

**Blackadar Continuing Care Centre
Dundas, Ontario**

SAMPLE WEEKLY MENU

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Breakfast	Orange Juice Red River Cereal Boiled Egg Raisin Toast Banana Variety of cold cereals	Cranberry Juice Cream of Wheat Scrambled Egg Toast Orange Sections Variety of cold cereals	Apple Juice Oatbran Cereal Poached Egg Toast Fruit Salad Variety of cold cereals	Orange Juice Oatmeal Cereal Waffles Yougurt Blueberries Variety of Cold cereals	Cranberry Juice Cream of Wheat Scrambled Egg Toast Orange Sections Variety of cold cereals	Apple Juice Oatbran Cereal Poached Egg Toast Fruit Salad Variety of cold cereals	Apple Juice Oatbran Cereal Poached Egg Toast Fruit Salad Variety of cold cereals
Morning Snack	Tea, Coffee, Juice	Tea, Coffee, Juice	Tea, Coffee, Juice	Tea, Coffee, Juice	Tea, Coffee, Juice	Tea, Coffee, Juice	Tea, Coffee, Juice
Lunch	Garden Veg Soup Pork Tourtiere Or Stir fry with rice	Tomato Soup Mac & cheese Or Tuna Sandwhich	Barley Soup Turkey Sandwhich Or Pollock fillet	Carrot Soup Omlette Or Deli cold plate	Florentine Soup Cabbage Rolls Or Monte Cristo Sandwhich	Potato Dill soup Egg Salad Sandwhich Or Chicken Fingers	Vegetable Soup Manicotti Or Salmon Salad
Afternoon Snack	Fruit Juice Mini-donuts	Mango Juice Vanilla Wafers	Fruit Punch Mini Muffin	Grape Juice Banana Bread	Apple Cider Cookies	Cranberry Punch Lemon tart	Lemonade Brownie
Dinner	Goulash Or Haddock Fillet	Cranberry Glaze Chicken Or Rosemary Lamb	Pork Roast Or Shepherd's Pie	Liver & Onions Or Honey Garlic Chicken	Fried Cod Or Veal Stew	Pork Chop Or Salisbury Steak	Roast Turkey Or Veal Scallopini
Evening Snack	Cheese & Crackers	Ham Sandwich	Cherry Loaf	Scones & Jam	Peanut Butter Sandwich	Raisin Bread	Cheese Sandwich