

Intermediate Care Home
 Cycle 7
 Year 2017

	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7
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	Pork Chop	Buffet Night	Honey BBQ Meatballs	Lemon Garlic Chicken Stirfry	Haddock & Herbs	Baked Spaghetti
Starch	Mashed Potatoes	Brown Rice		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 2017

	Oct 8	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13	Oct 14
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	Turkey & Fixings		Quiche Lorraine	Szechuan Stir Fry	Pork Sausage	Herbed BBQ Chicken
Starch	Mashed Potatoes	Potatoes		Rice Pilaf	Buttered Fettucine Noodles	Macaroni & Cheese	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	Pumpkin Pie		Bread Pudding	Tiramisu Cake	Sweet Potato Pie	Coconut Cream Pudding

Intermediate Care Home

Cycle 9

Year 2017

	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20	Oct 21
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	No Soup Required	Soup - 6 oz/person
Meat or Meat Substitute	French Toast	BLT	Salmon Salad Sandwich	Ham , Cheese & Lettuce Sandwich	Beef Sandwich with lettuce, tomato & mayo	Hot dogs & baked beans	Open Face d Tuna Melt
Vegetable							
Salad						Coleslaw	Pickles
Other	Bacon						
Dessert	Yogurt	Pineapple Tidbits	Peaches	Fruit Salad	Jello	Pears	Yogurt
#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	Tossed	Chef's Choice	Buffet Night	Tossed	Chef's Choice	Chef's Choice	Tossed
Entrée	Roast Beef & Gravy	Mild Curry Chicken		Chicken Pot Pie	Stuffed Pork Loin & Gravy	Liver & Onions & Gravy	Baked Chicken Thighs
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 10
 Year 2017

	Oct 22	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27	Oct 28
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	No soup required	Soup - 6 oz/person
Meat or Meat Substitute	Omelette	Ham Salad Sandwich	Apple Swiss Turkey Sandwich	Chicken Burger with lettuce, tomato & mayo	Denver	Hot Hamburger	Salmon Salad Sandwich
Vegetable	Tomato Slices						
Salad							
Other	Toast					Fries	
Dessert	Apricots	Grapes	Yogurt	Fruit Salad	Pears	Pineapple tidbits	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	Tossed	Buffet Night	Chef's Choice	Tossed	Chef's Choice	Chef's Choice
Entrée	Sweet & Sour Ribs	Creamy Meatballs & Mushrooms		Vegetable Quiche	Lasagna	Tuna Bake	Salisbury Steak , Mushroom Sauce
Starch	Oven Roast Potato	Mashed Potatoes			Garlic Toast	Biscuit	Baked Potato
Vegetables	Creamed Peas	Broccoli		Beets	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