

# VENTA CARE CENTRE

# FALL/WINTER 2021/2022

# WEEK 1

DAY	MONDAY Oct-25, Nov-22, Dec-20, Jan-17, Feb-14, Mar-14, Apr-11	TUESDAY Oct-26, Nov-23, Dec-21, Jan-18, Feb-15, Mar-15, Apr-12	WEDNESDAY Oct-27, Nov-24, Dec-22, Jan-19, Feb-16, Mar-16, Apr-13	THURSDAY Oct-28, Nov-25, Dec-23, Jan-20, Dec-17, Mar-17, Apr-14	FRIDAY Oct-29, Nov-26, Dec-24, Jan-21, Feb-18, Mar-18, Apr-15	SATURDAY Oct-30, Nov-27, Dec-25, Jan-22, Feb-19, Mar-19, Apr-16	SUNDAY Oct-31, Nov-28, Dec-26, Jan-23, Feb-20, Mar-20, Apr-17
BREAKFAST	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Omelet Cacciatore</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Hard Boiled Eggs</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Cheesy Scrambled Eggs</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Sunny Boy Cereal</li> <li>◆ Marble Cheese Wedge</li> <li>◆ Fruit Extreme Muffin</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Poached Eggs</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Breakfast Maple Pork Patty</li> <li>◆ Blueberry Muffin</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><i>OR:</i> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Vegetable Omelet</li> <li>◆ Bacon</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><i>OR:</i> Cold Cereal Peanut Butter</p>
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
LUNCH	<p>Italian Wedding Soup</p> <ul style="list-style-type: none"> <li>◆ Cheesy Chicken Casserole</li> <li>◆ Buttered Mini Brioche Bun</li> <li>◆ Garden Salad</li> </ul> <p>Pineapple Tidbits</p> <p><i>OR:</i> Beef Stew/Assorted Sandwiches</p>	<p>Coconut Beet Soup</p> <ul style="list-style-type: none"> <li>◆ Turkey Cranberry Lettuce Sandwich</li> <li>◆ Waffle Fries</li> <li>◆ Grated Carrot Salad with Lemon Vinaigrette</li> </ul> <p>Fruit Cocktail</p> <p><i>OR:</i> Shaved Steak Pepper Stir Fry/Assorted Sandwiches</p>	<p>Cream of Potato and Leek Soup</p> <ul style="list-style-type: none"> <li>◆ Chicken Burger with Mayo</li> <li>◆ Seasoned Curly Fries</li> <li>◆ Marinated Tomato, Cucumber, and Red Onion Salad</li> </ul> <p>Mango</p> <p><i>OR:</i> Quiche/Assorted Sandwiches</p>	<p>Egg Drop Soup</p> <ul style="list-style-type: none"> <li>◆ Asian Beef Ribette</li> <li>◆ Chow Mein Noodles</li> <li>◆ Thai Vegetable Stir Fry</li> </ul> <p>Fresh Orange Sections</p> <p><i>OR:</i> Seasoned Thyme Pork Roast/Assorted Sandwiches</p>	<p>Chicken Tortilla Soup</p> <ul style="list-style-type: none"> <li>◆ Turkey Chili with Sour Cream and Cheddar Cheese</li> <li>◆ Corn Muffins</li> <li>◆ Garden Salad</li> </ul> <p>Apple Slices</p> <p><i>OR:</i> Barbecue Chicken Breast/Assorted Sandwiches</p>	<p>Fall Harvest Vegetable Soup</p> <ul style="list-style-type: none"> <li>◆ Broccoli Feta and Dill Quiche</li> <li>◆ Roasted Potatoes and Asparagus Vegetable Blend</li> </ul> <p>Yogurt</p> <p><i>OR:</i> Roast Beef with Gravy/Assorted Sandwiches</p>	<p>Winter Golden Lentil Soup</p> <ul style="list-style-type: none"> <li>◆ Braised Beef Ravioli in Rosé Sauce</li> <li>◆ Caesar Salad</li> <li>◆ Cheese and Garlic Breadsticks</li> </ul> <p>Canned Pears</p> <p><i>OR:</i> Honey French Baked Chicken Breast/Assorted Sandwiches</p>
PM	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
DINNER	<ul style="list-style-type: none"> <li>◆ Shaved Steak Pepper Stir Fry</li> <li>◆ Vegetable Fried Rice</li> <li>◆ Steamed Broccoli Florets</li> </ul> <p>Streusel Pecan Cake</p> <p><i>OR:</i> Vegetarian Lasagna</p>	<ul style="list-style-type: none"> <li>◆ Bruschetta Baked Salmon</li> <li>◆ Penne Alfredo</li> <li>◆ Mixed Vegetables</li> </ul> <p>Cherries in Snow</p> <p><i>OR:</i> Cheeseburger with Condiments</p>	<ul style="list-style-type: none"> <li>◆ Seasoned Thyme Pork Roast</li> <li>◆ Parslied Sliced Potatoes</li> <li>◆ Lemony Green Beans</li> </ul> <p>Angel Food Cake with Mixed Berry Compote</p> <p><i>OR:</i> Chicken Pot Pie</p>	<ul style="list-style-type: none"> <li>◆ Barbecue Chicken Breast</li> <li>◆ Baked Potato with Sour Cream and Chives</li> <li>◆ Buttered Corn</li> </ul> <p>Rice Pudding</p> <p><i>OR:</i> Soup and Sandwich</p>	<ul style="list-style-type: none"> <li>◆ Roast Beef with Gravy and Yorkshire Pudding</li> <li>◆ Melting Potatoes</li> <li>◆ Brown Sugar Glazed Turnips</li> </ul> <p>Chocolate Eclairs</p> <p><i>OR:</i> Lemon Pepper Cod Fillet</p>	<ul style="list-style-type: none"> <li>◆ Honey French Baked Chicken Breast</li> <li>◆ Buttered Bowtie Pasta</li> <li>◆ Peas and Pearl Onions</li> </ul> <p>Banana</p> <p><i>OR:</i> Liver and Fried Onions</p>	<ul style="list-style-type: none"> <li>◆ Harvest Ham with Apples and Spiced Pears</li> <li>◆ Scalloped Potatoes</li> <li>◆ California Mix</li> </ul> <p>Apple Pie</p> <p><i>OR:</i> Glazed Teriyaki Chicken Breast</p>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

Approved by: \_\_\_\_\_

# VENTA CARE CENTRE

# FALL/WINTER 2021/2022

# WEEK 2

DAY	MONDAY Nov-1, Nov-29, Dec-27, Jan-24, Feb-21, Mar-21, Apr-18	TUESDAY Nov-2, Nov-30, Dec-28, Jan-25, Feb-22, Mar-22, Apr-19	WEDNESDAY Nov-3, Dec-1, Dec-29, Jan-26, Feb-23, Mar-23, Apr-20	THURSDAY Nov-4, Dec-2, Dec-30, Jan-27, Feb-24, March-24, Apr-21	FRIDAY Nov-5, Dec-3, Dec-31, Jan-28, Feb-25, Mar-25, Apr-22	SATURDAY Nov-6, Dec-4, Jan-1, Jan-29, Feb-26, Mar-26, Apr-23	SUNDAY Nov-7, Dec-5, Jan-2, Jan-30, Feb-27, Mar-27, Apr-24
BREAKFAST	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Cheesy Scrambled Eggs</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Hard Boiled Eggs</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Breakfast Quiche</li> <li>◆ Lemon Poppyseed Muffin</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Sunny Boy Cereal</li> <li>◆ Mushroom Omelet</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Poached Eggs</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Ham</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Mozzarella Cheese Wedge</li> <li>◆ Morning Glory Muffin</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
LUNCH	<p style="text-align: center;">French Onion Soup</p> <ul style="list-style-type: none"> <li>◆ Chunky Chicken and Vegetable Stew</li> <li>◆ Homemade Tea Biscuits</li> <li>◆ Spring Mix Salad</li> </ul> <p style="text-align: center;">Honeydew Melon</p> <p style="text-align: center;"><u>OR:</u> Harvest Ham/Assorted Sandwiches</p>	<p style="text-align: center;">Hearty Winter Vegetable Soup</p> <ul style="list-style-type: none"> <li>◆ Pastrami, Swiss Cheese and Lettuce Sandwich</li> <li>◆ Vegetable Pasta Salad</li> <li>◆ Bread and Butter Pickles</li> </ul> <p style="text-align: center;">Strawberries</p> <p style="text-align: center;"><u>OR:</u> Hamburger Steak with Onion Gravy/Assorted Sandwiches</p>	<p style="text-align: center;">Cream of Broccoli and Cheese Soup</p> <ul style="list-style-type: none"> <li>◆ Boneless Chicken Wings with BBQ Dip</li> <li>◆ Fries</li> <li>◆ Creamy Cucumber Salad</li> </ul> <p style="text-align: center;">Tropical Fruit Salad</p> <p style="text-align: center;"><u>OR:</u> Bacon and Mushroom Pork Chops/Assorted Sandwiches</p>	<p style="text-align: center;">Cream of Mushroom Soup</p> <ul style="list-style-type: none"> <li>◆ Mini Cheeseburger Sliders</li> <li>◆ Sweet Potato Fries</li> <li>◆ Tossed Salad</li> </ul> <p style="text-align: center;">Banana</p> <p style="text-align: center;"><u>OR:</u> Macaroni and Cheese/Assorted Sandwiches</p>	<p style="text-align: center;">Tomato Soup</p> <ul style="list-style-type: none"> <li>◆ Grilled Ham and Cheese Sandwich</li> <li>◆ Tater Tots</li> <li>◆ Marinated Vegetable Medley</li> </ul> <p style="text-align: center;">Canned Peaches</p> <p style="text-align: center;"><u>OR:</u> Butter Chicken/Assorted Sandwiches</p>	<p style="text-align: center;">Vegetable Florentine Soup</p> <ul style="list-style-type: none"> <li>◆ Homemade Beef Sausage Rolls with Honey Mustard Dip</li> <li>◆ Maple Baked Beans</li> <li>◆ Coleslaw</li> </ul> <p style="text-align: center;">Fresh Apple Slices</p> <p style="text-align: center;"><u>OR:</u> Chicken Strips and Plum Sauce/Assorted Sandwiches</p>	<p style="text-align: center;">Minestrone Soup</p> <ul style="list-style-type: none"> <li>◆ Eggs Benedict</li> <li>◆ Hash Brown Patty</li> <li>◆ Tomato Slices</li> </ul> <p style="text-align: center;">Mandarin Orange Sections</p> <p style="text-align: center;"><u>OR:</u> Ginger Beef/Assorted Sandwiches</p>
PM	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
DINNER	<ul style="list-style-type: none"> <li>◆ Hamburger Steak with Caramelized Onion Gravy</li> <li>◆ Garlic Mashed Potatoes</li> <li>◆ New England Mixed Vegetables</li> </ul> <p style="text-align: center;">Raspberry Jam Coconut Tart</p> <p style="text-align: center;"><u>OR:</u> Breaded Fish with Tartar Sauce</p>	<ul style="list-style-type: none"> <li>◆ Bacon and Mushroom Smothered Boneless Pork Chops</li> <li>◆ Warm Potato Salad</li> <li>◆ Fall Medley Vegetable Mix</li> </ul> <p style="text-align: center;">Blackberry Apple Cobbler</p> <p style="text-align: center;"><u>OR:</u> Meat Lasagna</p>	<ul style="list-style-type: none"> <li>◆ Spaghetti and Meatballs</li> <li>◆ Cauliflower Florets</li> <li>◆ Garlic Bread Knots</li> </ul> <p style="text-align: center;">Mini Chocolate Hazelnut Beignet</p> <p style="text-align: center;"><u>OR:</u> Soup and Sandwich</p>	<ul style="list-style-type: none"> <li>◆ Butter Chicken</li> <li>◆ Basmati Rice</li> <li>◆ Garden Peas</li> </ul> <p style="text-align: center;">French Cream Cheesecake</p> <p style="text-align: center;"><u>OR:</u> Swiss Steak</p>	<ul style="list-style-type: none"> <li>◆ Sweet and Sour Basa Fillet</li> <li>◆ Jasmine Rice</li> <li>◆ Steamed Broccoli Florets</li> </ul> <p style="text-align: center;">Chocolate Swiss Mocha Cake</p> <p style="text-align: center;"><u>OR:</u> Honey Garlic Meatballs</p>	<ul style="list-style-type: none"> <li>◆ Turkey Roast with Apples</li> <li>◆ Garlic Parmesan Au Gratin Potatoes</li> <li>◆ PEI Vegetable Mix</li> </ul> <p style="text-align: center;">Vanilla Cream Puffs with Chocolate Drizzle</p> <p style="text-align: center;"><u>OR:</u> Casserole</p>	<ul style="list-style-type: none"> <li>◆ Beef and Rice Cabbage Rolls</li> <li>◆ Roasted Baby Potatoes</li> <li>◆ Sautéed Sauerkraut</li> <li>◆ Parslied Baby Carrots</li> </ul> <p style="text-align: center;">Lemon Meringue Pie</p> <p style="text-align: center;"><u>OR:</u> Lemon Pepper Chicken</p>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

Approved by: \_\_\_\_\_

DAY	MONDAY Nov-8, Dec-6, Jan-3, Jan-31, Feb-28, Mar-28, Apr-25	TUESDAY Nov-9, Dec-7, Jan-4, Feb-1, Mar-1, Mar-29, Apr-26	WEDNESDAY Nov-10, Dec-8, Jan-5, Feb-2, Mar-2, Mar-30, Apr-27	THURSDAY Nov-11, Dec-9, Jan-6, Feb-3, Mar-3, Mar-31, Apr-28	FRIDAY Nov-12, Dec-10, Jan-7, Feb-4, Mar-4, Apr-1, Apr-29	SATURDAY Nov-13, Dec-11, Jan-8, Feb-5, Mar-5, Apr-2, Apr-30	SUNDAY Nov-14, Dec-12, Jan-9, Feb-6, Mar-6, Apr-3, May-1
BREAKFAST	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Ham and Cheese Omelet</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Hard Boiled Eggs</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Poached Eggs</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Cheddar Cheese Wedge</li> <li>◆ Apple Cinnamon Muffin</li> <li>◆ Toast and Preserves</li> </ul> <p>Fresh Fruit</p> <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Sunny Boy Cereal</li> <li>◆ Spinach and Cheese Omelet</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Breakfast Pork Sausage</li> <li>◆ Harvest Muffin</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Scrambled Eggs and Bacon</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p><u>OR:</u> Cold Cereal Peanut Butter</p>
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
LUNCH	<p>Cream of Asparagus Soup</p> <ul style="list-style-type: none"> <li>◆ Roast Beef Dip Sandwich with Au Jus Sauce</li> <li>◆ Seasoned Potato Wedges</li> <li>◆ Four Bean Salad</li> </ul> <p>Fruit Cocktail</p> <p><u>OR:</u> Cabbage Rolls/Assorted Sandwiches</p>	<p>Beef and Barley Soup</p> <ul style="list-style-type: none"> <li>◆ Cran-Apple Chicken Salad Sandwich</li> <li>◆ Sweet Potato Fries</li> <li>◆ Spring Mix Salad</li> </ul> <p>Mango</p> <p><u>OR:</u> Quiche/Assorted Sandwiches</p>	<p>Chicken Noodle Soup</p> <ul style="list-style-type: none"> <li>◆ Swiss Mushroom Beef Burger</li> <li>◆ Fries</li> <li>◆ Tossed Salad</li> </ul> <p>Baked Apples</p> <p><u>OR:</u> Macaroni and Cheese/Assorted Sandwiches</p>	<p>Winter Borscht Soup</p> <ul style="list-style-type: none"> <li>◆ Cream Cheese and Dill Perogies with Fried Onions and Sour Cream</li> <li>◆ Sautéed Sauerkraut</li> <li>◆ Kielbasa Sausage</li> <li>◆ Garden Peas</li> </ul> <p>Cantaloupe</p> <p><u>OR:</u> Montreal Seasoned Chicken/Assorted Sandwiches</p>	<p>Cream of Cauliflower and Cheese Soup</p> <ul style="list-style-type: none"> <li>◆ Sloppy Joe Meatball Bake</li> <li>◆ Caesar Salad</li> <li>◆ Garlic Toast</li> </ul> <p>Yogurt</p> <p><u>OR:</u> Honey Garlic Boneless Pork Ribs/Assorted Sandwiches</p>	<p>Fall Chicken Gumbo Soup</p> <ul style="list-style-type: none"> <li>◆ Cheese, Tomato and Lettuce Sandwich</li> <li>◆ Potato Salad</li> <li>◆ Dill Pickle Spears</li> </ul> <p>Fresh Orange Sections</p> <p><u>OR:</u> Ginger Beef/Assorted Sandwiches</p>	<p>Corn Chowder</p> <ul style="list-style-type: none"> <li>◆ Chicken Tenders with Plum Sauce</li> <li>◆ Belgian Waffles with Syrup</li> <li>◆ Hash Browns</li> </ul> <p>Pineapple Tidbits</p> <p><u>OR:</u> Beef Burgundy/Assorted Sandwiches</p>
PM	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
DINNER	<ul style="list-style-type: none"> <li>◆ Santa Fe Boneless Chicken Thighs</li> <li>◆ Spanish Rice</li> <li>◆ Buttered Corn</li> </ul> <p>Chocolate Raspberry Butter Danish</p> <p><u>OR:</u> Honey Mustard Pork Roast</p>	<ul style="list-style-type: none"> <li>◆ Veal Scaloppini in Tomato Sauce</li> <li>◆ Roasted Parisian Potatoes</li> <li>◆ Pick of the Day Vegetables</li> </ul> <p>Lemonlicious Dessert Bar</p> <p><u>OR:</u> Lemon Dill Salmon Fillet</p>	<ul style="list-style-type: none"> <li>◆ Montreal Seasoned Chicken Breast</li> <li>◆ Browned Yukon Gold Potatoes</li> <li>◆ Dilled Carrots</li> </ul> <p>Cinnamon Sugar Churro Donuts</p> <p><u>OR:</u> Soup and Sandwich</p>	<ul style="list-style-type: none"> <li>◆ Honey Garlic Boneless Pork Ribs</li> <li>◆ Chow Mein Noodles</li> <li>◆ Thai Stir Fry Vegetables</li> </ul> <p>Tapioca Pudding</p> <p><u>OR:</u> Swedish Meatballs</p>	<ul style="list-style-type: none"> <li>◆ Tilapia with Creamy Lemon Sauce</li> <li>◆ Rice Pilaf</li> <li>◆ Winter Vegetable Blend</li> </ul> <p>Honeydew Melon</p> <p><u>OR:</u> Barbecue Chicken Breast</p>	<ul style="list-style-type: none"> <li>◆ Beef Burgundy</li> <li>◆ Garlic Butter Fingerling Potatoes</li> <li>◆ Almond Green Beans</li> </ul> <p>Strawberry Jello with Whipped Cream</p> <p><u>OR:</u> Vegetarian Lasagna</p>	<ul style="list-style-type: none"> <li>◆ Cranberry Glazed Turkey Meatloaf</li> <li>◆ Chive Whipped Potatoes</li> <li>◆ Sunrise Vegetable Mix</li> </ul> <p>Cherry Pie</p> <p><u>OR:</u> Glazed Ham</p>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

# VENTA CARE CENTRE

# FALL/WINTER 2021/2022

# WEEK 4

DAY	MONDAY Nov-15, Dec-13, Jan-10, Feb-7, Mar-7, Apr-4, May-2	TUESDAY Nov-16, Dec-14, Jan-11, Feb- 8, Mar-8, Apr-5, May-3	WEDNESDAY Nov-17, Dec-15, Jan-12, Feb-9, Mar-9, Apr-6, May-4	THURSDAY Nov-18, Dec-16, Jan-13, Feb-10, Mar-10, Apr-7, May-5	FRIDAY Nov-19, Dec-17, Jan-14, Feb-11, Mar-11, Apr-8, May-6	SATURDAY Nov-20, Dec-18, Jan-15, Feb-12, Mar-12, Apr-9, May-7	SUNDAY Nov-21, Dec-19, Jan-16, Feb-13, Mar-13, Apr-10, May-8
BREAKFAST	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Mexican Omelet</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Hard Boiled Eggs</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Sunny Boy Cereal</li> <li>◆ Poached Eggs</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Breakfast Maple Pork Patty</li> <li>◆ Raspberry Yogurt Muffin</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Cheese Omelet</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Rolled Oats Cereal</li> <li>◆ Mozzarella Cheese Wedge</li> <li>◆ Maple Cinnamon Swirl Muffin</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>	<ul style="list-style-type: none"> <li>◆ Juice</li> <li>◆ Cream of Wheat Cereal</li> <li>◆ Breakfast Quiche</li> <li>◆ Toast and Preserves</li> <li>◆ Fresh Fruit</li> </ul> <p style="text-align: center;"><u>OR:</u> Cold Cereal Peanut Butter</p>
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
LUNCH	<p>Vegetarian Rice Soup</p> <ul style="list-style-type: none"> <li>◆ Ground Beef Mac and Cheese</li> <li>◆ Tater Tots</li> <li>◆ Steamed Broccoli Florets</li> </ul> <p style="text-align: center;">Apricot Halves</p> <p style="text-align: center;"><u>OR:</u> Turkey Meatloaf/Assorted Sandwiches</p>	<p>Golden Autumn Carrot Soup</p> <ul style="list-style-type: none"> <li>◆ Mini Assorted Cold Cut Sub</li> <li>◆ Curly Fries</li> <li>◆ Pickled Beet Salad</li> </ul> <p style="text-align: center;">Canned Cherries</p> <p style="text-align: center;"><u>OR:</u> Ginger Beef/Assorted Sandwiches</p>	<p>Fall Turkey Vegetable Soup</p> <ul style="list-style-type: none"> <li>◆ Fish and Chips</li> <li>◆ Tartar Sauce</li> <li>◆ Creamy Coleslaw</li> </ul> <p style="text-align: center;">Strawberries</p> <p style="text-align: center;"><u>OR:</u> Salisbury Steak with Mushroom Sauce/Assorted Sandwiches</p>	<p>Thai Vegetable Soup</p> <ul style="list-style-type: none"> <li>◆ Sweet and Sour Chicken Balls</li> <li>◆ Jasmine Rice</li> <li>◆ Oriental Vegetable Blend</li> </ul> <p style="text-align: center;">Banana</p> <p style="text-align: center;"><u>OR:</u> Tortellini in Tomato Sauce/Assorted Sandwiches</p>	<p>Beefy Winter Tomato Soup</p> <ul style="list-style-type: none"> <li>◆ Southwestern Veggie Burger with Salsa and Guacamole</li> <li>◆ Sweet Potato Fries</li> <li>◆ Black Bean and Corn Salad</li> </ul> <p style="text-align: center;">Tropical Fruit Salad</p> <p style="text-align: center;"><u>OR:</u> Chicken Strips with Plum Sauce/Assorted Sandwiches</p>	<p>Sweet Potato Bisque</p> <ul style="list-style-type: none"> <li>◆ Scrambled Eggs</li> <li>◆ Bacon</li> <li>◆ Pancakes with Syrup</li> <li>◆ Hash Browns</li> </ul> <p style="text-align: center;">Honeydew Melon</p> <p style="text-align: center;"><u>OR:</u> Apricot Honey Pork Roast/Assorted Sandwiches</p>	<p>Bean Vegetable Soup</p> <ul style="list-style-type: none"> <li>◆ Tuna Salad Sandwich</li> <li>◆ Tomato and Cucumber Slices</li> <li>◆ Bread and Butter Pickles</li> <li>◆ Fresh Apple Slices</li> </ul> <p style="text-align: center;">Ice Cream</p> <p style="text-align: center;"><u>OR:</u> Turkey Schnitzel/Assorted Sandwiches</p>
PM	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
DINNER	<ul style="list-style-type: none"> <li>◆ Baked Cajun Garlic Butter Cod</li> <li>◆ O'Brien Potatoes</li> <li>◆ Maple Roasted Brussel Sprouts</li> </ul> <p style="text-align: center;">Triple Chocolate Fudge Cake</p> <p style="text-align: center;"><u>OR:</u> Cheeseburger with Condiments</p>	<ul style="list-style-type: none"> <li>◆ Salisbury Steak with Grilled Mushroom Wine Sauce</li> <li>◆ Whipped Potatoes</li> <li>◆ Montego Mixed Vegetables</li> </ul> <p style="text-align: center;">Tiramisu Mousse with Whipped Cream</p> <p style="text-align: center;"><u>OR:</u> Cabbage Rolls</p>	<ul style="list-style-type: none"> <li>◆ Chicken Cacciatore</li> <li>◆ Tri Color Rotini</li> <li>◆ Italian Vegetable Mix</li> </ul> <p style="text-align: center;">Blueberry Cheesecake</p> <p style="text-align: center;"><u>OR:</u> Liver and Fried Onions</p>	<ul style="list-style-type: none"> <li>◆ Shepherd's Pie</li> <li>◆ Gravy</li> <li>◆ Buttered Peas and Carrots</li> </ul> <p style="text-align: center;">Date Squares</p> <p style="text-align: center;"><u>OR:</u> Soup and Sandwich</p>	<ul style="list-style-type: none"> <li>◆ Apricot Honey Pork Roast</li> <li>◆ Garlic Buter Rice</li> <li>◆ Paradiso Vegetable Blend</li> </ul> <p style="text-align: center;">Fruit Bread Pudding with English Cream</p> <p style="text-align: center;"><u>OR:</u> Herbed Chicken</p>	<ul style="list-style-type: none"> <li>◆ Turkey Schnitzel with Creamy Dill Sauce</li> <li>◆ Buttered Egg Noodles</li> <li>◆ Braised Red Cabbage</li> </ul> <p style="text-align: center;">Strawberry Cream Cheese Fruit Stick</p> <p style="text-align: center;"><u>OR:</u> Meat Lasagna</p>	<ul style="list-style-type: none"> <li>◆ Beef Stew</li> <li>◆ Rosemary Roasted Rutabaga</li> <li>◆ Homemade Cheddar Cheese Tea Biscuits</li> </ul> <p style="text-align: center;">Pecan Pie</p> <p style="text-align: center;"><u>OR:</u> Glazed Basa Fillet</p>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

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