

# NEWPORT HARBOUR CARE CENTRE MENU

## Fall & Winter 2018 - 2019

### WEEK 1

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Apple Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit	Orange Juice Milk Oatbran Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit	Apple Juice Milk Cream of Wheat Cereal Yogurt Muffin Fruit	Orange Juice Milk Oatmeal Cereal Cheese Omelet Buttered WW Toast Fruit	Cranberry Juice Milk Oatbran Cereal Peanut Butter Pancakes/Syrup Fruit	Apple Juice Milk Oatmeal Cereal Scrambled Eggs Bacon Buttered WW Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt	Yogurt	Yogurt	Cheese Spread	Yogurt	Yogurt	Yogurt
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter Buttered WW Toast	Peanut Butter	Peanut Butter Buttered WW Toast	Peanut Butter
<b>LUNCH</b>	Chicken Dijon Mashed Potatoes/Gravy Winter Blend Vegetable Dinner Roll/butter Diced Honeydew Melon	Sweet & Sour Pork Fried Rice Stir Fried Vegetables Apricot Halves	Beef Stew Homemade Tea Biscuit/butter Broccoli Stewed Rhubarb	Seafood Primavera Asparagus Fruit Cocktail	Meatloaf/Gravy Whipped Potatoes Green Beans Pineapple Tidbits	Stir Fried Chicken w/ Stir Fried Rice Stir Fried Vegetables Sliced Peaches	Charbroiled Steak Baked Potatoes/Sour Cream Brussels Sprouts Watermelon
	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>
	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal
	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>
	Chef's Choice Vegetable Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
<b>DINNER</b>	Harvest Vegetable Soup English Style Fish & Chips/ Lemon Wedge Coleslaw Warm Peach Crisp	Butternut Squash Soup Sliced Beef Salad Plate (Sliced Beef, Fall Vegetable Salad, Potato Salad, Tomato Cucumber Garnish, WW Roll, butter) Ice Cream	Cream of Tomato Soup Grilled Cheese Sandwich Mixed Greens/Balsamic Vinaigrette Cheese Cake	Asian Vegetable Beef Soup Turkey Sandwich w/Cranberry Sauce Tossed Salad/Dressing Ginger Spiced Rice Pudding Dill Pickles	Corn Chowder BBO Chicken Slider Spinach Salad w/Poppysseed Dressing Red Velvet Cake	Barley Soup Beef Chili Mixed Vegetables Homemade Biscuit/butter Blueberry pie	Cream of Asparagus Soup Pizza Caesar Salad Vanilla Pudding
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers	Chicken Fingers
	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

## NEWPORT HARBOUR CARE CENTRE MENU

### WEEK 2

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EAKFA	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Yogurt Buttered WW Toast Fruit	Cranberry Juice Milk Cream of Wheat Cereal Omelet Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Yogurt Fruit	Orange Juice Milk Cream of Wheat Cereal Breakfast Sausage Buttered WW Toast Fruit	
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	
	Yogurt Assorted Cold Cereal Peanut Butter	Yogurt Assorted Cold Cereal Peanut Butter	Yogurt Assorted Cold Cereal Peanut Butter	Penaut Butter Assorted Cold Cereal	Yogurt Assorted Cold Cereal Peanut Butter	Buttered WW Toast Assorted Cold Cereal Peanut Butter	Yogurt Assorted Cold Cereal Peanut Butter	
	LUNCH	Baked Sole with Dill Sauce Buttered Egg Noodles Baked Parmesan Tomato Baked Apple Slices	Veal Parmesan Baked Baby Potatoes Parsnips Sliced Peaches	Shepherd's Pie/Gravv Dinner Roll/butter Broccoli Cantaloupe	Roast Chicken/ Honey Mustard Garlicky Mashed Potatoes California Blend Vegetables Baked Apple Slices	Salisbury Steak/Beef Gravv Baked Potatoes Italian Mix Vegetables Diced Peaches	Pork Drummies Seasoned Rice Harvard Beets Pears	Roast Turkey/Gravv/Tanav Cranberry Sauce/Dressing Mashed Potatoes Italian Mix Vegetables Diced Honevdew Melon
		<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
		Chef's Choice Asian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal
<b>Alternate 2 Choices</b>		<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	
Chef's Choice Vegetable Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello		Chef's Choice Vegetable Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	
DINNER		Garden Vegetable Soup Deli Meat Sandwich on Caraway Rve/Mustard Mixed Green Salad Maple Chocolate Cake	Turkey & Wild Rice Soup Denver Sandwich Greek Salad Lemon Mousse Dill Pickles	Cream of Mushroom Soup Chicken Alfredo w/fettucine Peas Caramel Bread Pudding	Minestrone Soup Ham & Cheese on a Croissant/Mustard/Mayo Southwest Salad/Dressing Souffle	Vegetable Soup Multiqrain Fish Potato Pom Poms Carrot Raisin Salad Butter Tart	Basil Tomato Soup Macaroni & Cheese Spinach Salad Pumpkin Cake	Cream of Broccoli Soup Vegetable Omelet Buttered Toast Points Garden Salad/Dressing Apple Pie
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	
	Chicken Salad, Egg Salad or Tomato Sandwich	Grilled Cheese/Egg Sandwich Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Egg Salad Croissant Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Fingers	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

# NEWPORT HARBOUR CARE CENTRE MENU

**Fall & Winter 2018-2019**

**WEEK 3**

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>EAKFA</b>	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal Peanut Butter Muffin Fruit	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Vegetable Omlette Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Yogurt Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Sliced Cheese Belgian Waffle Fruit	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Bacon Buttered WW Toast Fruit	
	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Cheese Spread Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	
	<b>UNCH</b>	Chicken Paprika Baked Potatoes/Sour Cream Turnip Tropical Fruit	BBO Spare Ribs O'Brian Potatoes Green Beans Tropical Fruit Salad	Peroqies/Sour Cream Garlic Sausage Mixed Vegetables Mandarin Orange Sections	Crispy Chicken Parslied Potatoes Carrot Honeydew Melon	Pork Loin/Apple Braised Stuffing/Gravy Mashed Potato Brussels Sprouts Pineapple Tidbits	Chicken Pot Pie/Gravy Garlicky Green Beans Fresh Fruit in Season	Baked Ham/mustard/Honey Grilled Pineapple Ring Scalloped Potato Peas and Carrots Apricot Halves
		<b>Alternate 1 Choices</b> Chef's Choice Indian Cuisine	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal
		<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
		<b>DINNER</b>	French Onion Soup Shaved Beef Sandwich on 12 Grain/Mustard Cucumber Salad Dill Pickles Carrot Cake/Frosting	Wonton Soup Vegetarian Spring Rolls Fried Rice w/ Vegetables Caramel Pudding	Beef Barley Soup Tuna Melt Chef's Salad/Dressing Lemonicious Lemon Bar	Vegetable Chowder Lasagna Breadstick Ceasar Salad Chocolate Cake	Chicken Noodle Soup Veal on a Bun Spinach Salad Sticky Toffee Pudding	Lentil Soup Fish Nuggets French Fries Parslied Broccoli Mixedberry Cobbler
<b>Alternate Choice</b>			<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
Chicken Salad, Egg Salad or Tomato Sandwich			Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich
<b>NOTE:</b>								
Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.								
30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast								
125 ml Assorted Juices are offered everyday at Lunch & Dinner								
250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner								
Side salad with choice of dressing offered everyday at Lunch								



# NEWPORT HARBOUR CARE CENTRE MENU

**Fall & Winter 2018 - 2019**

**WEEK 4**

W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<b>EAKFA</b>	Apple Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit	Orange Juice Milk Cream of Wheat Cereal Peanut Butter Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Scrambled Egg Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Sliced Cheese Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Cranberry Juice Milk Cream of Wheat Cereal Poached Egg Sausage Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Bacon Fruit		
	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	
	<b>LUNCH</b>	Montreal Spiced Pollock Seasoned Rice Sugar Snap Peas Diced Cantaloupe	Chicken Cacciatore Baked Potato/Sour Cream Green Onions Buttered Cabbage Apricot Halves	Swedish Meatballs Mexican Rice Julienned Carrots Mixed Berries	Beef Bourquignon Fettucine Mixed Vegetable Watermelon	Honey Garlic Sausage Pierogies/Sour Cream/Green Onion Broccoli Pears	Teriyaki Chicken Asian Fried Rice Oriental Blend Vegetables Stewed Rhubarb	Roast Beef/Horseradish Mashed Potatoes/Gravy Whole Green & Yellow Beans Mandarin Orange Sections	
		<b>Alternate 1 Choices</b> Chef's Choice Asian Cuisine	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	
		<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	
		<b>DINNER</b>	French Onion Soup Peameal BLT Sandwich Creamy Coleslaw Strawberry Mousse Dill Pickles	Cream Of Vegetable Soup Roast Beef Sandwich with Au Jus Tossed Salad Gingerbread Cake	Dion Mushroom Dill Soup Mini Sub Garden Salad Butterscotch Pudding	Chicken Rice Soup Seafood Quiche Harvard Beets Yogurt Cocktail/Fruit	Hearty Vegetable Soup Fruit Plate Cottage Cheese Banana Loaf Caramel Custard	Vegetarian Split Pea Soup Reuben Sandwich Waldorf Salad Brownies	Cream Of Cauliflower Soup Chicken Burger/Mayonnaise/ Lettuce/Tomato Potato Wedges Pumpkin Pie/Whipped Topping
			<b>Alternate Choices</b> Grilled lettuce, tomato, cheese sandwich Chicken Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Chicken Fingers Salmon Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**  
 Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.  
 30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast  
 125 ml Assorted Juices are offered everyday at Lunch & Dinner  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner  
 Side salad with choice of dressing offered everyday at Lunch

# NEWPORT HARBOUR CARE CENTRE MENU

Fall & Winter 2018 - 2019

WEEK 5

W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREA KFAS T</b>	Cranberry Juice Milk Oatbran Cereal Boiled Egg Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Yogurt Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Sliced Cheese Chef's Choice Muffin Fruit	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Bacon Buttered WW Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt Assorted Cold Cereal Peanut Butter	Yogurt Assorted Cold Cereal Peanut Butter	Yogurt Assorted Cold Cereal	Yogurt Assorted Cold Cereal Peanut Butter	Cheese Spread Assorted Cold Cereal Peanut Butter	Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	Yogurt Assorted Cold Cereal Peanut Butter
<b>LUNC H</b>	Pineapple Ham Loaf/mustard Scalloped Potatoes Brussel Sprouts Apple Sauce	Spaghetti/Meatballs Garlic Bread Tossed Salad Fresh Fruit in Season	Chicken Stew Home Made Biscuit/butter Broccoli Pears	Corned Beef/Honey Mustard Sauce Garlic Whipped Potatoes Glazed Carrots WW Roll Citrus Fruit Cup	Salmon/Hollandaise Sauce Roasted Potatoes Parslied Cauliflower Fresh Fruit in Season	Ginger Chicken Fried Rice Sitr Fried Vegetables Tropical Fruit Salad	Pork Roast/Pork Gravy/ Apple Stuffing Mashed Potatoes Peas Fruit Cocktail
	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>
	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal
	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>
	Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
<b>DINN ER</b>	Borscht Turkey Sausage Potato Pancake Wax Beans/Tarragon Butter Coconut Tart	Navy Bean Soup Monte Cristo Sandwich Spinach Salad Ice Cream	Beef and Barley Soup Fish Burger Curly Fries Cucumber Salad Black Forest Cake	Mediterranean Chicken Soup Ham & Egg Strata Tossed Salad Tapioca Pudding	Chicken Noodle Soup Chicken/Veggie Quesadilla Mexican Rice Tomato Salsa/Guacamole Strawberry Jello Cake	Cream of Broccoli Soup Beef/BBO Sauce on a Bun Garden Salad Apple Crisp	Italian Wedding Soup Sliced Chicken Sandwich Garden Salad Dill Pickles Boston Cream Pie
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Grilled Cheese Chicken Salad, Egg Salad or Tomato Sandwich	Grilled Cheese Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Fingers Chicken Salad, Egg Salad or Tomato Sandwich	Vegetarian Omllette Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**  
**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**  
**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**  
**125 ml Assorted Juices are offered everyday at Lunch & Dinner**  
**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**  
**Side salad with choice of dressing offered everyday at Lunch**

# NEWPORT HARBOUR CARE CENTRE MENU: DYSPHAGIA SOFT

Fall & Winter 2018 - 2019

WEEK 1

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREA KFAS T</b>	Apple Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit	Orange Juice Milk Oatbran Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit	Apple Juice Milk Cream of Wheat Cereal Yoqurt Muffin Fruit	Orange Juice Milk Oatmeal Cereal Cheese Omelet Buttered WW Toast Fruit	Cranberry Juice Milk Oatbran Cereal Peanut Butter Pancakes/Syrup Fruit	Apple Juice Milk Oatmeal Cereal Scrambled Eggs Buttered WW Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yoqurt Assorted Cold Cereal (no bran flakes) Peanut Butter	Yoqurt Assorted Cold Cereal (no bran flakes) Peanut Butter	Yoqurt Assorted Cold Cereal (no bran flakes)	Cheese Spread Assorted Cold Cereal (no bran flakes) Peanut Butter	Yoqurt Assorted Cold Cereal (no bran flakes) Peanut Butter	Yoqurt Assorted Cold Cereal (no bran flakes) Buttered WW Toast	Yoqurt Assorted Cold Cereal (no bran flakes) Peanut Butter
							<b>*NO bacon</b>
<b>LUNCH</b>	Chicken Dion in 1 cm dice Mashed Potatoes/Gravy Winter Blend Veggies WW Roll/Butter Diced Honeydew Melon	Sweet & Sour Pork w/sauce Fried Rice Stir Fried Vegetables Apricot Halves	Beef Strew Tea Biscuit/Butter Minced Broccoli Stewed Rhubarb	Seafood Primavera Asparagys Fruit Cocktail	Meatloaf/gravy Whipped Potatoes Minced Green Beans Crushed Pineapple	Stir Fried Chicken (1 cm dice) w/ Stir Fried Rice Stir Fried Vegetables Sliced Peaches	Charbroiled Steak in 1 cm dice Mashed Potato w/ gravy Minced Brussels Sprouts Watermelon
	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>
	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal
	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>
	Chef's Choice Vegetable Shredded Salad/Dressina Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Shredded Salad/Dressina Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Shredded Salad/Dressina Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Shredded Salad/Dressina Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Shredded Salad/Dressina Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Shredded Salad/Dressina Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chef's Choice Vegetable Shredded Salad/Dressina Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
<b>DINNER</b>	Harvest Vegetable Soup English Style Fish & Chips/ w/tartar sauce & Lemon Wedge Coleslaw Warm Peach Crisp	Butternut Squash Soup Sliced Beef Salad Plate (Sliced Beef, Shredded Fall Salad, Potato Salad, Tomato Garnish, WW Roll, butter) Ice Cream	Cream of Tomato Soup Grilled Cheese Sandwich Minced Spinach Cheese Cake	Asian Vegetable Beef Sou Turkey/Cranberry Sauce Sandwich Roasted Squash Ginger Spiced Rice Pudding	Pureed Corn Chowder BBQ Chicken Slider Minced Brussels Sprouts Red Velvet Cake	Barley Soup Beef Chili Mixed Vegetables Homemade Biscuit/butter Blueberry pie	Cream of Asparagus Soup Pizza (cooked soft) Finely shredded salad w/ceasar dressing Vanilla Pudding *No croutons on salad
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.  
30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast  
125 ml Assorted Juices are offered everyday at Lunch & Dinner  
250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**



# NEWPORT HARBOUR CARE CENTRE MENU: DYSPHAGIA SOFT

**Fall & Winter 2018 - 2019**

**WEEK 2**

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>EAKFA</b>	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Yogurt Buttered WW Toast Fruit	Cranberry Juice Milk Cream of Wheat Cereal Omelet Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Fruit Yogurt	Orange Juice Milk Cream of Wheat Cereal <b>Breakfast Sausage (1 cm dice)</b> Buttered WW Toast Fruit	
	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal (no bran flake) Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal (no bran flake)	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal (no bran flake) Peanut Butter	<b>Alternate Choices</b> Peanut Butter Assorted Cold Cereal (no bran flake)	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal (no bran flake) Peanut Butter	<b>Alternate Choices</b> Buttered WW Toast Assorted Cold Cereal (no bran flake) Peanut Butter Buttered WW Toast	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal (no bran flake) Peanut Butter	
	<b>LUNCH</b>	Baked Sole with Dill Sauce Buttered Egg Noodles Baked Parmesan Tomato <b>Baked Apple Slices (no skins)</b>	<b>Veal Parmesan (1 cm dice)</b> Baked Baby Potatoes Parsnips Sliced Peaches	Shepherd's Pie/Gravy Dinner Roll/butter <b>Minced Broccoli</b> Cantaloupe	<b>Roast Chicken (1 cm dice)/ Honey Mustard</b> Garlicky Mashed Potatoes California Blend Vegetables <b>Baked Apple Slices (no skin)</b>	<b>Salisbury Steak (1 cm dice)/Beef Gravy</b> Baked Potatoes Italian Mix Vegetables Diced Peaches	Pork Drummies Seasoned Rice Harvard Beets Pears	<b>Roast Turkey (1 cm dice)/Gravy</b> Cranberry Sauce/Dressing Mashed Potatoes Italian Mix Vegetables Diced Honeydew Melon
		<b>Alternate Choices</b> Chef's Choice Asian Cuisine	<b>Alternate Choices</b> Chef's Choice Hot Meal	<b>Alternate Choices</b> Chef's Choice Hot Meal	<b>Alternate Choices</b> Chef's Choice Hot Meal	<b>Alternate Choices</b> Chef's Choice Hot Meal	<b>Alternate Choices</b> Chef's Choice Hot Meal	<b>Alternate Choices</b> Chef's Choice Hot Meal
		<b>Alternate 2 Choices</b> Chef's Choice Vegetable <b>Shredded Salad/Dressing</b>	<b>Alternate 2 Choices</b> Chef's Choice Vegetable <b>Shredded Salad/Dressing</b>	<b>Alternate 2 Choices</b> Chef's Choice Vegetable <b>Shredded Salad/Dressing</b>	<b>Alternate 2 Choices</b> Chef's Choice Vegetable <b>Shredded Salad/Dressing</b>	<b>Alternate 2 Choices</b> Chef's Choice Vegetable <b>Shredded Salad/Dressing</b>	<b>Alternate 2 Choices</b> Chef's Choice Vegetable <b>Shredded Salad/Dressing</b>	<b>Alternate 2 Choices</b> Chef's Choice Vegetable <b>Shredded Salad/Dressing</b>
		Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
<b>DINNER</b>		Garden Vegetable Soup Deli Meat Sandwich on Caraway Rye/Mustard Italian Vegetable Mix Maple Chocolate Cake	Turkey & Wild Rice Soup Scrambled Eggs w/ Ham/Onion Buttered WW Toast Points <b>PEI Vegetable Mix</b> Lemon Mousse	Cream of Mushroom Soup Chicken Alfredo Fettucine Peas Caramel Bread Pudding	Minestrone Soup Ham & Cheese on a Croissant/Mustard/Mayo Southwest Salad (no corn)/Dressing Souffle	Vegetable Soup Multigrain Fish w/ sauce Potato Pom Poms <b>Finely Shredded Carrot Salad</b> Butter Tart	Basil Tomato Soup Macaroni & Cheese <b>Mixed Vegetables</b> Pumpkin Cake	Cream of Broccoli Soup Vegetable Omelet Buttered Toast Points <b>Carrots and Peas</b> Apple Pie
	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Eggsalad Croissant Salmon Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	

**NOTE:**

**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

# NEWPORT HARBOUR CARE CENTRE MENU: DYSPHAGIA SOFT

## Fall & Winter 2018-2019

### WEEK 3

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EAKFA</b>	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal Peanut Butter Muffin Fruit	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Vegetable Omllette Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Yogurt Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Sliced Cheese Belgian Waffle w/ Syrup Fruit	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt Assorted Cold Cereal (no bran flake) Peanut Butter	Yogurt Assorted Cold Cereal (no bran flake) Buttered WW Toast	Yogurt Assorted Cold Cereal (no bran flake) Peanut Butter	Yogurt Assorted Cold Cereal (no bran flake) Peanut Butter	Cheese Spread Assorted Cold Cereal (no bran flake) Peanut Butter	Yogurt Assorted Cold Cereal (no bran flake) Peanut Butter Buttered WW Toast	Yogurt Assorted Cold Cereal (no bran flake) Peanut Butter
	Chicken Paprika (1 cm dice) Mashed potato w/gravy Turnips Tropical Fruit	BBO Spare Ribs Mashed Potatoes Minced Green Beans Tropical Fruit Salad	Peroqies w/ Sour Cream Garlic Sausage (1 cm dice) Mixed Vegetables Mandarin Orange Sections	Chicken (1 cm dice) and Gravy Parslied Potatoes Carrots Honeydew Melon	Pork Loin/Apple Braised (1 cm dice) Stuffing/Gravy Mashed Potato Minced Brussels Sprouts Pineapple Tidbits	Chicken Pot Pie/Gravy Minced Green Beans Fresh Fruit	Baked Ham (1cm dice) Mustard/Scalloped Potato Peas and Carrots Apricot Halves
	<b>Alternate 1 Choices</b> Chef's Choice Indian Cuisine	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal
<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	
<b>DINNER</b>	French Onion Soup Shaved Beef Sandwich on 12 Grain/Mustard California Bland Vegetables Carrot Cake/Frosting	Wonton Soup Vegetarian Spring Rolls w/ sauce Fried Rice w/Vegqies Caramel Pudding	Beef Barley Soup Tuna Melt Winter Vegetable Mix Lemonicious Lemon Bar	Vegetable Chowder Lasagna Breadstick Mixed Vegetables Chocolate Cake	Chicken Noodle Soup Veal on a Bun Carrots Sticky Toffee Pudding	Lentil Soup Fish Nuggets w/ sauce French Fries Parslied Minced Broccoli Mixedberry Cobbler	Cream of Celery Soup Baked Beans WW Dinner Roll/butter Winter Vegetable Mix Peach Pie
	<b>Alternate Choice</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**



# NEWPORT HARBOUR CARE CENTRE MENU: DYSPHAGIA SOFT

Fall & Winter 2018- 2019

WEEK 4

W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EAKFA	Apple Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit	Orange Juice Milk Cream of Wheat Cereal Peanut Butter Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Scrambled Egg Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Sliced Cheese Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Cranberry Juice Milk Cream of Wheat Cereal Poached Egg Sausage Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Fruit	
	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal (no bran flake) Peanut Butter	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal (no bran flake) Peanut Butter	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal (no bran flake) Peanut Butter	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal (no bran flake) Peanut Butter	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal (no bran flake) Peanut Butter	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal (no bran flake) Peanut Butter	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal (no bran flake) Peanut Butter	<b>Alternate Choices</b> Assorted Cold Cereal (no bran flake) Peanut Butter
	Montreal Spiced Pollock Seasoned Rice Sugar Snap Peas Diced Cantaloupe	Chicken Cacciatore Mashed Potatoes Minced Cabbage Tropical Fruit Salad	Swedish Meatballs Mexican Rice (no corn) Julienned Carrots Mixed Berries	Beef Bourquignon Fettucine Mixed Vegetable Watermelon	Honey Garlic Sausage (1 cm dice) Pergies/Sour Cream/Green Onion Broccoli Pears	Terivaki Chicken Asian Fried Rice Oriental Blend Vegetables Stewed Rhubarb	Roast Beef/Horseradish (1 cm dice) Mashed Potatoes/Gravy Minced Green & Yellow Beans Mandarin Orange Sections	
	<b>Alternate 1 Choices</b> Chef's Choice Asian Cuisine	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	
	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	
	French Onion Soup Chicken Salad Sandwich w/ Sliced Tomato Creamy Coleslaw Strawberry Mousse	Cream Of Vegetable Soup <small>Thin Sliced Roast Beef Sandwich with Au Jus</small> Mixed Vegetables Gingerbread Cake	Diion Mushroom Dill Soup Mini Sub PEI Vegetable Mix Butterscotch Pudding	Chicken Rice Soup Seafood Ouiche Harvard Beets Yoqurt Cocktail/Fruit	Hearty Vegetable Soup Fruit Plate Cottage Cheese Banana Loaf Caramel Custard	Vegetarian Split Pea Soup Reuben Sandwich Winter Mixed Vegetable Brownies	Cream Of Cauliflower Soup Chicken Burger/Mavonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping	
<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich		

**NOTE:**  
 Whole Wheat Bread / Pureed Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.  
 30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast  
 125 ml Assorted Juices are offered everyday at Lunch & Dinner  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner  
 Side salad with choice of dressing offered everyday at Lunch

**NEWPORT HARBOUR CARE CENTRE MENU: DYSPHAGIA SOFT**  
**Fall & Winter 2018- 2019**  
**WEEK 5**

<b>W5</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>	Cranberry Juice Milk Oatbran Cereal Boiled Egg Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Yogurt Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Sliced Cheese Chef's Choice Muffin Fruit	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt	Yogurt	Yogurt	Yogurt	Cheese Spread	Yogurt	
	Assorted Cold Cereal (no bran flake)	Assorted Cold Cereal (no bran flakes)	Assorted Cold Cereal (no bran flakes)	Assorted Cold Cereal (no bran flakes)	Assorted Cold Cereal (no bran flakes)	Assorted Cold Cereal (no bran flakes)	Assorted Cold Cereal (no bran flakes)
	Peanut Butter	Peanut Butter		Peanut Butter	Peanut Butter	Peanut Butter Buttered WW Toast	Peanut Butter
<b>LUNCH</b>	Pineapple Ham Loaf/mustard Scalloped Potatoes Minced Brussel Sprouts Apple Sauce	Spaghetti/Meatballs Garlic Bread Broccoli Fresh Fruit in Season (no hard skins/fruit)	Chicken Stew Home Made Biscuit/butter Minced Broccoli Pears	Corned Beef (1 cm dice) w/ Honey Mustard Sauce Garlic Whipped Potatoes Glazed Carrots WW Roll Citrus Fruit Cup	Salmon/Hollandaise Sauce Roasted Potatoes Parslied Cauliflower Fresh Fruit in Season	Ginger Chicken Fried Rice Sitr Fried Vegetables Tropical Fruit Salad	Pork Roast (1 cm dice)/Pork Gravy/ Apple Stuffing Mashed Potatoes Peas Fruit Cocktail
	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>	<b>Alternate 1 Choices</b>
	Chef's Choice Indian Cuisine	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal	Chef's Choice Hot Meal
	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>
	Chef's Choice Vegetable Shredded Salad/Dressing	Chef's Choice Vegetable Shredded Salad/Dressing	Chef's Choice Vegetable Shredded Salad/Dressing	Chef's Choice Vegetable Shredded Salad/Dressing	Chef's Choice Vegetable Shredded Salad/Dressing	Chef's Choice Vegetable Shredded Salad/Dressing	Chef's Choice Vegetable Shredded Salad/Dressing
	Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
<b>DINNER</b>	Borscht Turkey Sausage (1 cm dice) Potato Pancake Wax Beans/Tarragon Butter Coconut Tart	Navy Bean Soup Monte Cristo Sandwich Winter Vegetable Mix Ice Cream	Beef Barlev Soup Fish Burger Curly Fries Peas and Carrots Black Forest Cake	Mediterranean Chicken Soup Ham & Egg Strata Homemade Tea Biscuit Italian Mixed Vegetables Tapioca Pudding	Chicken Noodle Soup Chicken Quesadilla Mexican Rice (no corn) Tomato Salsa/Guacamole Strawberry Jello Cake	Cream of Broccoli Soup Roast Beef/BBO Sauce on a Bun Fall Mixed Vegetables Apple Crisp	Italian Wedding Soup Egg Salad Sandwich Shredded Salad Boston Cream Pie
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
		Grilled Cheese		Vegetarian Omlette			
	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**  
**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**  
**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**  
**125 ml Assorted Juices are offered everyday at Lunch & Dinner**  
**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

# NEWPORT HARBOUR CARE CENTRE MENU: EASY-TO-CHEW

Fall & Winter 2018 - 2019

WEEK 1

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>BREAKFAST</b>	Apple Juice Milk Oatmeal Cereal Boiled Egg Buttered WW Toast Fruit	Orange Juice Milk Oatbran Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit	Apple Juice Milk Cream of Wheat Cereal Yoqurt Muffin Fruit	Orange Juice Milk Oatmeal Cereal Cheese Omelet Buttered WW Toast Fruit	Cranberry Juice Milk Oatbran Cereal Peanut Butter Pancakes/Syrup Fruit	Apple Juice Milk Oatmeal Cereal Scrambled Eggs Buttered WW Toast Fruit	
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	
	Yoqurt Assorted Cold Cereal Peanut Butter	Yoqurt Assorted Cold Cereal Peanut Butter	Yoqurt Assorted Cold Cereal	Cheese Spread Assorted Cold Cereal Peanut Butter	Yoqurt Assorted Cold Cereal Peanut Butter	Yoqurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	Yoqurt Assorted Cold Cereal Peanut Butter	
							<b>*NO bacon</b>	
		Chicken Dijon in 1 cm dice Mashed Potatoes/Gravy Winter Blend Vegetables Dinner Roll/butter Diced Honeydew Melon	Sweet & Sour Pork w/sauce Fried Rice Stir Fried Vegetables Apricot Halves	Beef Stre Homemade Tea Biscuit Butter <b>Broccoli</b> Stewed Rhubarb	Seafood Primavera (1 cm Dice) Asparagus Fruit Cocktail	Beef Stew Homemade Tea Biscuit <b>Roasted Winter Squash</b> Stewed Rhubarb	Stir Fried Chicken (1 cm dice) w/ Stir Fried Rice Stir Fried Vegetables Sliced Peaches	Charbroiled Steak in 1 cm dice Mashed Potato w/ gravy Brussels Sprouts Watermelon
		<b>Alternate 1 Choices</b> Chef's Choice Indian Cuisine	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal
	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	
<b>DINNER</b>	Harvest Vegetable Soup English Style Fish & Chips/ w/tartar sauce & Lemon Wedge Coleslaw Warm Peach Crisp	Butternut Squash Soup Sliced Beef Salad Plate (Sliced Beef, Mixed Steamed Veggies , Potato Salad, Tomato Garnish, WW Roll, butter) Ice Cream	Cream of Tomato Soup Grilled Cheese Sandwich <b>Steamed Spinach</b> Cheese Cake	Asian Vegetable Beef Soup Turkey & Cranberry Sauce Sandwich Squash Ginger Spiced Rice Pudding	Corn Chowder BBO Chicken Slider Mixed Vegetables Red Velvet Cake	Barley Soup Beef Chili <b>Mixed Vegetables</b> Homemade Biscuit/butter Blueberry pie	Cream of Asparagus Soup <b>Pizza (cooked soft)</b> Mixed Vegetables Vanilla Pudding	
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	
	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	

**NOTE:**  
**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**  
**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**  
**125 ml Assorted Juices are offered everyday at Lunch & Dinner**  
**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**



# NEWPORT HARBOUR CARE CENTRE MENU: EASY-TO-CHEW

**Fall & Winter 2018 - 2019**

**WEEK 2**

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>EAKFA</b>	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Cranberry Juice Milk Cream of Wheat Cereal Omelet Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Fruit	Orange Juice Milk Cream of Wheat Cereal <b>Breakfast Sausage (1 cm dice)</b> Buttered WW Toast Fruit	
	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	<b>Alternate Choices</b> Yoqurt Assorted Cold Cereal Peanut Butter	
	<b>LUNCH</b>	Baked Sole with Dill Sauce Buttered Egg Noodles Baked Parmesan Tomato <b>Baked Apple Slices (no skins)</b>	<b>Veal Parmesan (1 cm dice)</b> Mashed Potatoes Parsnips Sliced Peaches	Shepherd's Pie/Gravy Dinner Roll/butter Broccoli Cantaloupe	<b>Roast Chicken (1 cm dice)/ Honey Mustard</b> Garlicky Mashed Potatoes California Blend Vegetables <b>Baked Apple Slices (no skin)</b>	<b>Salisbury Steak (1 cm dice)/Beef Gravy</b> Baked Potatoes Italian Mix Vegetables Diced Peaches	Pork Drummies Seasoned Rice Harvard Beets Pears	<b>Roast Turkey (1 cm dice)/Gravy</b> Cranberry Sauce/Dressing Mashed Potatoes Italian Mix Vegetables Diced Honeydew Melon
		<b>Alternate Choices</b> Chef's Choice Asian Cuisine	<b>Alternate Choices</b> Chef's Choice Hot Meal	<b>Alternate Choices</b> Chef's Choice Hot Meal	<b>Alternate Choices</b> Chef's Choice Hot Meal	<b>Alternate Choices</b> Chef's Choice Hot Meal	<b>Alternate Choices</b> Chef's Choice Hot Meal	<b>Alternate Choices</b> Chef's Choice Hot Meal
		<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
		<b>DINNER</b>	Garden Vegetable Soup Deli Meat Sandwich on Caraway Rye/Mustard Italian Vegetables Maple Chocolate Cake	Turkey & Wild Rice Soup Denver Sandwich <b>Greek Salad(peeled cucumber)</b> Lemon Mousse	Cream of Mushroom Soup Chicken Alfredo w/fettucine Peas Caramel Bread Pudding	Minestrone Soup Ham & Cheese on a Croissant/Mustard/Mayo Southwest Salad/Dressing Souffle	Vegetable Soup Multigrain Fish w/ sauce Potato Pom Poms <b>Finely Shredded Carrot Salad</b> Butter Tart Bar	Basil Tomato Soup Macaroni & Cheese <b>Mixed Vegetables</b> Pumpkin Cake
<b>Alternate Choices</b>	<b>Alternate Choices</b> Cheese and Egg Sandwich		<b>Alternate Choices</b>	<b>Alternate Choices</b> Egg salad Croissant	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	
Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich		Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	

**NOTE:**

**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

# NEWPORT HARBOUR CARE CENTRE MENU: EASY-TO-CHEW

## Fall & Winter 2018-2019

### WEEK 3

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EAKFA	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal Peanut Butter Muffin Fruit	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Vegetable Omlette Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Yogurt Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Sliced Cheese Belgian Waffle Fruit	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Bacon Buttered WW Toast Fruit
	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Cheese Spread Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter
	Chicken Paprika (1 cm dice) Mashed potato w/gravy Turnip Tropical Fruit	BBO Spare Ribs O'Brian Potatoes Green Beans Tropical Fruit	Peroqies/Sour Cream Garlic Sausage (1 cm dice) Mixed Vegetables Mandarin Orange Sections	Crispy Chicken (1 cm dice) Parslied Potatoes Carrots Honeydew melon	Pork Loin/Apple Braised (1 cm dice) Stuffing/Gravy Oven Roasted Potato Brussels Sprouts Tropical Fruit Mix	Chicken Pot Pie/Gravy Oven Roasted Potatoes Garlicky Green Beans Fresh Fruit In Season	Baked Ham (1cm dice/Honey Grilled) Pineapple Ring/mustard Scalloped Potato Peas and Carrots Apricot Halves
	<b>Alternate 1 Choices</b> Chef's Choice Indian Cuisine	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal
	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
DINNER	French Onion Soup Shaved Beef Sandwich on 12 Grain/Mustard Cucumber Salad (peeled) Carrot Cake/Frosting	Wonton Soup Vegetarian Spring Rolls w/ sauce Fried Rice w/ Veggies Caramel Pudding	Beef Barley Soup Tuna Melt Winter Vegetable Mix Lemonicious Lemon Bar	Vegetable Chowder Lasagna Breadstick Mixed Vegetables Chocolate Cake	Chicken Noodle Soup Veal on a Bun Carrots Sticky Toffee Pudding	Lentil Soup Fish Nuggets w/ sauce French Fries Parslied Broccoli Mixedberry Cobbler	Cream of Celery Soup Baked Beans WW Dinner Roll/butter Winter Vegetable Mix Peach Pie
	<b>Alternate Choice</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.

30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast

125 ml Assorted Juices are offered everyday at Lunch & Dinner

250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner

# NEWPORT HARBOUR CARE CENTRE MENU: EASY-TO-CHEW

Fall & Winter 2018 - 2019

WEEK 4

W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EAKFA	Apple Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit	Orange Juice Milk Cream of Wheat Cereal Peanut Butter Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Scrambled Egg Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Sliced Cheese Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Cranberry Juice Milk Cream of Wheat Cereal Poached Egg Sausage Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Fruit	
	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Assorted Cold Cereal Peanut Butter
	LUNCH	Montreal Spiced Pollock Seasoned Rice Sugar Snap Peas Diced Cantaloupe	Chicken Cacciatore 1 cm dice Mashed Potatoes Green Onions Minced Cabbage Apricot Halves	Swedish Meatballs Mexican Rice Julienned Carrots Mixed Berries	Beef Bourquignon Fettucine Mixed Vegetable Watermelon	Honey Garlic Sausage (1 cm dice) Pierogies/Sour Cream/Green Onion Broccoli Pears	Teriyaki Chicken Asian Fried Rice Oriental Blend Vegetables Stewed Rhubarb	Roast Beef/Horseradish (1 cm dice) Mashed Potatoes/Gravy Whole Green & Yellow Beans Mandarin Orange Sections
		<b>Alternate 1 Choices</b> Chef's Choice Asian Cuisine	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal
		<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
		<b>Alternate 2 Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
DINNER	French Onion Soup Chicken Salad Sandwich w/ Sliced Tomato Creamy Coleslaw Strawberry Mousse	Cream Of Vegetable Soup Roast Beef Sandwich with Au Jus Mixed Vegetables Gingerbread Cake	Dijon Mushroom Dill Soup Mini Sub PEI Vegetable Mix Butterscoth Pudding	Chicken Rice Soup Seafood Quiche Harvard Beets Yogurt Cocktail/Fruit	Hearty Vegetable Soup Fruit Plate Cottage Cheese Banana Loaf Caramel Custard	Vegetarian Split Pea Soup Reuben Sandwich Winter Mixed Vegetable Brownies	Cream Of Cauliflower Soup Chicken Burger/Mayonnaise/ Tomato Potato Wedges Pumpkin Pie/Whipped Topping	
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	
	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	

**NOTE:**  
 Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.  
 30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast  
 125 ml Assorted Juices are offered everyday at Lunch & Dinner  
 250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner



# NEWPORT HARBOUR CARE CENTRE MENU: EASY-TO-CHEW

Fall & Winter 2018 - 2019

WEEK 5

W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Cranberry Juice Milk Oatbran Cereal Boiled Egg Buttered WW Toast Fruit	Apple Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Yogurt Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Sliced Cheese Chef's Choice Muffin Fruit	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Bacon Buttered WW Toast Fruit
	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Cheese Spread Assorted Cold Cereal Peanut Butter	<b>Alternate Choices</b> Yogurt Assorted Cold Cereal Peanut Butter Buttered WW Toast	<b>Alternate Choices</b> Assorted Cold Cereal Peanut Butter
	Pineapple Ham Loaf/mustard Scalloped Potatoes Brussel Sprouts Apple Sauce	Spaghetti/Meatballs Garlic Bread Broccoli Fresh Fruit in Season (no hard skins/fruit)	Chicken Stew Home Made Biscuit/butter Broccoli Pears	Corned Beef (1 cm dice) w/ Honey Mustard Sauce Garlic Whipped Potatoes Glazed Carrots WW Roll Citrus Fruit Cup	Salmon/Hollandaise Sauce Roasted Potatoes Parslied Cauliflower Fresh Fruit in Season	Ginger Chicken Fried Rice Sitr Fried Vegetables Tropical Fruit Salad	Pork Roast (1 cm dice)/Pork Gravy/ Apple Stuffing Mashed Potatoes Peas Fruit Cocktail
	<b>Alternate 1 Choices</b> Chef's Choice Indian Cuisine	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal	<b>Alternate 1 Choices</b> Chef's Choice Hot Meal
	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Salmon Salad, Egg Salad or Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Shredded Salad/Dressing Chicken Salad, Egg Salad or Tomato Sandwich Variety of Jello
<b>DINNER</b>	Borscht Turkey Sausage (1 cm dice) Potato Pancake Wax Beans/Tarragon Butter Coconut Tart	Navv Bean Soup Monte Cristo Sandwich Winter Vegetable Mix Ice Cream	Beef Barley Soup Fish Burger Curly Fries Peeled Cucumber Salad Black Forest Cake	Mediterranean Chicken Soup Ham & Egg Strata Italian Mixed Vegetables Tapioca Pudding	Chicken Noodle Soup Chicken/Veggie Quesadilla Mexican Rice Tomato Salsa/Guacamole Strawberry Jello Cake	Cream of Broccoli Soup Beef/BBQ Sauce on a Bun Fall Mixed Vegetables Apple Crisp	Italian Wedding Soup Sliced Chicken Sandwich Mixed Vegetables Boston Cream Pie
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich	Salmon Salad, Egg Salad or Tomato Sandwich	Chicken Salad, Egg Salad or Tomato Sandwich

**NOTE:**

**Whole Wheat Bread everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**







# NEWPORT HARBOUR CARE CENTRE Puree MENU

## Fall and Winter 2018-2019

### WEEK 3

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cranberry Juice Puree Egg Oatbran Cereal Milk Pureed Fruit	Apple Juice Milk Oatmeal Cereal Pureed Fruit Pureed Muffin	Orange Juice Milk Cream of Wheat Pureed Fruit	Cranberry Juice Puree Egg Oatmeal Cereal Milk Pureed Fruit	Apple Juice Milk Oatbran Cereal Pureed Fruit Yogurt	Orange Juice Milk Oatmeal Cereal Pureed Waffle/Syrup Pureed Fruit	Cranberry Juice Puree Egg Oatbran Cereal Milk
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt	Yogurt	Yogurt	Yogurt	Peanut Butter	Yogurt	Yogurt
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter		Peanut Butter	Peanut Butter
LUNCH	Pureed Chicken Mashed Potatoes Pureed Turnip Pureed Tropical Fruit	Pureed Pork/BBO Sauce Mashed Potatoes Pureed Mixed Vegetables Pureed Tropical Fruit Salad	Pureed Beef Whipped Potatoes Pureed Mixed Vegetables Pureed Orange Sections	Pureed Chicken /Gravy Mashed Potatoes Pureed Garlicky Green Bean Pureed Fresh Fruit in Season	Pureed Pork Gravy Mashed Potatoes Pureed Brussels Sprouts Applesauce	Pureed Chicken w/ Sauce Mashed Potatoes Pureed Fall Vegetables Pureed Honevdeu	Pureed Ham Pureed Peas/Carrots Mashed Potatoes Pureed Apricot
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree
DINNER	Pureed French Onion Soup Pureed Beef/Mustard Sayce Mashed Potatoes Pureed California Blend Vegetables Pureed Carrot Cake	Puree Chicken Sweet and Sour Sauce Mashed Potatoes Pureed Mixed Vegetables Chocolate Pudding	Pureed Beef Barley Soup Pureed Fish Mashed Potatoes Pureed Winter Vegetable Lemon Mousse	Pureed Vegetable Chowder Pureed Beef/Tomato Sauce Mashed Potatoes Pureed Vegetables Pureed Chocolate Cake	Pureed Chicken Noodle Soup Pureed Veal Pureed Carrot Mashed Potatoes Sticky Toffee Pudding	Pureed Lentil Soup Pureed Fish Mashed Potatoes Pureed Parslied Broccoli Pureed Stained Berries w/ Whipped Cream	Cream of Celery Soup Pureed Baked Beans Mashed Potatoes Pureed Winter Vegetables Pureed Peach Pie
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree

# NEWPORT HARBOUR CARE CENTRE PUREED MENU

**Fall and Winter 2018-2019**

**WEEK 4**

W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Apple Juice Milk Oatmeal Cereal Pureed Fruit Pureed Egg	Orange Juice Milk Cream of Wheat Pureed Fruit	Cranberry Juice Puree Egg Oatmeal Cereal Milk Pureed Fruit	Apple Juice Milk Oatbran Cereal Pureed Fruit	Orange Juice Milk Oatmeal Cereal Pureed Fruit Peanut Butter	Cranberry Juice Puree Egg Cream of Wheat Milk Pureed Egg Pureed Fruit	Apple Juice Pureed French Toast Oatmeal Cereal Milk Pureed Fruit
	<b>Alternate Choices</b>	<b>Alternate Choice</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt Peanut Butter	Yogurt Peanut Butter	Yogurt Peanut Butter	Yogurt Peanut Butter	Yogurt Peanut Butter	Yogurt Peanut Butter	Yogurt Peanut Butter
	Pureed Fish Mashed Potatoes/Gravy Pureed Peas Pureed Canteloupe	Pureed Chicken/Tomato Sauce Mashed Potatoes Pureed Mixed Vegetable Pureed Apricot	Pureed Meatball Mashed Potatoes/Gravy Pureed Carrots Pureed/Strained Mixed Berries	Pureed Beef Bourguignon Mashed Potatoes/Gravy Pureed Mixed Vegetable Pureed/Strained Watermelon	Pureed Pork Mashed Potatoes/Gravy Pureed Mixed Vegetables Pureed Pears	Pureed Teriyaki Chicken Mashed Potatoes/Gravy Pureed Oriental Blend Vegetables Pureed Stewed Rhubarb	Pureed Beef Mashed Potatoes/Gravy Pureed Green/Yellow Beans Pureed Mandarin Orange
<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	
Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	
DINNER	Pureed French Onion Soup Pureed Chicken Mashed Potatoes/Gravy Pureed Mixed Vegetable Strawberry Mousse	Pureed Cream Of Vegetable Soup Pureed Beef Mashed Potatoes/Gravy Pureed Mixed Vegetable Pureed Gingerbread Cake	Puree Dijon Mushroom Dill Soup Pureed Egg Mashed Potatoes/Gravy Pureed PEI Vegetable Butterscotch Pudding	Pureed Chicken Rice Soup Pureed Fish Mashed Potatoes/Gravy Pureed Beets Yogurt/Pureed Fruit	Pureed Hearty Vegetable Soup Pureed Seasonal Fruit Pureed Egg Pureed Banana Loaf Caramel Custard	Pureed Vegetarian Split Pea Soup Pureed Beef/Gravy Mashed Potatoes Pureed Winter Mix Vegetables Pureed Brownies	Puree Cream Of Cauliflower Soup Pureed Chicken Mashed Potatoes/Gravy Pureed Mix Vegetable Pureed Pumpkin Pie/Whipped Topping
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree	Trepuree





# NEWPORT HARBOUR CARE CENTRE MENU: MINCED

**Fall & Winter 2018 - 2019**

**WEEK 1**

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Apple Juice Milk Oatmeal Cereal Minced Boiled Egg Buttered WW Crustless Toast Fruit	Orange Juice Milk Oatbran Cereal Cheddar Cheese Buttered WW Crustless Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Minced Poached Egg Buttered WW Crustless Toast Fruit	Apple Juice Milk Cream of Wheat Cereal Yogurt Muffin Fruit	Orange Juice Milk Oatmeal Cereal Cheese Omelet Buttered WW Crustless Toast Fruit	Cranberry Juice Milk Oatbran Cereal Peanut Butter Pancakes/Syrup Fruit	Apple Juice Milk Oatmeal Cereal Scrambled Eggs Buttered WW Crustless Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt Peanut Butter	Yogurt Peanut Butter	Yogurt Peanut Butter	Cheese Spread Peanut Butter Buttered WW Toast	Yogurt Peanut Butter	Yogurt Peanut Butter Buttered WW Crustless Toast	Yogurt Peanut Butter
<b>LUNCH</b>	Minced Chicken Dijon Mashed Potatoes/Gravy Minced Winter Blend Vegetables Dinner Roll/butter Minced Honeydew Melon	Minced Sweet & Sour Pork Fried Rice Minced Stir Fried Vegetables Minced Apricot	Minced Beef Stew Tea Biscuit/butter Minced Broccoli Minced Rhubarb	Minced Seafood Primavera Minced Asparagus Minced Fruit Cocktail	Meatloaf/Gravy Whipped Potatoes Minced Green Beans Stewed Rhubarb	Minced Stir Fried Chicken w/ Stir Fried Rice Minced Stir Fried Vegetables Minced Peaches	Minced Charbroiled Steak Mashed Potato/Gravy Minced Brussels Sprouts Pureed Watermelon
	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>
	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello
<b>DINNER</b>	Harvest Vegetable Soup Baked Fish w/ tartar Sauce Mashed Potatoes Minced Coleslaw Warm Peach Crisp (moist/soft)	Butternut Squash Soup Minced Beef Minced Winter Vegetables Mashed Potatoes WW Roll/butter Ice Cream	Cream of Tomato Soup Cheese Sandwich Minced Garlicky Spinach Cheese Cake	Asian Vegetable Beef Soup Minced Turkey//Craberry Sauce Sandwich Minced Squash Ginger Spiced Rice Pudding	Pureed Corn Chowder Minced BBQ Chicken Slider Minced Mixed Vegetables Red Velvet Cake	Barley Soup Minced Beef Chili Minced Mixed Vegetable Homemade Biscuit/butter Blueberry pie	Cream of Asparagus Soup Pizza on Soft Bun Minced Mixed Vegetables Vanilla Pudding
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich

**NOTE:**

**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

## NEWPORT HARBOUR CARE CENTRE MENU: MINCED

**Fall & Winter 2018 - 2019**

**WEEK 2**

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EAKFA	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Crustless Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Crustless Toast Fruit	Apple Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Crustless Toast Fruit	Orange Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Crustless Toast Fruit	Cranberry Juice Milk Cream of Wheat Cereal Omelet Buttered WW Crustless Toast Fruit	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Fruit	Orange Juice Milk Cream of Wheat Cereal Minced Breakfast Sausage Buttered WW Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yourt Peanut Butter	Yourt Peanut Butter	Yourt Peanut Butter	Yourt Peanut Butter	Yourt Peanut Butter	Yourt Peanut Butter Buttered WW Crustless Toast	Yourt Peanut Butter Buttered WW Toast
LUNCH	Baked Sole with Dill Sauce Minced Buttered Egg Noodles Tomato Sauce with Parmesan Minced Baked Apple Slices	Minced Veal Parmesan Mashed Potatoes Minced Parsnips Minced Peaches	Minced Shepherd's Pie/Gravy Dinner Roll/butter Minced Broccoli Minced Cantaloupe	Minced Roast Chicken/ Honey Mustard Garlicky Mashed Potatoes Minced California Blend Vegetables Minced Baked Apple Slices	Minced Beef/Beef Gravy Mashed Potato Minced Italian Mix Vegetables Minced Peaches	Minced Pork Seasoned Rice Minced Harvard Beets Minced Pears	Minced Roast Turkey/Gravy/Tanay Dressing Mashed Potatoes Minced Italian Mix Vegetables Minced Honeydew Melon
	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>
	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Miced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello
DINNER	Garden Vegetable Soup Minced Meat Sandwich on Caraway Rye/Mustard Minced Italian Vegetables Maple Chocolate Cake	Turkey & Wild Rice Soup Scrambled Eggs w/ Ham/Onion Buttered WW Toast Points Minced PEI mix Lemon Mousse	Cream of Mushroom Soup Minced Chicken Alfredo Minced Fettucine Minced Peas Caramel Bread Pudding	Minestrone Soup Minced Ham & Cheese on a Croissant/Mustard/Mayo Minced Southwest Salad/Dressing Souffle	Vegetable Soup Pan Seared Fish w Lemon Dill Sauce Mashed Potatoes Minced Carrots Butter Tart Bar	Basil Tomato Soup Macaroni & Cheese Minced Mixed Vegetable Pumpkin Cake	Cream of Broccoli Soup Omelet w/ Minced Veggies Buttered Crustless Toast Points Minced Carrots and Peas Apple Pie
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Mnced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich

**NOTE:**

**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

# NEWPORT HARBOUR CARE CENTRE MENU: MINCED

**Fall & Winter 2018-2019**

**WEEK 3**

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EAKFA</b>	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Crustless Toast Fruit	Apple Juice Milk Oatmeal Cereal Peanut Butter Muffin Fruit	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Crustless Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Vegetable Omlette Buttered WW Crustless Toast Fruit	Apple Juice Milk Oatbran Cereal Yogurt Buttered WW Crustless Toast Fruit	Orange Juice Milk Oatmeal Cereal Sliced Cheese Belgian Waffle w Syrup Fruit	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Crustless Toast Fruit Muffins
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt	Yogurt	Yogurt	Yogurt	Cheese Spread	Yogurt	Yogurt
	Peanut Butter	Peanut Butter WW Crustless Toast	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter Buttered WW Crustless Toast	Peanut Butter
<b>LUNCH</b>	Minced Chicken Paprika Mashed Potato Sour Cream Minced Turnip Minced Tropical Fruit Salad	Minced Pork/BBO Sauce Mashed Potato Minced Green Beans Minced Tropical Fruit	Peroqies/Sour Cream Minced Garlic Sausage Minced Mixed Vegetables Minced Mandarin Orange Sections	Minced Chicken and Gravy Mashed Potatoes Minced Carrots Minced Honeydew Melon	Minced Pork Loin/Apple Braised Stuffing/Gravy Mashed Potato Minced Brussels Sprouts Minced Pineapple	Chicken Pot Pie/Gravy Minced Green Beans Minced Fresh Fruit in Season	Minced Baked Ham Mashed Potato Minced Peas/Carrots Minced Apricot
	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>
	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello
<b>DINNER</b>	French Onion Soup Minced Beef Sandwich on WW Bread/Mustard Minced California Blend Vegetable Carrot Cake/Frostina	Minced Chicken w Sweet/Sour Sauce Fried Rice Minced Stir Fried Vegqies Caramel Pudding	Beef Barley Soup Tuna Melt Minced Winter Blend Vegetables Lemonicious Lemon Bar	Vegetable Chowder Minced Lasagna Breadstick Minced Mix Vegetables Chocolate Cake	Chicken Noodle Soup Minced Veal w/sauce on a Bun Minced Carrots Sticky Toffee Pudding	Lentil Soup Baked Fish French Fries w Gravy Minced Parslied Broccoli Mixedberry Cobbler	Cream of Celery Soup Minced Baked Beans WW Dinner Roll/butter Minced Winter Mix Vegetable Peach Pie
	<b>Alternate Choice</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich
<b>NOTE:</b>							
<b>Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.</b>							
<b>30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast</b>							
<b>125 ml Assorted Juices are offered everyday at Lunch &amp; Dinner</b>							
<b>250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch &amp; Dinner</b>							



# NEWPORT HARBOUR CARE CENTRE MENU: MINCED

**Fall & Winter 2018 - 2019**

**WEEK 4**

W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EAKFA	Apple Juice Milk Oatmeal Cereal Poached Egg Buttered WW Toast Fruit	Orange Juice Milk Cream of Wheat Cereal Peanut Butter Buttered WW Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Scrambled Egg Buttered WW Toast Fruit	Apple Juice Milk Oatbran Cereal Sliced Cheese Buttered WW Toast Fruit	Orange Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Toast Fruit	Cranberry Juice Milk Cream of Wheat Cereal Minced Poached Egg Minced Sausage WW Crustless Toast Fruit	Apple Juice Milk Oatmeal Cereal French Toast/Syrup Fruit
	<b>Alternate Choices</b> Yoqurt Peanut Butter	<b>Alternate Choices</b> Yoqurt	<b>Alternate Choices</b> Yoqurt Peanut Butter	<b>Alternate Choices</b> Yoqurt Peanut Butter	<b>Alternate Choices</b> Yoqurt	<b>Alternate Choices</b> Yoqurt Peanut Butter	<b>Alternate Choices</b> Yoqurt Peanut Butter
	Montreal Spiced Pollock Seasoned Rice Minced Peas Minced Cantaloupe	Minced Chicken Cacciatore Mashed Potatoes Minced Cabbage Minced Apricot	Minced Beef Mexican Rice (no corn) Minced Carrots Minced/Strained Berries	Minced Beef Bourquignon Minced Fettucine Minced Mixed Vegetable Minced Watermelon	Minced Sausage w Sauce Perogies/Sour Cream/Green Onion Minced Broccoli Minced Pears	Minced Teriyaki Chicken Asian Fried Rice Minced Oriental Blend Vegetables Stewed Rhubarb	Minced Roast Beef/Horseradish Mashed Potatoes/Gravy Minced Green & Yellow Beans Minced Mandarin Orange
	<b>Alternate 2 Choices</b> Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello
DINNER	French Onion Soup Chicken Salad Sandwich Minced Cole Slaw Strawberry Mousse	Cream Of Vegetable Soup Minced Roast Beef Sandwich with Au Jus Minced Mixed Vegetable Gingerbread Cake	Dijon Mushroom Dill Soup Egg Salad Sub Sandwich Minced PEI Vegetable Mix Butterscotch Pudding	Chicken Rice Soup Seafood Quiche Minced Harvard Beets Yoqurt Cocktail/ Minced Fruit	Hearty Vegetable Soup Minced Seasonal Fruit Cottage Cheese Banana Loaf Caramel Custard	Vegetarian Split Pea Soup Minced Beef with Sauce Minced Winter Mixed Vegetable WW Roll Brownies	Cream Of Cauliflower Soup Minced Chicken and Sauce Mashed Potato Minced Mixed Vegetable Pumpkin Pie/Whipped Topping
	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Minced Tomato Sandwich	<b>Alternate Choices</b> Salmon Salad, Egg Salad or Minced Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Minced Tomato Sandwich	<b>Alternate Choices</b> Salmon Salad, Egg Salad or Minced Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Minced Tomato Sandwich	<b>Alternate Choices</b> Salmon Salad, Egg Salad or Minced Tomato Sandwich	<b>Alternate Choices</b> Chicken Salad, Egg Salad or Minced Tomato Sandwich
	<b>NOTE:</b>						
	<b>Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.</b>						
<b>30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast</b>							
<b>125 ml Assorted Juices are offered everyday at Lunch &amp; Dinner</b>							
<b>250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch &amp; Dinner</b>							

# NEWPORT HARBOUR CARE CENTRE MENU: MINCED

Fall & Winter 2018 - 2019

WEEK 5

W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>BREAKFAST</b>	Cranberry Juice Milk Oatbran Cereal Boiled Egg Buttered WW Crustless Toast Fruit	Apple Juice Milk Oatmeal Cereal Peanut Butter Buttered WW Crustless Toast Fruit	Orange Juice Milk Cream of Wheat Cereal Cheddar Cheese Buttered WW Crustless Toast Fruit	Cranberry Juice Milk Oatmeal Cereal Poached Egg Buttered WW Crustless Toast Fruit	Apple Juice Milk Oatbran Cereal Yoqurt Buttered WW Crustless Toast Fruit	Orange Juice Milk Oatmeal Cereal Sliced Cheese Chef's Choice Muffin Fruit	Cranberry Juice Milk Oatbran Cereal Scrambled Egg Buttered WW Crustless Toast Fruit	
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	
	Yoqurt Peanut Butter	Yoqurt Peanut Butter	Yoqurt	Yoqurt Peanut Butter	Cheese Spread Peanut Butter	Yoqurt Peanut Butter Buttered Crustless WW Toast	Yoqurt Peanut Butter	
	<b>LUNCH</b>	Minced Pineapple Ham Loaf Mustard/ Mashed Potatoes Minced Brussel Sprouts Apple Sauce	Minced Spaghetti/Meat Sauce Garlic Bread Minced Broccoli Minced Fresh Fruit in Season	Chicken Stew Home Made Biscuit/butter Minced Broccoli Minced Pears	Minced Corned Beef/Honey Mustard Sauce Garlic Whipped Potatoes Minced Glazed Carrots WW Roll Minced Citrus Fruit Cup	Salmon/Hollandaise Sauce Mashed Potatoes Minced Cauliflower Minced Fresh Fruit in Season	Minced Chicken w/ Ginger Sauce Fried Rice Minced Stir Fried Vegetables Minced Tropical Fruit Salad	Minced Pork Roast/Pork Gravy/ Apple Stuffing Mashed Potatoes Minced Peas Minced Fruit Cocktail
		<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>	<b>Alternate 2 Choices</b>
Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello		Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Salmon Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	Chef's Choice Minced Vegetable Chicken Salad, Egg Salad or Minced Tomato Sandwich Variety of Jello	
<b>DINNER</b>		Borscht Minced Turkey Sausage Mashed Potato/Gravy Minced Wax Beans Coconut Tart	Navy Bean Soup Minced Pork Minced Winter Vegetable Mix Dinner Roll Ice Cream	Beef Barley Soup Baked Fish w/ Dill Sauce Mashed Potato Minced Peas and Carrots Black Forest Cake	Mediterranean Chicken Soup Minced Ham & Egg Strata Minced Italian Vegetables Tapioca Pudding	Chicken Noodle Soup Minced Mexican Chicken Mexican Rice (no corn) Minced Mexican Vegetable Tomato Salsa/Guacamole Strawberry Jello Cake	Cream of Broccoli Soup Minced Beef/BBO Sauce on a Bun Minced Fall Mixed Vegetables Apple Crisp	Italian Wedding Soup Chicken Salad Sandwich Minced Mixed Vegetables Boston Cream Pie
		<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich	Salmon Salad, Egg Salad or Minced Tomato Sandwich	Chicken Salad, Egg Salad or Minced Tomato Sandwich	

**NOTE:**

**Whole Wheat Bread offered everyday at Lunch and Dinner. Crackers served everyday at Dinner with Soup.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

# NEWPORT HARBOUR CARE CENTRE GLUTEN FREE MENU

**Fall & Winter 2018 - 2019**

**WEEK 1**

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Apple Juice Milk GF Brown Rice Cereal Boiled Egg GF Buttered WW Toast Fruit	Orange Juice Milk GF Brown Rice Cereal Cheddar Cheese GF Buttered WW Toast Fruit	Cranberry Juice Milk GF Brown Rice Cereal Poached Egg GF Buttered WW Toast Fruit	Apple Juice Milk GF Brown Rice Cereal Yoqurt GF Buttered WW Toast Fruit	Orange Juice Milk GF Brown Rice Cereal Cheese Omelet GF Buttered WW Toast Fruit	Cranberry Juice Milk GF Brown Rice Cereal Peanut Butter GF Buttered WW Toast Fruit	Apple Juice Milk GF Brown Rice Cereal Scrambled Eggs Bacon GF Buttered WW Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yoqurt GF Assorted Cold Cereal Peanut Butter	Yoqurt GF Assorted Cold Cereal Peanut Butter	Yoqurt GF Assorted Cold Cereal Peanut Butter	Cheese Spread GF Assorted Cold Cereal Peanut Butter	Yoqurt GF Assorted Cold Cereal Peanut Butter	Yoqurt GF Assorted Cold Cereal Peanut Butter	Yoqurt GF Assorted Cold Cereal Peanut Butter
<b>LUNCH</b>	Chicken Dijon Mashed Potatoes/ GF Gravy Winter Blend Vegetables Buttered GF Toast Diced Honeydew Melon	Pork in Sweet/Sour Sauce Fried Rice Stir Fried Vegetables Apricot Halves	Beef Stew GF Buttered Toast Broccoli Stewed Rhubarb	Seafood Primavera w/ GF Pasta Asparagus Fruit Cocktail	GF Meatloaf/GF Gravy Whipped Potatoes Green Beans Pineapple Tidbits	Stir Fried Chicken w/ Rice Stir Fried Vegetables Sliced Peaches	Charbroiled Steak Baked Potatoes/Sour Cream Brussels Sprouts Watermelon
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello
<b>DINNER</b>	Chef's Choice GF Soup Pan Fried Fish w/ Tartar Sauce Lemon Slice Coleslaw Mashed Potato Chef's Choice GF Dessert	Chef's Choice GF Soup Sliced Beef Salad Plate (Sliced Beef, Fall Vegetable Salad, Potato Salad, Tomato Cucumber Garnish, GF Roll, Butter) Ice Cream	Chef's Choice GF Soup GF Grilled Cheese Sandwich Mixed Greens/Balsamic Vinaigrette Chef's Choice GF Dessert	Chef's Choice GF Soup Turkey /Cranberry Sauce Sandwich on GF Bread Tossed Salad Chef's Choice GF Dessert Dill Pickes	Chef's Choice GF Soup BBO Chicken Slider on GF Bun Spinach Salad/Poppysseed Dressing Chef's Choice GF Dessert	Chef's Choice GF Soup Beef Chili Mixed Vegetables GF Buttered Toast Chef's Choice GF Dessert	Chef's Choice GF Soup Vegetable Omllette Caesar Salad (no croutons) Vanilla Pudding
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Grilled Cheese on GF Bread	Egg	Egg	Egg	Egg	Egg	Egg

**NOTE:**

**GF Bread/ offered everyday at Lunch and Dinner.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

**Side salad with choice of dressing offered everyday at Lunch**



## NEWPORT HARBOUR CARE CENTRE GLUTEN FREE MENU

**Fall & Winter 2018 - 2019**

**WEEK 2**

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EAKFA	Orange Juice Milk GF Brown Rice Cereal Cheddar Cheese GF Buttered WW Toast Fruit	Cranberry Juice Milk GF Brown Rice Cereal Peanut Butter GF Buttered WW Toast Fruit	Apple Juice Milk GF Brown Rice Cereal Scrambled Egg GF Buttered WW Toast Fruit	Orange Juice Milk GF Brown Rice Cereal Yogurt GF Buttered WW Toast Fruit	Cranberry Juice Milk GF Brown Rice Cereal Omelet GF Buttered WW Toast Fruit	Apple Juice Milk GF Brown Rice Cereal GF French Toast/Syrup Fruit Yogurt	Orange Juice Milk GF Brown Rice Cereal GF Breakfast Sausage GF Buttered WW Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt GF Assorted Cold Cereal Peanut Butter	Yogurt GF Assorted Cold Cereal Peanut Butter	Yogurt GF Assorted Cold Cereal Peanut Butter	Yogurt GF Assorted Cold Cereal	Yogurt GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter GF Buttered WW Toast	Yogurt GF Assorted Cold Cereal Peanut Butter
LUNCH	Baked Sole w/ Dill Sauce GF Pasta Baked Parmesan Tomato Baked Apple Slices (no crumbs)	Plain Veal w/ GF Gravy Baked Baby Potatoes Parsnips Sliced Peaches	Shepherd's Pie/GF Gravy GF Buttered Toast Broccoli Cantaloupe	Chicken/Honey Mustard Garlicky Mashed Potatoes California Blend Vegetables Baked Apple Slices Apricot Halves	Salisbury Steak/GF Gravy Baked Potatoes Italian Mix Vegetables Diced Peaches	Pork Drummies Seasoned Rice Harvard Beets Pears	Roast Turkey/GF Gravy Tangy Cranberry Sauce Mashed Potatoes Italian Mix Vegetables Diced Honeydew Melon
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello
DINNER	Chef's Choice GF Soup Deli Meat Sandwich on GF Bread/Mustard Mixed Green Salad Chef's Choice GF Dessert	Chef's Choice GF Soup Scrambled Egg w/ Ham/Onion Buttered GF Toast Greek Salad Lemon Mousse Dill Pickles	Chef's Choice GF Soup Chicken Alfredo GF Pasta Peas Chef's Choice GF Dessert	Chef's Choice GF Soup Ham & Cheese on GF Bread/Mustard/Mayo Southwest Salad/Dressing Chef's Choice GF Dessert	Chef's Choice GF Soup Pan Fried Fish w/ Butter Mashed Potato Carrot Raisin Salad Chef's Choice GF Dessert	Chef's Choice GF Soup 2 Egg Over Easy Spinach Salad Buttered GF Toast Chef's Choice GF Dessert	Chef's Choice GF Soup Vegetable Omelet GF Buttered Toast Points Garden Salad/Dressing Chef's Choice GF Dessert
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Egg	Grilled Cheese GF Sandwich	Egg	Egg	Egg		Egg
<b>NOTE:</b>							
GF Bread offered everyday at Lunch and Dinner.							
30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast							
125 ml Assorted Juices are offered everyday at Lunch & Dinner							
250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner							
Side salad with choice of dressing offered everyday at Lunch							

# NEWPORT HARBOUR CARE CENTRE GLUTEN FREE MENU

**Fall & Winter 2018-2019**

**WEEK 3**

W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EAKFA</b>	Cranberry Juice Milk GF Brown Rice Cereal Scrambled Egg GF Buttered WW Toast Fruit	Apple Juice Milk GF Brown Rice Cereal Peanut Butter GF Buttered WW Toast Fruit	Orange Juice Milk GF Brown Rice Cereal Cheddar Cheese GF Buttered WW Toast Fruit	Cranberry Juice Milk GF Brown Rice Cereal Vegetable Omlette GF Buttered WW Toast Fruit	Apple Juice Milk GF Brown Rice Cereal Cereal Yogurt GF Buttered WW Toast Fruit	Orange Juice Milk GF Brown Rice Cereall Cereal Sliced Cheese GF Buttered Toast Fruit	Cranberry Juice Milk GF Brown Rice Cereal Scrambled Egg Bacon GF Buttered WW Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt	Yogurt	Yogurt	Yogurt	Cheese Spread	Yogurt	Yogurt
	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal	GF Assorted Cold Cereal
	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter
<b>LUNCH</b>	Chicken Paprika Baked Potatoes/Sour Cream Turnip Tropical Fruit	GF BBO Spare Ribs O'Brian Potatoes Green Beans Tropical Fruit Salad	Lyonnais Sausage GF Gravy/Whipped Potatoes Mixed Vegetables Mandarin Orange Sections	Grilled Chicken/GF Gravy Parslied Potatoes Carrot Honeydew Melon	Pork Loin GF Gravy Mashed Potatoes Brussels Sprouts Pineapple Tidbits	Chicken and Gravy Green Beans Fresh Fruit	Baked Ham/Mustard/Honey Grilled Pineapple Ring Scalloped Potato Carrots and Peas Apricot Halves
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable	Chef's Choice Vegetable
	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing	Tossed Salad/Dressing
	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello	Variety of Jello
<b>DINNER</b>	Chef's Choice GF Soup Shaved Beef Sandwich on GF Bread/Mustard Cucumber Salad Chef's Choice Dessert Dill Pickles	Chef's Choice GF Soup Stir Fried Chicken Stir Fried Oriental Vegetable Fried Rice Caramel Pudding	Chef's Choice GF Soup Tuna Melt on GF Bread Chef's Salad/Dressing Chef's Choice Dessert	Chef's Choice GF Soup GF Pasta with Meat Sauce GF Toast Ceasar Salad (no croutons) Chef's Choice Dessert	Chef's Choice GF Soup Veal on GF Toast Spinach Salad Chef's Choice Dessert	Lentil Soup Pan Fried Fish w/ Sauce Mashed Potatoes Parslied Broccoli Chef's Choice Dessert	Chef's Choice GF Soup Baked Beans GF Buttered Toast Tossed Salad Chef's Choice Dessert
	<b>Alternate Choice</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Eggs	Eggs	Eggs	Eggs	Eggs	Eggs	Eggs
<b>NOTE:</b>							
GF Bread offered everyday at Lunch and Dinner.							
30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast							
125 ml Assorted Juices are offered everyday at Lunch & Dinner							
250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner							
Side salad with choice of dressing offered everyday at Lunch							

# NEWPORT HARBOUR CARE CENTRE GLUTEN FREE MENU

**Fall & Winter 2018 - 2019**

**WEEK 4**

W4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
EAKFA	Apple Juice Milk	Orange Juice Milk	Cranberry Juice Milk	Apple Juice Milk	Orange Juice Milk	Cranberry Juice Milk	Apple Juice Milk	
	GF Brown Rice Cereal Poached Egg	GF Brown Rice Cereal Peanut Butter	GF Brown Rice Cereal Scrambled Egg	GF Brown Rice Cereal Sliced Cheese	GF Brown Rice Cereal Peanut Butter	GF Brown Rice Cereal Poached Egg	GF Brown Rice Cereal GF French Toast/Syrup	
	GF Buttered WW Toast Fruit	GF Buttered WW Toast Fruit	GF Buttered WW Toast Fruit	GF Buttered WW Toast Fruit	GF Buttered WW Toast Fruit	GF Buttered Toast Fruit	Bacon Fruit	
	<b>Alternate Choices</b> Yoqurt	<b>Alternate Choices</b> Yoqurt	<b>Alternate Choices</b> Yoqurt	<b>Alternate Choices</b> Yoqurt	<b>Alternate Choices</b> Yoqurt	<b>Alternate Choices</b> Yoqurt	<b>Alternate Choices</b> Yoqurt	
	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter	
LUNCH	Montreal Spiced Pollock Seasoned Rice Sugar Snap Peas Diced Cantaloupe	Chicken Cacciatore Baked Potato/Sour Cream Green Onions Buttered Cabbage Apricot Halves	Cheese Omllette Mexican Rice Julienned Carrots Mixed Berries	Beef Bourquignon GF Pasta Mixed Vegetable Watermelon	Lyonnaise Sausage Mashed Potatoes Broccoli Pears	GF Terivaki Chicken Asian Fried Rice Oriental Blend Vegetables Stewed Rhubarb	Roast Beef/Horseradish Mashed Potatoes/GF Gravy Whole Green & Yellow Beans Mandarin Orange Sections	
	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	<b>Alternate 2 Choices</b> Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	
	DINNER	Chef's Choice GF Soup BLT on GF Bread Creamy Coleslaw Strawberry Mousse Dill Pickles	Chef's Choice GF Soup Roast Beef Sandwich on GF Bun Tossed Salad Chef's Choice GF Dessert	Chef's Choice GF Soup Cold Cut on GF Bread Garden Salad Chef's Choice GF Dessert	Chicken Rice Soup Pan Fried Fish Harvard Beets Mashed Potatoes Yoqurt Cocktail/Fruit	Hearty Vegetable Soup Fruit Plate Cottage Cheese GF Toast Caramel Custard	Vegetarian Split Pea Soup Reuben Sandwich on GF Bread Waldorf Salad Chef's Choice Dessert	Chef's Choice GF Soup Chicken Burger/Mayonnaise/ Lettuce/Tomato/ GF Bun Potato Wedges Pumpkin Pudding/Whipped Toppina
		<b>Alternate Choices</b> Eggs	<b>Alternate Choices</b> Eggs	<b>Alternate Choices</b> Eggs	<b>Alternate Choices</b> Eggs	<b>Alternate Choices</b> Eggs	<b>Alternate Choices</b> Eggs	

**NOTE:**

**GF Bread offered everyday at Lunch and Dinner.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

**Side salad with choice of dressing offered everyday at Lunch**



# NEWPORT HARBOUR CARE CENTRE GLUTEN FREE MENU

**Fall & Winter 2018 - 2019**

**WEEK 5**

W5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Cranberry Juice Milk GF Brown Rice Cereal Boiled Egg GF Buttered WW Toast Fruit	Apple Juice Milk GF Brown Rice Cereal Peanut Butter GF Buttered WW Toast Fruit	Orange Juice Milk GF Brown Rice Cereal Cheddar Cheese GF Buttered WW Toast Fruit	Cranberry Juice Milk GF Brown Rice Cereal Poached Egg GF Buttered WW Toast Fruit	Apple Juice Milk GF Brown Rice Cereal Yogurt GF Buttered WW Toast Fruit	Orange Juice Milk GF Brown Rice Cereal Sliced Cheese GF Buttered Toast Fruit	Cranberry Juice Milk GF Brown Rice Cereal Scrambled Egg Bacon GF Buttered WW Toast Fruit
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Yogurt	Yogurt	Yogurt	Yogurt	Cheese Spread	Yogurt	Yogurt
	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter	GF Assorted Cold Cereal Peanut Butter
<b>LUNCH</b>	Pineapple Ham Loaf/mustard Mashed Potatoes Brussel Sprouts Apple Sauce	GF Pasta/Meat Sauce GF Buttered Toast Tossed Salad Fresh Fruit in Season	Chicken Stew Buttered GF Toast Broccoli Pears	Sliced Beef/Honey Mustard Sauce Garlic Whipped Potatoes Glazed Carrots Citrus Fruit Cup	Salmon/Hollandaise Sauce Roasted Potatoes Parslied Cauliflower Fresh Fruit in Season	Ginger Chicken Fried Rice Sitr Fried Vegetables Tropical Fruit Salad	Pork Roast/GF Gravy Mashed Potatoes Peas Fruit Cocktail
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello	Chef's Choice Vegetable Tossed Salad/Dressing Variety of Jello
<b>DINNER</b>	Borscht Lyonnaise Sausage Potato Pancake Wax Beans/Tarragon Butter Chef's Choice GF Dessert	Navy Bean Soup Monte Cristo Sandwich on GF Bread Spinach Salad Ice Cream	Chef's Choice GF Soup Pan Fried Fish on GF Bun w/ Tartar Sauce Cucumber Salad Potato Salad Chef's Choice GF Dessert	Chef's Choice GF Soup Cheese Omlette GF Buttered Toast Tossed Salad Tapioca Pudding	Chef's Choice GF Soup Mexican Chicken Mexican Rice Tomato Salsa/Guacamole Strawberry Jello Cake	Chef's Choice GF Soup Beef/GF BBO Sauce on a GF bun Garden Salad Chef's Choice Dessert	Chef's Choice GF Soup Sliced Chicken Sandwich on GF Bread Garden Salad Dill Pickles Chef's Choice Dessert
	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>	<b>Alternate Choices</b>
	Eggs	Eggs	Eggs	Eggs	Eggs	Eggs	Eggs

**NOTE:**

**GF Bread offered everyday at Lunch and Dinner.**

**30 ml Peanut Butter as a choice at Breakfast. Banana or prunes available everyday at Breakfast**

**125 ml Assorted Juices are offered everyday at Lunch & Dinner**

**250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner**

**Side salad with choice of dressing offered everyday at Lunch**