

Intermediate Care Home

Cycle 7

Year 2018

	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24
Breakfast	Sunday (Open)	Monday (Open)	Tuesday (Open)	Wednesday (Open)	Thursday (Open)	Friday (Open)	Saturday (Open)
Juice	Variety	Variety	Variety	Variety	Variety	Variety	Variety
	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea
Cereal	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
Fruit	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
#meals:							
Lunch:							
Soup (Kitchen)	No Soup Required	Soup - 6 oz/person	Soup - 6 oz/person	Soup - 6 oz/person	No Soup Required	Soup - 6 oz/person	Soup - 6 oz/person
Meat or Meat Substitute	Eggs Benedict	Ham , Cheese & Lettuce Sandwich	Hot Pork Sandwich	Turkey Sandwich with Cranberry Mayo	Hot dog & all the fixings	Denver Sandwich	Apple Tuna Sandwich
Vegetable							
Salad	Tomato Slices			Celery Sticks	Potato Salad		
Other							
Dessert	Peaches	Honeydew & Cantaloupe Pieces	Grapes	Fruit Salad	Yogurt	Mandarin Oranges	Pears
#meals:							
Supper							
Soup	Soup - 6 oz/person	No soup required	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required
Salad	Chef's Choice	Tossed		Chef's Choice	Tossed	Chef's Choice	Chef's Choice
Entrée	Prime Rib Roast & Gravy	Turkey & gravy	Buffet Night	Honey BBQ Meatballs	Lemon Garlic Chicken Stirfry	Haddock & Herbs	Baked Spaghetti
Starch	Mashed Potatoes	Mashed Potatoes		Potatoes au Gratin	Potatoes Lyonnaise	White & Wild Rice	Garlic Toast
Vegetables	Parsnips	Creamed Corn		Peas & Carrots	Mashed Turnips	Squash	Glazed Sweet Potato & Carrots
Dessert	Trifle	Lemon Pudding (diabetic friendly)		Apple Pie	Angel Food Cake & Berries	½ hour pudding	Blueberry Tres Leche Cake

Intermediate Care Home

Cycle 8

Year 2018

	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30	Mar 31
Breakfast	Sunday (Open)	Monday (Open)	Tuesday (Open)	Wednesday (Open)	Thursday (Open)	Friday (Open)	Saturday (Open)
Juice	Variety	Variety	Variety	Variety	Variety	Variety	Variety
	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea
Cereal	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
Fruit	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
#meals:							
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	Pancake stack & sausage	Cheeseburger with Tomato & Lettuce	Deluxe Pork Sandwich	Grilled Cheese & Bacon	Egg Salad Sandwich	Grilled Chicken Breast on a Bun	Fish & Chips
Vegetable							
Salad					Carrot & Celery Slices		
Other							
Dessert	Jello & whipped cream	Fruit Cocktail	Peaches	Fruit Salad	Mandarin Oranges	Apricots	Pears
#meals:							
Supper							
Soup	Soup - 6 oz/person	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	Roast Beef & Gravy		Quiche Lorraine	Szechuan Stir Fry	Baked Salmon	Pork Sausage
Starch	Mashed Potatoes	Whipped Potatoes		Rice Pilaf	Buttered Fettucine Noodles	Mashed Potatoes	Baked Potato
Vegetables	Braised Cabbage, Carrots & Celery	Baby Carrots		Sunrise Vegetable Mix	Italian Canadian Veg Mix	Peas & Carrots	Montego Blend Veg
Dessert	Cookies & Ice Cream	Butter Tart		Bread Pudding	Tiramisu Cake	Sweet Potato Pie	Coconut Cream Pudding