRANBERRY SALAD	GREEN SALAD WITH MANGO & STRAWBERRY	LLL: BLUEBERRY CITRUS SALAD	ICEBERG LETTUCE WITH HONEY DEW & PINEAPPLE	SLICED TOMATO, BASIL & BABY BOCCONCINI SALAD
Entrée 1	PAN FRIED VEAL LIVER WITH SAUTEED ONION GRAVY	SPAGHETTI BOLOGNESE WITH GARLIC BREAD & PARMESAN CHEESE	EGG BENEDICT	BEEF & VEGETABLE STIR FRY, STEAMED RICE	MEATBALLS IN TOMATO BASIL SAUCE WITH PASTA	BRAISED CABBAGE ROLLS IN TOMATO SAUCE/SOUR CREAM	BBQ PULLED PORK SANDWICH WITH ONION RINGS, RANCH DRESSING
Entrée 2	ROASTED CHICKEN LEGS WITH TERIYAKI GLAZE	ROASTED DUCK BREAST WITH CINNAMON-CHERRY SAUCE	WHOLE ROASTED CHICKEN WITH STUFFING GRAVY	ROASTED GARLIC ROSEMARY CHICKEN BREAST	LLL: ROASTED CHICKEN SUPREME WITH BLUEBERRY COMPOTE	ROASTED CHICKEN THIGHS WITH GRAVY	ROASTED CHICKEN BREAST WITH GRAVY
Entrée 3	TUNA MELT SALAD SANDWICH WITH COLESLAW, FRENCH FRIES	FISH TACOS WITH YAM FRIES	MISO BROTH POACHED COD LOIN WITH SOYA-SESAME SAUCE	MEDITERRANEAN BAKED HADDOCK FILET	POACHED SALMON FILET WITH DILL SAUCE	PAN FRIED LOBSTER CAKE WITH TARTAR SAUCE	POACHED BASA FILET WITH SAUTEED GARLIC PRAWNS
Starch	MASHED POTATOES	BOILED POTATOES WITH FRESH PARSLEY	POTATO PATTIES	ROASTED RED POTATOES	MASHED POTATOES	BAKED 1/2 POTATO WITH SOUR CREAM	MASHED YAM POTATOES
	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
Vegetable	BROCCOLI FLORETS	SEASONED PEAS	BRAISED RED CABBAGE	SPAGHETTI *SQUASH	MIXED VEGETABLES	GREEN KALE	DICED BEETS
Vegetable	WAX BEANS	BUTTERED CORN	ASPARAGUS	SUI CHOY & *SPINACH		YELLOW ZUCCHINI	GREEN BEANS
FEATURED Dessert	FRENCH CHEESECAKE	NANAIMO BAR	MANGO & APPLE CREPE WITH ICE CREAM	TAPIOCA PUDDING	LLL: FRESH BLUEBERRY TARTS	FRESH KIWI TARTS	INDIVIDUAL LEMON JELLO



* Menu item contains a Superfood.

Choose Superfoods more often for optimal health



APPLES
AVOCADO
BEANS &
LENTILS

BLACKBERRIES
BLUEBERRIES
BRAN & OAT
BROCCOLI

CAULIFLOWER
CHERRIES
CRANBERRIES
EGGS

FATTY FISH
NUTS
PEACHES
RASPBERRIES

SPINACH
STRAWBERRIES
SQUASH
TOMATO
YOGURT

