

Intermediate Care Home
Cycle 7

	July 9	July 10	July 11	July 12	July 13	July 14	July 15
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	(Open)	(Open)	(Open)	(Open)	(Open)	(Open)	(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	No Soup Required	No Soup Required	Soup - 6 oz/person	Soup - 6 oz/person
Meat or Meat Substitute	Eggs Benedict	Ham , Cheese & Lettuce Sandwich	Hot Beef 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	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		Chef's Choice	Tossed	Chef's Choice	Chef's Choice
Entrée	Roast Beef & Gravy	Turkey & gravy	Buffet Night	Honey BBQ Meatballs	Lemon Garlic Chicken Stirfry	Haddock & Herbs	Vegetable Cheese Omelette
Starch	Mashed Potatoes	Mashed Potatoes		Potatoes au Gratin	Potatoes Lyonnaise	White & Wild Rice	Roasted Potatoes
Vegetables	Parsnips	Creamed Corn		Peas & Carrots	Mashed Turnips	Squash	Glazed Sweet Potato & Carrots
Dessert	Trifle	Lemon Pudding (diabetic friendly)		Apple Pie	Bananas & Ice Cream	Angel Food Cake & Strawberry Sauce	Blueberry Tres Leche Cake

Intermediate Care Home
Cycle 8

	July 16	July 17	July 18	July 19	July 20	July 21	July 22
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	(Open)	(Open)	(Open)	(Open)	(Open)	(Open)	(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 & sausages	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 Sticks		
Other							
Dessert	Jello	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	Pork Sausage	Herbed BBQ Chicken Breast
Starch	Mashed Potatoes	Whipped Potatoes			Buttered Fettucine	Mac & 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	Coconut Cream Pudding	Butterscotch Sundae