

Week 1 *Sunshine Spring Summer Menu 2023*

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, Fresh Fruit, Yogurt, Assorted Muffins, Toast & Jam & Cheese Served Daily	Poached Egg 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	French Toast 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						
Captain Burger on a Bun/Tartar Sauce/Lettuce, Tomato Served with Creamy Coleslaw or Egg & Pasta Salad Plate Served with a Dinner Roll Tiramisu Mousse or Fresh Fruit	Macaroni & Cheese served with Baked Tomato au Gratin or Reuban Sandwich served with Dill Pickles & Potato Chips Lime Jell-O with Whipped Topping or Strawberries	Roast Beef Sandwich Served with Heritage Blend Salad or Sweet & Sour Chicken Balls Served with Rice, Asian, Vegetables, Egg Roll & Plum Sauce Vanilla Pudding or Pineapple Tidbits	Greek Salad with Chicken or Egg Salad Sandwich Both served with Cucumber & Red Onion Salad Strawberry Ice Cream or Mandarin Oranges	Beef Burger on a Bun/ Lettuce & Tomato or Fish Cakes/Tartar Sauce Both served with Spinach & Mushroom Salad Lemon Tart or Banana	Tomato Feta Penne Served with a Dinner Roll or Turkey Pot Pie Both served with Mixed Greens & Dressing Assorted Desserts or Chilled Peach Slices	Chicken Salad Sandwich Served with Cucumber Slices or Beans & Franks Served with Bread Ice Cream Sandwich or Fruit
Dinner						
Swiss Steak with Sour Cream Sauce or Herbed Chicken Thigh Both Served with Mashed Potatoes, Choice of Parsley Carrots or Steamed Broccoli Lemon & Cream Shortcake or Fruit Cocktail	Grilled Chicken with a White Wine Herb Sauce or Baked Tilapia Both Served with Mashed Potatoes & Choice of Tarragon Wax Beans or Buttered Brussels Sprouts Banana Loaf or Fresh Grapes	Lemon Pepper Cod or Cheeseburger with Lettuce, Tomato and Condiments Both Served with French Fries Choice of Squash or Green Peas Cherry Crisp or Pears	Broccoli Cheese Pasta Bake served with Garlic Bread or Pork cutlet with Gravy Served with Mashed Potato Choice of Mixed Fresh Vegetables or Mixed Peppers Iced Cupcake or Diced Melons	Veal with Mushroom Sauce and Mashed Potato Garlic Shrimp Served with Parslied Rice Choice of Cauliflower or Zucchini Medley Vanilla Caramel Swirl Cake or Chilled Tropical Fruit	BBQ Chicken Thigh or BBQ Ribs Both served with Roasted Mini Red Potatoes & Choice of Seasoned Green Beans or Corn on the Cobb Iced Brownie or Fruit Salad	Roast Beef & Gravy Horseradish, Mashed Potatoes, Roasted Red Peppers, or Creamed Spinach Apple Pie or Fresh Pineapple

Everyday Items at lunch & dinner include homemade soup of the day, fresh salad, carrots, celery & cauliflower. 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.

Week 2 *Sunshine Spring Summer Menu 2023*

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 Breakfast Sausage 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						
Crab Salad Sandwich Served with Veggies & Dip or Chef’s Salad Plate Served with Tea Biscuit French Cream Cake or Chilled Apricots	Vegetable Pizza or Hot dog with Potato Chips Both Served with Rainbow Coleslaw Lemon Jell-O with Whipped Topping or Fresh Grapes	Cobb Salad – Chicken, Cucumber, Cheddar Cheese, Egg,Tomato, Avocado Romaine Lettuce and a Roll or Philly Beef Sandwich served with a Garden salad Rainbow Sherbet or Diced Melon	Beef Cabbage Rolls & Dinner Roll or Tuna Salad Sandwich Both Served with Spinach Salad Ambrosia or Sliced Peaches	Toasted BLT or Quiche Florentine Both served with a Quinoa Greek Salad Vanilla Mousse or Fresh Berries	Chicken Burger on a Bun/ Lettuce, Tomato & Mayo Served with Creamy Cucumber Salad or Cheddar Cheese & Fresh Fruit Plate with Croissant Tapioca Pudding or Mandarin Oranges	Assorted Sandwich Platter Served Butterscotch Sundae or Applesauce
Dinner						
Seasoned Pork Loin with Gravy or Beef Stew Both Served with Mashed Potatoes & Choice of Broccoli/Carrots/Fresh Red Onions or Green Peas Date Square or Fresh Watermelon	Baked Pollock/Lemon Wedge or Chicken Breast with Grainy Mustard Sauce Both Served with Mashed Potatoes & Choice of Green Beans or Harvard Beets Chocolate Cake or Mixed Berries	Pork Souvlaki Plate with Rice, Potato, Greek Salad or Veal Marsala Served with Mashed Potatoes & Choice of Buttered Corn or PEI Vegetables Lemon Meringue Pie or Stewed Rhubarb	Baked Salmon Fillet & Lemon Wedge and Mixed Vegetables or Spaghetti & Meat Balls with Caesar Salad & Garlic Bread Choice of Butternut Squash or Herbed Zucchini Blueberry Crisp or Pears	Buttermilk Cornmeal Crusted Chicken with Mashed Potatoes or Shrimp & Vegetable Stir-fry with Rice Pilaff Maple Chocolate Mania Cake or Fruit Cocktail	Fish & Chips with Coleslaw or Beef Chili with Corn Bread Choice of Sauteed Garlic Mushrooms or Green Peas Macaroon Madness Bar or Pineapple Tidbits	Coq au Vin – chicken legs in a wine sauce with Mushrooms and Roast Potatoes Choice of Carrots or Mashed Turnip Strawberry Pie or Chilled Peach Slices

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Week 3 *Sunshine Spring Summer Menu 2023*

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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	Fried 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						
Chicken Caesar Salad Lemon or Grilled Cheese served with Caesar Salad Orange Jell-O with Whipped Topping or Berries	Vegetable, Swiss & Mushroom Quiche or Sliced Turkey Sandwich Both served with Carrot & Celery Sticks/Ranch Dip Chocolate Mousse or Diced Melon	Salmon Salad Sandwich or BBQ Beef Burger, Lettuce, Tomato, Mayo & Condiments Both served with Garden Salad & Dressing Luscious Lemon Bar or Mandarin Oranges	Chicken Waldorf Salad / Scone or Vegetarian Chili with Dinner Roll Ice Cream or Fresh Watermelon	Honey Garlic Meatballs served with Rice or Perogies with Bacon, Caramelized Onion & Sour Cream Both served with Mixed Vegetables Yogurt Parfait or Fresh Grapes	Ploughman’s Platter – Cold Cut Plate or Chicken Fingers/Plum Sauce served with Salad & Balsamic Dressing Butterscotch Pudding or Chilled Apricot	Shaved Beef Sandwich served with Potato Salad or Chicken Alfredo Pasta Bake with Garlic Stick Vanilla Ice Cream Bar or Blueberries and Cream
Dinner						
Italian Baked Fish/Lemon Wedge or Breaded Pork Cutlet Both Served with Mashed Potatoes & Choice of Green Beans or Sliced Beets Chocolate Eclairs or Fresh Grapes	Meatloaf with Beef Gravy & Garlic Mashed Potatoes or Cheese Ravioli & Sauce Choice of Baked Tomato au Gratin or Sauteed Asparagus Butter Tart or Apricots	Baked Chicken with Chalet Sauce or Beef & Vegetable Stew Both Served with Parslied Roasted Potatoes & Choice of Steamed Broccoli or Yellow Beans Bread Pudding or Chilled Peach Slices	Seasoned Pork Chop with Caramelized Onion Cream Sauce or Baked Haddock with Spinach & Onions Both served with Mashed Sweet Potatoes & Choice of Fresh Cauliflower or Mixed Vegetables Chocolate Cake or Fruited Jell-O salad	BBQ Ribs with Baked Potato Garlic Shrimp with Tomato Linguini & Spinach Choice of Sliced Carrots Or Corn Nibletts Mini Donuts or Cinnamon Pears	Swiss Veal Cutlet or House Lemon Chicken Thighs Both served with Lyonnaise Potatoes & Choice of Butternut Squash or Asparagus Mixed Berry Crumble Or Crushed Pineapple	Baked Carved Ham / Pineapple Chutney Served with Scalloped Potatoes & Dinner Roll Choice of Buttered Carrots or Green Peas Assorted Pies or Chilled Tropical Fruit

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Week 4 Sunshine Spring Summer Menu 2023

Resident Name:

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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						
Chef’s Salad Plate with a Slice of Bread or Swedish Meatballs With Egg Noodles Nanaimo Bar or Blueberries	Salmon Salad Sandwich or Sloppy Joes Both Served with Pickles Frozen Yogurt or Apricots	Turkey Burger with a Cranberry Apple Chutney or Ham Salad Sandwich Served with Veggies & Dip Cherry Pie or Pineapple Slices	Peameal Bacon Melt With a Side Salad or Fruit/Cheddar Cheese & Scone Salad Plate Lemon Streusel Cake or Peaches	Battered Fish & Chips, Ketchup, Tartar Sauce & Lemon Wedge or Chicken Greek Salad Plate Served with Dinner Roll Cinnamon Roll or Apple Wedges	Assorted Sandwich Plater Strawberry Yogurt Parfait or Mandarin Oranges	Vegetable Frittata Crustless Quiche with a Green Salad or BBQ Sauce Glazed Pork Ribettes Served with Corn Muffin & Carrots Ice Cream Treat or Applesauce
Dinner						
Homemade Beef Pot Pie or Honey Garlic Chicken Thighs Both Served with Mashed Potatoes & Choice of Roasted Beets Or P.E.I Vegetables Peach Pie or Fruit Cocktail	Veal Schnitzel/Hunter Sauce or Oktoberfest Sausage & Sauerkraut Both Served with Hot Potato Salad & Choice of Peas or Braised Red Cabbage Black Forrest Cake or Pears	Baked Atlantic Salmon with Sundried Tomato Pesto or BBQ Pork loin Both Served with Rice & Choice of Corn or Green Beans Iced White Cake or Stewed Strawberries	Chicken Salsa –Roasted Chicken breast with salsa & cheese on top or Shepherd’s Pie Both served with Mashed Potatoes & Choice of Seasoned Carrots or Farm Blend Vegetables Brownie or Orange Slices	Beef Stroganoff Served with Egg Noodles or Parmesan Chicken Served with Noodles Choice of Yellow Beans Or Fresh Mixed Vegetables Carrot Cake or Tropical Fruit	Coconut Shrimp/Plum Sauce Served with Paprika Potatoes and a mix of Celery/Mushrooms/Red Onion or Meat Lasagna Served with Garlic Bread And Peas Butter Tarts or Fresh Fruit	Carved Stuffed Pork Loin Gravy, Mashed Potatoes Choice of Sautéed Zucchini/Peppers or Squash Apple Pie & Cheddar Cheese Slice or Watermelon Slices

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