

Intermediate Care Home
Cycle 3
Year 2018

	Feb 18	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24
<u>Breakfast</u>	Sunday (Open)	Monday (Open)	Tuesday (Open)	Wednesday (Open)	Thursday (Open)	Friday (Open)	Saturday (Open)
Juice	Variety	Variety	Variety	Variety	Variety	Variety	Variety
Cereal	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea
Fruit	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat
#meals: <u>Lunch:</u>	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes
Soup (Kitchen)	No Soup Required	Soup - 6 oz/person	Soup - 6 oz/person	No soup required	Soup - 6 oz/person	Soup - 6 oz/person	Soup - 6 oz/person
Meat or Meat Substitute	French Toast & Bacon	Deviled Ham Sandwich	Turkey Sandwich with Cranberry mayo	Hot Hamburger Sandwich	Beef Sandwich with Lettuce & Mayo	Chicken Burgers with Lettuce & Mayo	Salmon Salad Sandwich
Vegetable							Cucumber Slices
Salad				Tater Tots			
Other				Peaches			
Dessert	Watermelon	Apricots	Yogurt		Fruit cocktail	Fresh Fruit Salad	Pear Halves
#meals: <u>Supper</u>							
Soup	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required
Salad	Tossed	Tossed	Buffet Night	Chef's Choice	Tossed	Chef's Choice	Chef's Choice
Entrée	Turkey & all the fixings	Crunchy Perch		Salmon Loaf with smashed cauliflower	Meatloaf	Baked Lemon Dill Pollock	Beef Stew & Dumplings
Starch	Mashed Potatoes	Santa Fe Rice			Steamed Potatoes	Mashed Potatoes	Scalloped Sweet Potatoes
Vegetables	Rutabaga	Roasted Beets & Carrots		PEI Veg Mix	Corn	Italian Veg Mix	Mixed Vegetables
Dessert	Tapioca Pudding	Butterscotch Sundae		Upside Down Cake	Pumpkin Dessert	Ice Cream & Chocolate Sauce	Rice Pudding

Intermediate Care Home

Cycle 4

Year 2018

	Feb 25	Feb 26	Feb 27	Feb 28	Mar 1	Mar 2	Mar 3
Breakfast	Sunday (Open)	Monday (Open)	Tuesday (Open)	Wednesday (Open)	Thursday (Open)	Friday (Open)	Saturday (Open)
Juice	Variety	Variety	Variety	Variety	Variety	Variety	Variety
Cereal	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea
Fruit	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat
#meals:	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes
Lunch:							
Soup (Kitchen)	No Soup Required	Soup - 6 oz/person	Soup - 6 oz/person	No Soup Required	Soup - 6 oz/person	Soup - 6 oz/person	Soup - 6 oz/person
Meat or Meat Substitute	Waffles, strawberries & whipped cream	Egg Salad	Chicken Breast Sandwich & Cranberry Sauce	Chicken Fingers	Super Tuna Salad Sandwich	BBQ Ham on Bun	Beef Sandwich with lettuce, mayo & mustard
Vegetable				French Fries			
Salad	Cottage Cheese	Pickles					
Other							
Dessert	Grapes	Pineapple Tidbits	Mandarin Oranges	Fresh Fruit Salad	Yogurt	Grapes	Apricots
#meals:							
Supper							
Soup	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required
Salad	Chef's Choice	Chef's Choice	Buffet Night	Tossed	Chef's Choice	Chef's Choice	Tossed
Entrée	Sweet & Sour Ribs	Salmon & Dill		Shepherd's Pie with gravy	Pork Ribette	Veal Cutlet & Gravy	Chicken Parmesan
Starch	Oven Roast Potato	Brown Rice		Beets	Baked Beans	Mashed Potatoes	Baked Potato
Vegetables	Creamed Peas	Broccoli			Sunrise Vegetable	Carrots	Braised Cabbage & Red Pepper
Dessert	Strawberry Shortcake	Chocolate Pudding (Diabetic Friendly)		Cheesecake	Peach Mousse (Diabetic Friendly)	Chocolate Cherry Cake	Ice Cream & Strawberry Sauce