

Intermediate Care Home

Cycle 1

Year 2018

	Feb 4	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9	Feb 10
<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
<u>#meals:</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
<u>Lunch:</u>							
Soup (Kitchen)	No Soup Required	Soup -6 oz/person	Soup -6 oz/person	Soup -6 oz/person	Soup -6 oz/person	Soup -6 oz/person	Soup -6 oz/person
Meat or Meat Substitute	Bacon & Eggs	Italian Pork Sandwich	Chicken Salad Sandwich	Beef Sandwich (horseradish & mayo)	Hamburger with Tomato & Lettuce	Ham & Cheese Sandwich	Egg Salad
Vegetable	Hashbrowns						Pickles
Salad							
Other	Toast						
Dessert	Pears	Honeydew & Cantaloupe Chunks	Grapes		Yogurt	Pear Halves	Mandarin Oranges
<u>#meals:</u>							
<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	Chef's Choice	Chef's Choice	Buffet Night	Tossed	Chef's Choice	Chef's Choice	Tossed
Entrée	Prime Rib Roast & Gravy	Breaded Sole	Vegetable & Cheese Omelette	Potatoes au Gratin	Pork schnitzel with sauerkraut	Chicken Stroganoff	Greek Ribs
Starch	Mashed Potatoes	Mashed Potatoes	Peas & Carrots	Potatoes Lyonnaise	Mashed Turnips	White & Wilde Rice	Roasted Baby Potatoes
Vegetables	Parsnips	Creamed Corn	Apple Pie	Angel Food Cake & Berries		Squash	Glazed Sweet Potato & Carrots
Dessert	Trifle	Lemon Pudding (diabetic friendly)				½ hour pudding	Blueberry Tres Leche Cake

Intermediate Care Home
 Cycle 2
 Year 2018

	Feb 11	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17
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	Soup - 6 oz/person	Soup - 6 oz/person	Soup - 6 oz/person	No Soup Required
Meat or Meat Substitute	Pancakes/sausage & scrambled eggs	BLT	Pork Sandwich with Mustard mayo	Hot Beef Sandwich	Denver	Cheese & Lettuce Sandwich	Chicken Fingers
Vegetable			Pickles			Cherry Tomatoes	
Salad							
Other							
Dessert	Fresh Fruit Salad	Peaches	Yogurt	Fruit Cocktail	Apricots	Pineapple Tidbits	Fries Berries & Vanilla Sauce
#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	Tossed	Buffet Night	Chef's Choice	Tossed	Chef's Choice	Chef's Choice
Entrée	Roast Pork & Gravy	Basa Fish	Chicken Paprikash	Rice Plaf	Beef Stroganoff	Baked Ham	Turkey Cutlet & Cranberry Sauce
Starch	Mashed Potatoes	Whipped Potatoes			Buttered Fettuccini Noodles	Macaroni & Cheese	Baked Potato
Vegetables	Braised Cabbage, Carrots & Celery	Baby Carrots	Sunrise Vegetable Mix	Italian/Canadian Veg Mix		Peas & Carrots	Montego Blend Vegetables
Dessert	Cookies & Ice Cream	Butter Tart	Bread Pudding	Tiramisu Cake		Sweet Potato Pie	Coconut Cream Pudding