



MENU ASSUMPTIONS

- All Residents are 51 years of age and over
- Menus and mealtimes are communicated to residents
- Menu is revised to reflect seasonal menu items
- All menu substitutions are recorded and those records kept for at least three months
- All juices are pure fruit juices
- 1% milk for cereal and as a beverage
- Hot cereals include cream of wheat and oatmeal. Oatmeal have bran added
- Cold cereals include Cheerios, Bran flakes, Cornflakes and Rice Krispies
- Whole Wheat bread is 100% whole wheat
- Soft non-hydrogenated margarine is available at all meals
- Canola or olive oil are used for grilling and frying
- Salad Dressings and Mayonnaise are used in salads and sandwiches
- The Club designation does not represent Vegan diets
- Chef's Choice and Resident Choice has 1 Protein, 2 Vegetables, and 1 Grain serving
- Tropical fruit is pineapple, papaya, and guava
- Fruit cocktail is peaches, pears, pineapple, and grapes
- Sunrise vegetables are green beans, yellow and orange carrots
- Winter mix is broccoli and cauliflower
- The oriental mix is broccoli, green beans, carrots, onions, red pepper, and mushrooms
- Italian mix is carrots, zucchini, cauliflower, romano beans, red pepper, lima beans
- Garden mix vegetables include broccoli, cauliflower and carrots
- Stir Fry Vegetables include cabbage, carrots, snap peas or green beans and baby corn
- Portion sizes used are two slices of bacon, two of 1.6 oz Kielbasa and 4" quiche
- Standard snack items offered: sandwiches, toast, fruits, oatmeal, yogurt, cottage cheese, boiled egg and frozen fruit smoothies

Puree Menu Assumptions

- All baked goods are pureed without any hard particles such as nuts, seeds, dried fruit or chocolate chips
- All sausages or wieners are pureed without the casing
- All fruits are pureed without hard particles, no fresh fruit, and are available as a choice at every meal.
- All pureed menu items are soft, moist and smooth. A thickener may be used to achieve pureed consistency.

Joanan Rea Sandahan
JOANAN REA SANDAHAN, RD
DATE: *MARCH 28, 2018*

POINTS WEST LIVING GRANDE PRAIRIE

WEEK 1 SPRING SUMMER MENU 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Juice and Milk Hot or Cold Cereal Fruit Eggs Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Cheddar Cheese Blueberry Bran Muffin Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Scrambled Egg Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Poached Egg Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Boiled Egg Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Breakfast Sausage Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Scrambled Egg Toast (Whole Wheat or White)
LUNCH	Chicken Rice Soup Breaded Haddock & Chips Lemon Wedges/Tartar Sauce Kale Slaw OR Grilled Philly Cheese Steak Sandwich House Salad Pecan Streusel Cake or Diced Pears	Italian Wedding Soup Creamy Pesto Pasta with Grilled Chicken Caesar Salad OR Pastrami on Rye with Mustard & Dill Pickles Butterscotch Pudding or Fruit Cocktail	Carrot Ginger Soup Chef's Choice OR Chicken Cordon Bleu Roasted Potatoes Green Beans Chocolate Chip Cookies or Pineapple Tidbits	Vegetable Barley Soup Monte Christo Sandwich Pickles, Orange Sections OR Pork Tenderloin Cutlet w/ Gravy, Applesauce Mashed Potato Butternut Squash Apple Cobbler or Tropical Fruit	Broccoli/Cheese Soup BBQ Chicken Thighs Oven Roasted Potatoes Pineapple Raisin Coleslaw OR Ham, Cheese, Lettuce Sandwich with vegetable garnish (carrots and greens) Macaroni Salad Dessert Wagon	Borscht Kielbasa, Potato Pancakes, Braised Red Cabbage, Sour Cream OR Sliced Roast Beef on Multigrain Cucumber Salad Vanilla Yogurt with Berries or Diced Peaches	Schooner Bean Soup Pancakes/Syrup Turkey Sausages Assorted Fruit OR Egg Salad Sandwich Mixed Green Salad Creamy Rice Pudding or Ice Cream
DINNER	Cranberry Glazed Chicken Whipped Yams Garden Mixed Veg OR Pepper Basil Frittata (Potato & Egg Pie) Marinated Tomato & Onion Salad Fruit Crisp or Seasonal Fresh Fruit	Smokey BBQ Ribs Baked Potato Steamed Carrots OR Chicken Salad Croissant with Lettuce, Tomato Carrot & Raisin Salad Angel Food Cake w/ Strawberries & Whip Cantaloupe Slices	Hamburger Steak with Onions & Gravy Mashed Potato Peas OR Vegetable Quiche Coleslaw Gel Lime Pear or Fresh Watermelon	Beef Stroganoff Egg Noodles or Mashed Potato Sunrise Vegetables OR Tuna Patty, Green Salad & Dinner Roll Sorbet or Strawberries & Bananas	Pollock Nuggets & Tartar Sauce Potato Wedges, Corn and Carrots OR Chili Con Carne Corn Muffin Spinach & Lettuce Tossed Salad Banana Pudding or Mandarin Oranges	Mango Salsa Chicken w/ Brown Rice Mexican Corn OR Shepherd's Pie Dinner Roll Peas and Carrots Caramel Bread Pudding or Grapes	Roast Pork/ Gravy/Applesauce Mashed Potato Roasted Root Vegetables OR Hot Dog and all the Fixings Potato Salad Lemon Meringue Pie or Melon Slices
	CLUB DENOTES ENTREE IS FINE FOR VEGETARIAN						
	HEART (For Dessert Only) DENOTES LOW IN SUGAR AND FAT						
	Puree Menu						
LUNCH	Pureed Chicken Rice Soup Pureed Fish & White Sauce Mashed Potato Pureed Peas Pureed Pears	Pureed Italian Wedding Soup Pureed Roast Beef & Gravy Pureed Broccoli Pureed Angel Food Cake with Strawberry Sauce Pureed Pork with Gravy Scalloped Potato Pureed Carrots Butterscotch Pudding	Pureed Carrot Ginger Soup Pureed Chicken & Gravy Mashed Potato Pureed Green Beans Chocolate Mousse Pureed Hamburger Steak Mashed Potato/Gravy Pureed Peas Pureed Apricots	Pureed Vegetable Barley Pureed Pork Tenderloin Mashed Potatoes & Gravy Pureed Butternut Squash Pureed Cantaloupe Pureed Beef Stroganoff Mashed Potato & Gravy Pureed Sunrise Vegetables Pureed Strawberries	Pureed Broccoli/Cheese Pureed BBQ Chicken Mashed Potato & Gravy Pureed Peas Pureed Peaches Pureed Fish Filet, Tartar Sauce Mashed Potatoes & Gravy Pureed Carrots Banana pudding	Pureed Borscht Pureed Sausage Mashed Potato & Gravy Pureed Cabbage Pureed Fruit Cocktail Pureed Chicken Mashed Potatoes & Gravy Pureed Peas Custard	Pureed Schooner Bean Soup Pureed Beef & Gravy Mashed Potatoes Pureed Brussel Sprouts Applesauce Pureed Pork Roast & Gravy Mashed Potatoes Pureed Turnips & Carrots Lemon Pudding

*Milk (1 cup), juice, tea and coffee are served every meal. Bread, crackers and margarine serve at lunch & dinner. Ala Carte menu and Green Salad available @ lunch & dinner.

JOANAH REA SANDAHAN, RD
DATE: *MAY 28, 2018*

POINTS WEST LIVING GRANDE PRAIRIE

WEEK 2 SPRING SUMMER MENU 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Juice and Milk Hot or Cold Cereal Fruit Poached Eggs Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Scrambled Egg Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Cheddar Cheese Slice Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Boiled Egg Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Breakfast Sausage Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Poached Egg Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Bacon Scrambled Egg Toast (Whole Wheat or White)
L U N C H	Corn Chowder ☺ Baked Chicken Teriyaki with Pineapple Rings Garlic Rice Mixed Vegetable OR Pastrami on Multigrain Pickles, Power Blend Salad Banana Cake or Peaches	Vegetable Gumbo Noodle Soup Chicken Strips/Plum Sauce Baked Sweet Potato Fries House Salad OR ☺Vegetable Frittatta with Cheese Lemon Dill Orzo Salad Butter Tart Bar or ♥Summer Berry Parfait	Leek and Potato Soup ☺ Spaghetti & Meatballs Garlic Toast Kale Caesar Salad OR Grilled Pork Chop Applesauce Roasted Potatoes, Onions & Carrots Lemon Pudding or ♥Fruit Cocktail	Tomato Basil Soup ☺ Chicken Quesadilla Greek Yogurt, Tomato Salsa & Corn Salad OR Pulled Pork on a Bun Coleslaw Roasted Potato Jell-O Parfait ♥ Apples and Oranges	Cream of Squash Soup Black Forest Ham & Lettuce Sandwich Ranch Potato Salad OR ☺ Pineapple Turkey Meatballs & Brown Rice Stir Fry Vegetables Peanut Butter Cookies or ♥Mandarin Oranges	Lentil Red Pepper Soup ☺ Chicken Salad Sandwich Lettuce, Tomato and Cantaloupe Wedge OR Cheeseburger Fries Spring Salad Vanilla Swirl Cake or ♥Tropical Fruit	Carrot Dill Soup French Toast Syrup or Strawberry Sauce Sausages OR Crab Salad on Croissant with Cheese Bar Melon Slices Dessert Wagon
D I N N E R	☺Turkey Garden Stew Whole Wheat Bun Green/Yellow Beans OR Grilled Pork Kabobs Lemon Roasted Potatoes Zucchini Strawberry Sundae or ♥Diced Peas	Cowboy Steak Onion Rings Garden Mixed Veg OR ☺ Quiche Lorraine Chick Pea Salad Tangerine Mousse or ♥ Stewed Rhubarb	Resident's Choice Liver & Onions with Gravy Mashed Potatoes Braised Brussels Sprout or Carrots OR ☺ Greek Chicken Salad Pita Bread Hummus Rice Pudding ♥Diced Peaches	☺ Alaskan Sole Fillet w/ Lemon Wedge Steamed Dill Potatoes Tossed Salad with Sweet Onion Vinaigrette OR Cabbage Rolls Perogies, Fried Onions and Sour Cream & Peas Lemon Cake or ♥Grapes	☺Alaskan Sole Fillet w/ Lemon Wedge Steamed Dill Potatoes Tossed Salad with Sweet Onion Vinaigrette OR Cabbage Rolls Perogies, Fried Onions and Sour Cream & Peas Lemon Cake or ♥Grapes	Toni Roma Night ☺ Chicken Thigh and/or Ribs (Combo) Baked Potato and WW Bun Kale Mix Salad Chocolate Pudding w/ Whip or ♥Citrus Fruit Cup	☺Roast Turkey/Gravy/Dressing Cranberry Sauce Mashed Potato Oven Roast Sweet Potatoes Sautéed Green Beans OR Roast Beef Sandwich Tomato & Lettuce Apples Pie or ♥Diced Apricots
	♥ CLUB DENOTES ENTREE IS FINE FOR VEGETARIAN						
	♥ HEART (For Dessert Only) DENOTES LOW IN SUGAR AND FAT						
	Puree MENU						
L U N C H	P' Italian Gumbo Noodle P' Chicken Breast & Gravy Mashed Sweet Potato Pured Peas Vanilla Yogurt & Fruit Sauce	P' Leek and Potato Soup P' Grilled Pork Chop Mashed Potatoes P' Carrots and Applesauce Lemon Pudding	P' Leek and Basil Pured Chicken & Gravy Mashed Sweet Potato Pured Brussel Sprouts Ice Cream	P' Liver and Onion/Gravy Mashed Potato Pured Peas Pured Peaches	Pured Squash Soup P' Turkey Meatball Pured Pasta P' Vegetable Stirfry Pured Mandarin Oranges P' Alaskan Sole Fillet Mashed Potatoes P' Sautéed Peas	Pured Lentil Red Pepper Soup P' Chicken & Gravy Mashed Potato Pured Broccoli Pured Vanilla Swirl Cake P' BBQ Pork Mashed Potato & Gravy Pured Peas	Pured Carrot Dill Soup P' French Toast, Syrup P' Beef, Pured Melon Slices Vanilla Pudding P' Roast Turkey/Gravy P' Cranberry Sauce Mashed Sweet Potatoes P' Green Beans Pured Apricots
S U P P E R	P' Turkey Garden Stew Mashed Potato Pured Green/Yellow Beans Pured Peas	P' Roast Beef Mashed Potatoes Pured Garden Mixed Beans Tangerine Mousse	P' Liver and Onion/Gravy Mashed Potato Pured Peas Pured Peaches	P' Alaskan Sole Fillet Mashed Potatoes P' Sautéed Peas Banana Pudding	Pured Squash Soup P' Turkey Meatball Pured Pasta P' Vegetable Stirfry Pured Mandarin Oranges P' Alaskan Sole Fillet Mashed Potatoes P' Sautéed Peas	Pured Lentil Red Pepper Soup P' Chicken & Gravy Mashed Potato Pured Broccoli Pured Vanilla Swirl Cake P' BBQ Pork Mashed Potato & Gravy Pured Peas	Pured Carrot Dill Soup P' French Toast, Syrup P' Beef, Pured Melon Slices Vanilla Pudding P' Roast Turkey/Gravy P' Cranberry Sauce Mashed Sweet Potatoes P' Green Beans Pured Apricots

*Milk (1 cup), juice, tea and coffee are served every meal. Bread, crackers and margarine serve at lunch & dinner Ala Carte menu and Green Salad available @ lunch & dinner.

JOANAH REA SANDAHAN, RD
DATE: *MARCH 24, 2018*

POINTS WEST LIVING GRANDE PRAIRIE

WEEK 3 SPRING SUMMER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Juice and Milk Hot or Cold Cereal Fruit Boiled Egg Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Scrambled Egg Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Cheddar Cheese Raisin Bran Muffin Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Poached Egg Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Bacon Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Scrambled Egg Toast (Whole Wheat or White)	Juice and Milk Hot or Cold Cereal Fruit Boiled Egg Toast (Whole Wheat or White)
L U N C H	Turkey Noodle Soup Veal Cutlet Parmesan Marinara Sauce Buttered Noodles Buttered Corn & Carrots ☺Tuna Croissant with Cheese Power Salad Carrot Cake or ♥Fresh Fruit	Cream of Tomato Soup Southern Fried Chicken Potato Wedges Mixed Greens with Kale OR Ham & Cheese Sandwich German Potato Salad Rice Krispie Square or ♥Pineapple Chunks	☺ Beef Chow Mein (Broccoli, Cauliflower, Carrots, Red & Green Peppers) w/ Noodles Fortune Cookie OR Farm Quiche (Sausage, Potato) Creamy Cucumber Salad Melon Slices Butterscotch Pudding or ♥Diced Peas	Cream of Celery Mac & Cheese with Ham Stewed Tomatoes OR ☺ Salmon Salad on Multigrain Tossed Salad Chocolate Tiger Brownie Or ♥Seasonal Fruit	Bacon & Potato Soup BBQ Burger with Lettuce & Tomato Ranch Potato Salad OR ☺ Cottage Cheese, Cheddar Sticks, Bran Muffin & Fruit	Split Pea Soup ☺ Pot Roast, Mashed Potato Mashed Turnips OR Resident's Choice Butterscotch Mousse or ♥Melon Slices	Beef Barley Soup Pancakes Syrup or Strawberry Sauce Breakfast Sausage, Fresh Fruit Wedges OR ☺ Slice Turkey on a Croissant w/Lettuce & Tomato Spinach & Mushroom Salad Dessert Wagon
D I N N E R	Beef Lasagna Garlic Bread Italian Salad OR ☺Turkey Salad Sandwich Tricoloured Coleslaw Neapolitan Ice Cream or ♥Fruit Cocktail	☺Pork Tenderloin Medallions Apples and Onions w/ Grilled Tomato, Mashed Potato OR ☺Szechuan Beef Sandwich Tomato, Pickles Cucumber Salad Banana Bread or ♥Diced Peaches	Turkey Ala King Savoury Carrots Cheese Biscuit OR ☺ Herb Crusted Haddock Tartar Sauce Mashed Potato Savoury Carrots Macaroon Madness or ♥Fresh Fruit Salad	Grilled Pork Chop Mushroom Sauce Baked Potato, Harvard Beets OR ☺ Chef's Salad w/ Lettuce, Hard Boiled Egg, Sliced Ham, Turkey, Tomatoes & Cheese Broken Glass Jell-O Or ♥Prunes	Crispy Chicken, Caesar Salad, Focaccia Bread OR ☺♥Cheese and Tomato Melt Sandwich, Potato Chips Berry Pie or ♥Watermelon	Baked Ham Pineapple Ring Scalloped Potato Roasted Root Vegetables OR Chef's Choice Sticky Toffee Pudding or ♥Tropical Fruit Salad	
<p>♣ CLUB DENOTES ENTREE IS FINE FOR VEGETARIAN</p> <p>♥ HEART (For Dessert Only) DENOTES LOW IN SUGAR AND FAT</p> <p>SMILEY DENOTES A BETTER CHOICE FOR NUTRITIONAL VALUE</p>							
L U N C H	P' Turkey Noodle Soup P' Veal Parmesan Mashed Potato Pureed Carrots Pureed Carrot Cake P' Roast Beef & Gravy Mashed Potato Pureed Green Beans Pureed Fruit Cocktail	P' Cream of Tomato Soup P' Baked Chicken & Gravy Steamed Potato Pureed Broccoli Pureed Peaches P' Pork Tenderloin & Gravy Mashed Potato Pureed Squash P' Banana Bread	P' Pork Wonton Soup P' Lemon Herb Haddock Mashed Potatoes P' Steamed Carrots Butterscotch Pudding P' Turkey Ala King with Mashed Potato Pureed Green Peas Pureed Peas	P' Cream of Celery P' Salmon Salad Mashed Potato & Gravy Pureed Mixed Beans Pureed Cantaloupe P' Grilled Pork Chop w/Apple Sauce P' Oven Roasted Potato Pureed Beets P' Brownie	Pureed Potato Soup P' Roast Pork P' Green Beans Mashed Potato & Gravy Pureed Peaches P' Lemon Salmon Mashed Potatoes P' Broccoli P' Salted Caramel Cottage Cheese	Pureed Split Pea Soup P' Beef P' Turnips Mashed Potato & Gravy Butterscotch Mousse P' Chicken Mashed Potatoes & Gravy P' Garden Mixed Veg Cinnamon Applesauce	Pureed Beef Barley Pureed Turkey & Gravy Mashed Potato P' Squash Vanilla Yogurt P' Baked Ham & Pineapple Sauce P' Scalloped Potato Pureed Peas Pureed Tropical Fruit

*Milk (1 cup), juice, tea and coffee are served every meal. Bread, crackers and margarine serve at lunch & dinner Ala Carte menu and Green Salad available @ lunch & dinner.

POINTS WEST LIVING GRANDE PRAIRIE

WEEK 4 SPRING SUMMER MENU 2018

JOANAH REA SANDAHAN, RD
DATE: MARCH 28, 2018

WEEK 4 SPANNS SUMMER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	Juice and Milk Hot or Cold Cereal Fruit Poached Eggs Toast (Whole Wheat or White) Sweet Potato Soup	Juice and Milk Hot or Cold Cereal Fruit Scrambled Egg Toast (Whole Wheat or White) Oriental Noodle Soup	Juice and Milk Hot or Cold Cereal Fruit Boiled Egg Toast (Whole Wheat or White, Bacon) Italian Tomato and Rice Soup	Juice and Milk Hot or Cold Cereal Fruit Scrambled Egg Toast (Whole Wheat or White) Lentil, Barley and Ham	Juice and Milk Hot or Cold Cereal Fruit Poached Egg Toast (Whole Wheat or White) Butternut Squash Soup	Juice and Milk Hot or Cold Cereal Fruit Scrambled Egg Toast (Whole Wheat or White) Split Pea with Sausage Soup Braised Beef Gouliash Green Beans OR ☺ Grilled Pesto Tomato & Cheese Sandwich Macaroni Salad Maple Chocolate Mania Cake or ♥ Citrus Fruit Cup	Juice and Milk Hot or Cold Cereal Fruit Poached Eggs, Bacon Toast (Whole Wheat or White) Cream of Mushroom Soup
L U N C H	Chicken Florentine Casserole Biscuits Mixed Vegetables (Spinach, Carrots, Onions, Celery) OR ☺ Egg Salad Sandwich Power Salad Vanilla Pudding or ♥ Mandarin Orange Sections	☺ Grilled Tuna Sandwich Pickles Coleslaw OR Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Tapioca Pudding or ♥ Diced Peaches	Resident's Choice OR ☺ Roasted Rosemary Chicken Thigh & Gravy Mashed Potato Butternut Squash Ice Cream or Jell-O Parfait BBQ Pork Chop O'Brien Potatoes Sunrise Vegetables OR ☺ Macaroni and Cheese Spinach and Beef Salad Haystack Brownies or ♥ Diced Pears	Montreal Smoked Meat on Multigrain w/Mustard Potato Salad OR ☺ Chicken Monterey Baked Potato Garlic Green Beans Butterscotch Mousse or ♥ Strawberries & Bananas Shrimp Chop Suey Brown Rice, Spring Roll OR ☺ Liver & Onions with Gravy Mashed Potato Garden Mixed Veg Rhubarb Crisp or ♥ Orange Slices	Battered Fish & Chips Tartar Sauce Orange Kissed Parsnips OR Submarine Sandwich on a Hoagie Bun Green Salad Apple Pie or ♥ Pineapple Tidbits Homemade Cheeseburger with Lettuce, Tomato, Spring Salad OR ☺ Chicken Teriyaki with Garlic Rice and Stir Fried Vegetables Lemon Pudding or ♥ Watermelon	French Toast/ Syrup Bacon OR ☺ Salmon Salad Sandwich Power Mix Salad Ranch Dressing Dessert Wagon	
D I N N E R	☺ Cod Nuggets Steamed Potatoes Garden Mixed Veg OR Sliced Ham with Lettuce & Tomato Sandwich Greek Orzo Salad Lemon Cream Cake or ♥ Fruit Cocktail (Summer berries)	☺ Spaghetti with Meat Sauce Garlic Bun Roasted Zucchini OR Pepperoni or Hawaiian Pizza Caesar Salad Sugar Cookie or ♥ Melon Slices				☺ Chicken Paprika Baked Potato Steamed Carrots OR Pork-u-pine Meatball with Gravy Broccoli Mashed Potato Fruit Yogurt or ♥ Tropical Fruit Salad	☺ Roast Beef w/Horseradish Yorkshire Pudding Mashed Potato/Gravy Peas OR Smokie on a Bun Potato Salad Tomato & Cucumber Slices Gherkins Ice-Cream Or ♥ Fruit Cup
	☺ CLUB DENOTES ENTRÉE IS FINE FOR VEGETARIAN		♥ HEART (For Dessert Only) DENOTES LOW IN SUGAR AND FAT Puree MENU		☺ SMILEY DENOTES A BETTER CHOICE FOR NUTRITIONAL VALUE		
L U N C H	Pureed Sweet Potato Soup P' Chicken Florentine Mashed Potato Pureed Carrots Pureed Mandarin Oranges P' Pollock Bites P' Steamed Potato Garden Mixed Vegetable Vanilla Pudding	P' Oriental Noodle Soup Pureed Sweet and Sour Pork Mashed Potato P' Veg Stirfry Pureed Yogurt P' Meat Sauce Mashed Potato P' Zucchini Pureed Melon	P' Italian Tomato and Rice Pureed Chicken & Gravy Mashed Sweet Potato P' Sunrise Vegetable Mix Chocolate Pudding Pureed Pork Chop w/ Gravy, Mashed Potato, P' Squash Pureed Apple Sauce	P' Lentil, Barley and Ham Pureed Beef & Gravy Mashed Potato P' Green Beans Butterscotch Mousse P' Chicken Monterey Mashed Potato & Gravy P' Garden Mixed Veg Pureed Fruit Cocktail	P' Chicken Vegetable Soup P' Baked Chicken & Gravy Mashed Potato P' Orange Kissed Parsnips P' Apple Pie P' Herbed Cod with Lemon Sauce Mashed Potatoes, P' Mixed Vegetable Lemon Pudding	Pureed Split Pea Soup P' Braised Beef, Mashed Potato P' Green Beans P' Maple Chocolate Mania Cake P' Chicken Paprika Mashed Potato & Gravy Pureed Broccoli Yogurt with P' Fruits	P' Cream of Cauliflower Soup Salmon Salad Mashed Potato and Gravy Pureed Carrots Chocolate Pudding P' Roast Beef w/Horseradish Mashed Potato/Gravy P' Peas Pudding

*Milk (1 cup), juice, tea and coffee are served every meal. Bread, crackers and margarine serve at lunch & dinner Ala Carte menu and Green Salad available @ lunch & dinner.

JOANAN R L A S A L O J A H 1 9 1 8 L W

DATE: August 28, 2018