

Week 1 Sunshine Centre - Fall Winter Menu 2023-2024

Resident Name:

Suite:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Poached Eggs Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Open-Faced Egg, Cheese, & Sausage McMuffin Oatmeal, Cream of Wheat, Assorted Cold Cereals, Assorted Muffins, Toast & Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Fried Eggs Scone Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Scrambled Eggs Danishes Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Pancakes Bacon Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Poached Eggs Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Raisin Bread Chef's Choice of Egg Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily
Lunch						
Beef Burger on a Bun Served with Sunrise Vegetables or Pepperoni Pizza Served with Carrot and Raisin Salad Butterscotch Pudding or Fruit Cocktail	Pulled Pork on a Bun with Served with Tossed salad & Italian Dressing or Fish Cakes/Tartar Sauce Served with Potato Puffs Ice Cream or Pineapple Tidbits	Tuna Sandwich Served with Three Bean Salad or French Toast/ Berry Compote/Whipped Topping Served with Sausage Strawberry J-E-L-L-O or Chilled Mandarin Oranges	Hot Turkey Sandwich/ Gravy Served with Green Peas or Chef’s Sliced Egg and Salad Plate with a Roll Vanilla Mousse or Diced Peaches	Herbed Omelet or Sloppy Joe on a Bun Both served with a Green Salad Chocolate Pudding or Fruit Cocktail	Chicken Strips with Plum Sauce or Ham Salad Sandwich Both served with Pasta Salad Baked Custard or Chilled Peach Slices	Grilled Cheese Sandwich or Cabbage Rolls with a Dinner Roll Both Served with Potato Puffs Butter Tart or Mandarin Oranges
Dinner						
Vegetable & Cheese Casserole or BBQ Glazed Chicken Thigh Both served with Roasted Mini Red Potatoes Choice of: Parsley Carrots or Roasted Parsnips Rhubarb Crisp or Chilled Pears	Korean Beef Short Ribs or Turkey Divan Both served with Seasoned Vegetable Rice. Choice of: Chuckwagon Corn or California Vegetables Date Square or Fresh Melon	Baked Chicken with Chalet Gravy or Lamb and Vegetable Stew Both served with Garlic Mashed Potatoes Choice of: Squash or Cauliflower Carrot Cake or Chilled Tropical Fruit	Asian Pork Chop Served with Fried Rice or Cheese Ravioli with a Rosé Sauce Choice of: Baby Carrots or Oriental Vegetable Blend Cherry Cheesecake or Chilled Pears	Veal Marsala Served with Buttered Egg Noodles or Zesty Honey Dijon Baked Basa with Parslied Potatoes Choice of: Wax Beans or Fall Medley Vegetables Nanaimo Bar or Stewed Strawberry Rhubarb	Turkey Schnitzel/Gravy Served with Roasted Mini Red Potatoes or Beef Chili with a Dinner Roll Choice of: Seasoned Broccoli Florets or Seasoned Zucchini Iced Chocolate Brownie or Mixed Berries	Roast Pork loin with Brown Gravy, Whipped Potatoes, Choice of: Buttered Brussel Sprouts and Carrots Lemon Meringue Pie Or Diced Pears

Everyday Items at lunch & dinner include homemade soup of the day, fresh salad, carrots, celery. A variety of ice creams are available daily for dessert, including sugar & lactose-free. Chicken, fish, vegetarian & gluten-free options available upon request with notice. Juice, regular & lactose-free milk, coffee & tea are available at each meal. **Please print soup or salad on your daily choice for trays.**

Week 2 Sunshine Centre - Fall Winter Menu 2023-2024

Resident Name:

Suite:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Fried Eggs Bacon Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Omelets Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Raisin Bread Scrambled Egg Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Poached Eggs Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Chef's Choice of Egg Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	French Toast with Syrup Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Fried Eggs Back Bacon Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily
Lunch						
Beef Pot Pie or Vegetarian Meatball Hoagie with Mozzarella Cheese Both Served with Caesar Salad Fruit Cocktail or Butterscotch Pudding	Corned Beef on Rye Bread Served with Cucumber Salad or Cheese Stuffed Manicotti Served with Green Beans Frozen Vanilla Yogurt or Pineapple Tidbits	Cod Nuggets/Tartar Sauce and Fries or Cottage Cheese/Fresh Fruit Plate and Scone Lemon J-E-L-L-O or Chilled Apricots	Turkey Sandwich /Cranberry Mayo or Macaroni and Cheese Both Served with Spinach Salad Raspberry Mousse or Sliced Pears	Ham and Cheddar Cheese Sandwich/Tomato Slices or Chicken Souvlaki with Tzatziki sauce Served with Rice and Corn Niblett's Ice Cream or Chilled Pineapple	Toasted Western Sandwich or Pork Tourtiere/Gravy (Acadian Meat Pie) Served with Green Peas Tapioca Pudding or Chilled Diced Peaches	Assorted Sandwich Platter Choice of Soup or Salad with Assorted Desserts
Dinner						

Cornmeal Crusted Chicken Thigh Served with Mashed Potato or Ham Cheese and Onion Quiche Choice of: Cauliflower or Carrots Peach Crisp or Chilled Diced Pears	Southwest Beef or Homemade Teriyaki Turkey Patty Both Served with Savory Potato Wedges & Choice of: Broccoli Florets or Mashed Squash Butter Tart or Mandarin Oranges	Lamb Chops or Santa Fe Chicken Thighs Both Served with Roasted Potatoes Choice of: Buttered Corn or PEI Vegetables Chocolate Maple Cake or Fresh Grapes	Spaghetti Bolognese Served with Caesar Salad or Veal Scallopini with Mushroom Sauce Served with Garlic Mashed Potatoes Turnip Lemon Cake or Chilled Tropical Fruit	Fish and Chips/Creamy Coleslaw or Honey Mustard Roast Pork Chop Roasted Potatoes and Cinnamon Honey Glazed Carrots Tiramisu Cake or Stewed Berries/Whipped Topping	Turkey A la King or Baked Salmon Fillet with Dill/Lemon Wedge, Rice Choice of: Zucchini Parmesan or Buttered Beans Bread Pudding or Assorted Fresh Fruit	Roast Beef au Jus/Horseradish Mashed Potatoes Choice of: Broccoli Florets or Carrots Apple Pie or Tropical Fruit Salad
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Week 3 Sunshine Centre - Fall Winter Menu 2023-2024

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Pancakes & Syrup Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Poached Eggs Danishes Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Scrambled Eggs Fried Ham Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Poached Eggs Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Toads in a Hole Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Poached Eggs Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Fried Eggs Bacon Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily
Lunch						
Swedish Meatballs Served with Mushroom Sauce & Egg Noodles or Swiss and Tomato Grilled Cheese Sandwich Served with a Spinach Salad Vanilla Pudding	BBQ Boneless Pork Riblet on a Bun Served with Cucumber Slices and Dip or Julienne Chefs Salad Plate Served with a Dinner Roll Tropical Mousse or	Salmon Salad Sandwich Served with Pickled Beets or Potato and Cheese Perogies with Sautéed Onions, Bacon, and Sour Cream Orange J-E-L-L-O or	Chicken Caesar Salad/Lemon Wedge Served with a Roll or Turkey Pot Pie Served with a Spinach and Orange Salad Ice Cream or	Red Pepper and Basil Frittata with Parmesan or Hot Beef Sandwich on a Bun Served with Mixed Veg Assorted Desserts or Fruit Cocktail	Ploughman’s Platter – Cold Cut Plate with Assorted Salads or Sweet-N-Sour Pork Bites with Oriental Vegetables Butterscotch Pudding or Chilled Diced Peaches	Chicken Salad Sandwich or Canadian Peameal Sandwich – Peameal, Mushroom + Cheese on a Bun Both Served with Macaroni Salad Vanilla Ice Cream Bar

or Fruit Cocktail	Diced Melon	Chilled Mandarin Oranges	Fresh Watermelon			or Pineapple Tidbits
Dinner						
Tandoori Chicken or Hungarian Pork Goulash Both Served with Rice Pilaf & Choice of Broccoli or Green Peas Cherry Crisp or Fresh Grapes	Beef Shepherd's Pie/ Gravy or Turkey Patties/Dijon Served with Mashed Potatoes Both Served with Choice of: Buttered Corn or Turnip Chocolate Brownie or Chilled Tropical Fruit	Herb Baked Chicken Thigh or Lamb and Mushroom Ragout Both Served with Parslied Roasted Potatoes Choice of: Green Beans or Sautéed Peppers Bread Pudding or Chilled Peach Slices	Beef Lasagna/Garlic Bread or Veal Steak/Onion Gravy Mashed Potatoes Choice of: Carrots or Wax Beans Chocolate Cake or Fruited J-E-L-L-O salad	Baked Ham/Applesauce or Lemon Pepper Sole Both Served with Scalloped Potatoes Choice of: Diced Parsnip or Sunshine Vegetables Mini Donuts or Cinnamon Pears	Cabbage Rolls or Fisherman's Pie Both Served with Mashed Potatoes Choice of: Cauliflower or Green Beans Lemon Tart or Fresh Melon	Roast Turkey, Gravy Sage Stuffing, Whipped Potatoes Choice of: Peas and Carrots or Fall Vegetables Pumpkin Pie or Mandarin Oranges

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Week 4 Sunshine Centre - Fall Winter Menu 2023-2024

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Poached Eggs Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Fried Eggs Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Scrambled Eggs Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Poached Eggs Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Waffles & Syrup Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Poached Eggs Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Fried Eggs Bacon Oatmeal, Cream of Wheat, Assorted Cold Cereals, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily
Lunch						
Cheese and Fruit Plate or Roast Beef and Cheddar Sandwich Served with a Beet + Onion Salad Tapioca Pudding or	Mini Pancake Bites with Spiced Apples and Sausage or Egg Salad Sandwich Served with a Pasta Salad Ice Cream or Pineapple Tidbits	Crab Cake/Tartar Sauce Buttered Corn or Beef Burger with Fixings Both Served with French Fries Cherry J-E-L-L-O or	Sliced Turkey Sandwich on Rye Bread Served with Carrot Raisin Salad or Bacon Mushroom Swiss Casserole/Green Peas Coffee Cake	Broccoli, Swiss Cheese, and Mushroom Quiche or Pastrami Sandwich Both Served with a Choice of: Chickpea Salad or Fruit Cup	Chicken Burger on a Bun with Lettuce and Tomato or Sliced Ham Sandwich Both Served with Cauliflower Salad Caramel Pudding or	Cream Cheese and Cucumber Sandwich Served with a Bean Salad or Open Face Turkey Sandwich with Gravy and Green Peas

Fruit Cocktail		Apricot Halves	or Peaches	Ice Cream Sundae or Diced Pears	Sliced Peaches	Raspberry Jelly-Roll or Chilled Mandarins
Dinner						
Garlic Shrimp Pasta with Alfredo Sauce Mushroom and Garlic Bread or BBQ Glazed Chicken Thighs Mashed Potatoes Both Served with Choice of: Roasted Beets or P.E.I Vegetables Apple Crisp or Diced Pears	Beef and Macaroni Casserole/Garlic Stick or Homemade Turkey Burger Served with Potato Wedges Both served with Choice of: Squash or Mixed Veg Cheesecake with Sauce or Stewed Strawberries	Sweet & Sour Chicken Balls with Fluffy Rice and Oriental Vegetables or Liver and Onions/Gravy Garlic Mashed Potatoes Green Beans Iced White Cake or Chilled Tropical Fruit	Veal Schnitzel/Gravy German Potato Salad, Braised Cabbage or Three Cheese Vegetable Penne with Caesar Salad Lemon Square or Fresh Pineapple	Baked Lemon Salmon Served with Wild Rice or Meatloaf/Gravy Scalloped Potatoes Both Served with Choice of: Wax Beans or Seasoned Zucchini Black Forrest Cake or Stewed Rhubarb	Beef Pot Pie with Mashed Potatoes or Chicken Parmigiana with Spaghetti and Tomato Sauce Both with Choice of: Mashed Turnip or Buttered Parslied Carrots Chocolate Cake or Fresh Fruit	Grilled Chicken Breast with Honey BBQ Sauce Served with Roast Potatoes Choice of: Broccoli or Beets Blueberry Pie or Bing Cherries

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