

# Generations Calgary Weekly Menu

## WEEK 1

**NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread offered at Lunch and Supper. Four Crackers served at lunch with Soup.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Hot Cereal Asst. Cold Cereal  Scrambled Egg Toast Assorted Fruit Juice and Milk	Hot Cereal Asst. Cold Cereal  Cheddar Cheese Muffin Toast Assorted Fruit Juice and Milk	Hot Cereal Asst. Cold Cereal  Scrambled Egg Raisin Toast or Toast Assorted Fruit Juice and Milk	Hot Cereal Asst. Cold Cereal  Poached Egg Toast Assorted Fruit Juice and Milk	Hot Cereal Asst. Cold Cereal  Hard Boiled Egg Toast Assorted Fruit Juice and Milk	Hot Cereal Asst. Cold Cereal  Breakfast Beef Sausage Toast Assorted Fruit Juice and Milk	Hot Cereal Asst. Cold Cereal  Scrambled Egg Toast Assorted Fruit Juice and Milk
<b>L U N C H</b>	Chicken Vegetable Soup  Gilled Basa Fish/Lemon Wedge/ Creamy Dill Sauce French Fries Kale Slaw  <u>Alternate Choices</u> Indian Butter Chicken Daal Masoor Rice & Roti   Pecan Streusel Cake	Vegetable Soup  Turkey Sandwich on Rye Bread Cranberry Mayo Caesar Salad  <u>Alternate Choice</u> Beef Curry Aloo Gobi Masala Rice&Roti   Butterscotch Pudding	Beef Barley Soup  Veal Cutlet with Gravy Mashed Potato Butternut Squash  <u>Alternate Choices</u> Basa Fish Curry Jeera Aloo Rice & Roti   Jell-O with Peaches	Cream of Mushroom Soup  Egg Salad Sandwich Mandarin Orange Salad  <u>Alternate Choices</u> Palak Chicken Palak Mushroom Rice & Roti   Diced Melons	Broccoli and Cheese Soup  Chicken Salad Sandwich Cucumber Salad  <u>Alternate Choices</u> Beef Curry Mutter Paneer Rice&Roti   Home Made Cake w/Coulis	Vegetable Minestrone Soup  Roast Beef Sandwich on Rye Bread/ Dill Pickle Tossed Salad/ French Dressing  <u>Alternate Choices</u> Tandoori Chicken Vegetable Medley Curry Rice & Roti   Chocolate Ice Cream	Mexican Bean Soup  Tuna Casserole Cucumber and Tomato Salad  <u>Alternate Choices</u> Chicken Murgh Kari Cabbage Masala Rice & Roti   Mandarin Oranges
<b>S U P P E R</b>	Shepherd's Pie Soft Dinner Roll  <u>Alternate Choices</u> Chicken Tikka Masala Chickpea Curry Rice & Roti   Banana Pudding	Curry Chicken Roti & Rice Palak Mushroom  <u>Alternate Choices</u> Macaroni and Cheese Garlic Toast   Coconut Pudding	Grill Chicken Breast/ Honey Ginger Sauce Mashed Potatoes Peas  <u>Alternate Choices</u> Beef Kofta Curry Roti & Rice Aloo Gobhi   Vanilla Caramel Cake	Beef Curry Aloo Baigan Rot& Rice  <u>Alternate Choices</u> Cheese Ravioli/ Marinara Sauce Carrots Tossed Salad/ Italian Dressing   Pumpkin Pie	Pollock Nuggets and Tartar Sauce Potato Wedges Herbed Zucchini  <u>Alternate Choices</u> Butter Chicken Kadhi Pakora Rice & Roti   Tropical Fruit Salad	Beef Stroganoff Egg Noodle Mixed Vegetables  <u>Alternate Choices</u> Chicken Biryani Mixed Vegetable Biryani Raita   Lemon Meringue Pie	Roast Beef with Gravy Mashed Potatoes Steamed Vegetables  <u>Alternate Choices</u> Palak Chicken Palak Mushroom Roti & Rice   Caramel Bread Pudding



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## WEEK 2

NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread offered at Lunch and Supper. Four Crackers served at lunch with Soup.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Hot Cereal Asst. Cold Cereal  Boiled Egg Egg Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Cheddar Cheese Slice Scrambled Egg Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Poached Egg Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Hard Boiled Egg Raisin Toast or Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Scrambled Egg Breakfast Beef Sausage Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Poached Egg Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Turkey Bacon Scrambled Egg Toast Assorted Fruit Juice
<b>L U N C H</b>	Chicken & Corn Soup  Grill Chicken Teriyaki Sauce Garlic Rice Mixed Vegetables  <u>Alternate Choices</u> Basa Fish Curry Aloo Baigan Rice & Roti  Coconut Pudding	Vegetable Soup  Baked Hamburger Macaroni Tossed Salad  <u>Alternate Choices</u> Coconut Chicken Curry Palak Mushroom Rice & Roti  Tapioca Pudding	Leek and Potato Soup  Beef Sausage & Perogies with Sour Cream/ Onions Seasonal Vegetables  <u>Alternate Choices</u> Lamb Curry Aloo Gobhi Rice & Roti  Tiramisu	Tomato Basil Soup  Grilled Cheese Sandwich Greek Salad  <u>Alternate Choices</u> Roast Chicken with Curry Sauce Aloo Baigan Roti & Rice  Key Lime Pudding/ Coulis	Cream of Squash Soup  Beef Chili Soft Dinner Roll Caesar Salad  <u>Alternate Choices</u> Palak Chicken Okra Masala Roti & Rice  Chocolate Chip Cookie/ Vanilla Ice Cream	Lentil Red Pepper Soup  Chicken Finger w/ Plum Sauce F. Fries Coleslaw Slaw  <u>Alternate Choices</u> Beef Biryani Mixed Vegetable Biryani  Strawberry Rhub Pie	Clam Chowder Soup  Tuna Salad Sandwich Tossed Salad/ Ranch Dressing  <u>Alternate Choices</u> Butter Chicken Jeera Aloo Rice & Roti  Cheesecake
<b>S U P P E R</b>	Beef Pot Pie/ Gravy Mashed Potato Green Peas  <u>Alternate Choices</u> Balti Chicken Aloo Capsicum Roti & Roti  Apple Sauce/ Cinnamon	Spaghetti and Meat Sauce Green Salad Garlic Toast  <u>Alternate Choices</u> Basa Fish Curry Daal Masoor Roti & Rice  Chocolate Cake	Ginger Beef Mixed Vegetables Rice & Roti  <u>Alternate Choices</u> Butter Chicken Kadhi Pakora Roti & Rice  Fruit Cup	Shrimp Curry Chickpea Curry Rice & Roti  <u>Alternate Choices</u> Beef Lasagna Garlic Toast Tossed Salad  Apple Pie w/ Whipped Cream	Beef Curry Mutter Paneer Roti & Roti  <u>Alternate Choices</u> Grilled Chicken w/ Mushroom Sauce Rice Seasonal Vegetables  Tapioca Pudding	Chicken Alfredo Tossed Salad Garlic Toast  <u>Alternate Choices</u> Basa Fish Curry Aloo Gobhi Roti & Rice  Jello with Fruits	Beef Curry Zucchini Masala Rice & Roti  <u>Alternate Choices</u> BBQ Chicken Mashed Potato Steamed Carrots  Mandarin Oranges



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## WEEK 3

NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread offered at Lunch and Supper. Four Crackers served at lunch with Soup.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Hot Cereal Asst. Cold Cereal  Boiled Egg Raisin Toast or Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Scrambled Egg Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Cheddar Cheese Slice Muffin Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Poached Egg Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Turkey Bacon Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Scrambled Egg Raisin Toast or Toast Assorted Fruit Juice	Hot Cereal Asst. Cold Cereal  Boiled Egg Toast Assorted Fruit Juice
<b>L U N C H</b>	Turkey Vegetable Soup  Chicken pasta w/ Cream of Mushroom Sauce  <u>Alternate Choices</u> Chicken Curry Rajma Rice & Roti  Jello with fruit	Cream of Mushroom Soup  Chicken Quesadilla Tomato Salsa and Corn Salad  <u>Alternate Choices</u> Basa Fish Curry Cabbage Masala Rice & Roti Cinnamon Applesauce	Chicken Veggies Soup  Roast Beef Caesar Salad Soft Dinner Bun  <u>Alternate Choices</u> Chicken Madras Aloo Baigan Rice & Rice  Banana Pudding	Steak and Potato Soup  Macaroni & Cheese Tossed Salad Soft Dinner Bun  <u>Alternate Choices</u> Beef Curry Chickpea Curry Roti & Rice  Vanilla Mousse/Strawberry Coulis	Creamy Chicken Soup  Salisbury Steak/ Gravy Mashed Potato Green Beans  <u>Alternate Choices</u> Roast Chicken with Curry Sauce Aloo Baigan Rice & Roti  Fruit Cocktail	Split Pea Soup  Belgium Waffles with Syrup Strawberries Turkey Bacon Home Fried Potatoes  <u>Alternate Choices</u> Chicken Curry Daal Masoor Roti & Rice  Chocolate Ice Cream	Beef Vegetable Soup  Baked Basa Fish/ Lemon Wedge Mashed Potato Coleslaw Slaw  <u>Alternate Choices</u> Butter Chicken Palak Paneer Rice & Roti  Crème Brulee
<b>S U P P E R</b>	Chicken with Mango Salsa Rice & Corn  <u>Alternate Choices</u> Beef Curry Palak Mushroom Roti & Rice  Coconut Pudding	Spinach & Cheese Cannelloni Zucchini & Red Peppers Garlic Toast  <u>Alternate Choices</u> Lamb Curry Paneer Masala Roti & Rice  Lemon Meringue Pie	Tuna Noodle Casserole Yellow Beans Soft Dinner Roll  <u>Alternate Choices</u> Keema Matar Palak Mushroom Roti & Rice  Pecan Streusel Cake	Roasted Beef w/ Gravy Pick of the Day Vegetable Mashed Potatoes  <u>Alternate Choices</u> Coconut Shrimp Curry Coconut Vegetable Curry Roti & Rice  Diced Melon	Baked Basa Fish Boiled Potatoes Zucchini with Red Peppers  <u>Alternate Choices</u> Beef Kofta Curry Okra Masala Roti & Rice  Vanilla Caramel Cake	Beef Stew Soft Dinner Bun Mashed Yam & Carrot  <u>Alternate Choices</u> Chicken Biryani Mixed Vegetable Biryani  Coconut Pudding	Roast Turkey with Gravy Mashed Potatoes Mixed Veggies  <u>Alternate Choices</u> Beef Kofta Curry Gobhi Matar Roti & Rice  Apple Pie w/ whipped Cream



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### WEEK 4

NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread offered at Lunch and Super. Four Crackers served at lunch with Soup.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Hot Cereal Asst. Cold Cereals	Hot Cereal Asst. Cold Cereals	Hot Cereal Asst. Cold Cereals	Hot Cereal Asst. Cold Cereals	Hot Cereal Asst. Cold Cereal	Hot Cereal Asst. Cold Cereals	Hot Cereal Asst. Cold Cereals
	Boiled Egg Toast Asst. Fruit Juices	Scrambled Egg Toast Assorted Fruit Juices	Boiled Egg Raisin Toast or Toast Assorted Fruit Juices	Scrambled Egg Toast Assorted Fruit Juices	Poached Egg Toast Assorted Fruit Juice	Scrambled Egg Toast Assorted Fruit Juices	Poached Egg Turkey Bacon Raisin Toast or Toast Assorted Fruit Juices
<b>L U N C H</b>	Potato Veggies Soup  Chicken Stew Soft Dinner Bun  <u>Alternate Choices</u> Coconut Shrimp Curry Coconut Vegetable Curry Roti & Rice  Chocolate Mousse	Beef Noodle Soup  Turkey & Tomato Sandwich Cold Slaw  <u>Alternate Choices</u> Balti Beef Vegetable Masala Rice & Roti  Lemon Meringue Pie	Italian Tomato Soup  Slice Cheese Fruit Plate, (Cheese, Fruit, Banana Loaf)  <u>Alternate Choices</u> Basa Fish Curry Chickpea Curry Rice & Roti  Rice Pudding/ Coulis	Vegetable Barley Soup  Egg Salad Sandwich Cucumber Salad  <u>Alternate Choices</u> Beef Rogan Okra Masala Rice & Roti  Apple Pie w/ Whipped Cream	Butternut Squash Soup  Chicken Finger w/ Plum Sauce French Fries Tossed Salad  <u>Alternate Choices</u> Keema Mutter Vegetable Curry Rice & Roti  Diced Peaches	Split Pea Soup  Roast Beef and Cheese Sandwich Spinach and Mandarin Orange Salad  <u>Alternate Choice</u> Coconut Shrimp Curry Coconut Vegetable Curry Rice & Roti  Tapioca Pudding	Cream of Mushroom Soup  Fish Burger with Tartar Sauce French Fries Coleslaw  <u>Alternate Choices</u> Tandoori Chicken Gobhi Matar Roti & Rice  Fruit Cocktail
<b>S U P P E R</b>	Beef Lasagna Garlic Toast Tossed Salad  <u>Alternate Choices</u> Butter Chicken Aloo Mutter Roti & Rice  Coconut Pudding	Soy Ginger Chicken Rice Mixed Veggies  <u>Alternate Choices</u> Lamb Curry Mushroom Mutter Roti & Rice  Chocolate Chip Cookie	Hamburger/ Lettuce & Tomato French Fries Tossed Salad  <u>Alternate Choices</u> Balti Chicken Paneer Masala Roti & Rice  Chocolate Mousse	Meatloaf with Gravy Mashed Potatoes Yellow Beans  <u>Alternate Choices</u> Chicken Curry Aloo Capsicum Roti & Rice  Pecan Streusel Cake	Basa Fish Fillet with Asian Sesame Sauce Couscous Pilaf Butternut Squash  <u>Alternate Choices</u> Beef Kofta Daal Masoor Roti & Rice  Home Style Cake / Coulis	Cabbage Rolls with Perogies w/ Sour Cream & Caramel Onion Tossed Salad  <u>Alternate Choices</u> Palak Chicken Jeera Aloo Roti & Rice  Diced Melons	Roasted Beef with Horseradish/ Gravy Mashed Potatoes Corn  <u>Alternate Choices</u> Beef Biryani Mixed Vegetable Biryani  Chocolate Cake