**VENTA CARE CENTRE** 

## SPRING/SUMMER 2022

| D<br>A<br>Y | MONDAY<br>May-2, May-30, Jun-27,<br>Jul-25, Aug-22, Sep-19,<br>Oct-17  | TUESDAY<br>May-3, May-31, Jun-28,<br>Jul-26, Aug-23, Sep-20,<br>Oct-18   | WEDNESDAY<br>May-4, Jun-1, Jun-29,<br>Jul-27, Aug-24, Sep-21,<br>Oct-19  | THURSDAY<br>May-5, Jun-2, Jun-30,<br>Jul-28, Aug-25, Sep-22,<br>Oct-20   | FRIDAY<br>May-6, Jun-3, Jul-1,<br>Jul-29, Aug-26, Sep-23,<br>Oct-21   | SATURDAY<br>May-7, Jun-4, Jul-2,<br>Jul-30, Aug-27, Sep-24,<br>Oct-22   | SUNDAY<br>May-8, Jun-5, Jul-3,<br>Jul-31, Aug-28, Sep-25,<br>Oct-23  |  |
|-------------|--|--|--|--|---|---|--|--|
| BREAKFAST   | #Juice #Oatmeal #Cheese Omelette #Toast and Preserves #Fresh Fruit  OR: Cold Cereal Peanut Butter  | ♣Juice ♣Cream of Wheat Cereal ♣Hard Boiled Eggs ♣Toast and Preserves ♣Fresh Fruit  OR: Cold Cereal Peanut Butter   | <ul> <li>♣Juice</li> <li>♣Oatmeal</li> <li>♣Cheesy Scrambled Eggs</li> <li>♣Toast and Preserves</li> <li>♣Fresh Fruit</li> <li>OR: Cold Cereal Peanut Butter</li> </ul>      | #Juice #Cream of Wheat #Breakfast Turkey Sausage #Banana Muffin #Toast and Preserves #Fresh Fruit  OR: Cold Cereal Peanut Butter                                   | #Juice # Sunny Boy Cereal #Poached Eggs #Toast and Preserves # Fresh Fruit  OR: Cold Cereal Peanut Butter   | <ul> <li>♣Juice</li> <li>♣Oatmeal</li> <li>♣Cheddar Cheese Wedge</li> <li>♣Blueberry Muffin</li> <li>♣Toast and Preserves</li> <li>♣Fresh Fruit</li> <li>OR: Cold Cereal Peanut Butter</li> </ul> | *Juice   |  |
| AM          | Milk or Juice  | Milk or Juice  | Milk or Juice  | Milk or Juice  | Milk or Juice   | Milk or Juice   | Milk or Juice  |  |
| TOZCT \\    | Chicken Tortilla Soup  Mexican Ground Beef and Rice Casserole Guacamole and Salsa Spring Mix Salad  Fruit Cocktail  OR: Chicken Strips with Plum Sauce/Assorted Sandwiches  Assorted Cookies | Summer Vegetable Soup  Tuna Salad Cold Plate:  Tuna Salad Pasta Salad  Tomato Slices Gherkin Pickles Brioche Bun  Strawberries  OR: Cranberry Glazed Chicken Breast/ Assorted Sandwiches   | Broccoli and Cheese Soup  BBQ Mozza Burger with Condiments Waffle Fries Marinated Vegetable Medley  Honeydew Melon  OR: German Boneless Pork Chops/ Assorted Sandwiches      | Asian Vegetable Beef Soup  General Tao's Tempura Chicken Chow Mein Noodles Steamed Broccoli  Mandarin Orange Sections  OR: Macaroni and Cheese/Assorted Sandwiches | Chicken Parmesan Soup  Monte Cristo Sandwich Tater Tots Grated Carrot Salad with Lemon Dijon Vinaigrette  Watermelon  OR: Ginger Beef/ Assorted Sandwiches  Assorted Cookies  | Summer Borscht  Cheese Perogies with Grilled Onions and Sour Cream Sautéed Sauerkraut Garlic Sausage Garden Peas  Banana  OR: Roast Beef and Gravy/Assorted Sandwiches  Assorted Cookies          | Cream of Mushroom Soup  Chicken Tenders with Honey BBQ Sauce Fries Garden Salad Fresh Apple Slices  OR: Meat Lasagna/Assorted Sandwiches   |  |
|             | Milk or Juice  | Milk or Juice  | Milk or Juice  | Milk or Juice  | Milk or Juice   | Milk or Juice   | Milk or Juice  |  |
| D - N N E R | <ul> <li>♣ Cranberry Glazed Chicken         Breast         ♣ Anna Potatoes         ♣ Buttered Baby Carrots         European Cake Bites         OR:         Vegetarian Lasagna</li> </ul>     | <ul> <li>♣German Boneless Pork Chops</li> <li>♣German Cottage Potatoes         with Bacon</li> <li>♣Braised Red Cabbage</li> <li>Butterscotch Pudding with         White Chocolate Chips</li> <li>OR:         Swedish Meatballs</li> </ul> | <ul> <li>♣Garlic Butter and Lemon         Baked Cod         ♣Jasmine Rice         ♣Mixed Vegetables         Ice Cream         OR:         Teriyaki Chicken Breast</li> </ul> | ♣Pepper and Mushroom Turkey Steakette ♣Roasted Baby Potatoes with Rosemary ♣ Bistro Vegetable Mix Strawberry Cream Cheese Danish  OR: Liver and Fried Onions       | <ul> <li>♣Roast Beef with Yorkshire<br/>Pudding</li> <li>♣Garlic Whipped Potatoes</li> <li>♣Brown Sugar Glazed Turnips</li> <li>Homemade Chocolate Peanut<br/>Butter Bars</li> <li>OR:<br/>Soup and Sandwich</li> </ul> | <ul> <li>♣Meat Lasagna</li> <li>♣Garlic Toast</li> <li>♣Balsamic Vinegar and Honey</li> <li>Brussel Sprouts</li> <li>Yogurt</li> <li>OR:</li> <li>Barbecue Pork Roast</li> </ul>                  | <ul> <li>♣ Ham with Maple Pineapple         Sauce         ♣ Scalloped Potatoes         ♣ California Mixed Vegetables     </li> <li>Pecan Pie</li> <li>OR:         Herbed Chicken     </li> </ul> |  |
| HS          | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice   |  |

| D<br>A<br>Y       | MONDAY<br>May-9, Jun-6, Jul-4, Aug-1,<br>Aug-29, Sep-26,  | TUESDAY<br>May-10, Jun-7, Jul-5, Aug-2,<br>Aug-30, Sep-27   | WEDNESDAY<br>May-11, Jun-8, Jul-6, Aug-3,<br>Aug-31, Sep-28   | THURSDAY<br>May-12, Jun-9, Jul-7, Aug-4,<br>Sep-1, Sep-29  | FRIDAY<br>May-13, Jun-10, Jul-8, Aug-5,<br>Sep-2, Sep-30  | SATURDAY<br>May-14, Jun-11, Jul-9, Aug-6,<br>Sep-3, Oct-1  | SUNDAY<br>May-15, Jun-12, Jul-10,<br>Aug-7, Sep-4, Oct-2  |
|-------------------|---|---|---|--|---|--|---|
| B R E A K F A S T | ♣Juice<br>♣Oatmeal<br>♣Breakfast Quiche<br>♣Toast and Preserves<br>♣Fresh Fruit<br>OR:<br>Cold Cereal<br>Peanut Butter              | *Juice     *Cream of Wheat Cereal     *Hard Boiled Eggs     *Toast and Preserves     *Fresh Fruit     OR:     Cold Cereal     Peanut Butter   | *Juice  | #Juice # Sunny Boy Cereal # Cottage Cheese # Cranberry Lemon Muffin # Toast and Preserves # Fresh Fruit  OR: Cold Cereal Peanut Butter                                       | *Juice     *Cream of Wheat     *Mushroom Omelette     *Toast and Preserves     *Fresh Fruit  OR:     Cold Cereal     Peanut Butter                  | *Juice     *Oatmeal     *Poached Eggs     *Toast and Preserves     *Fresh Fruit     OR:     Cold Cereal     Peanut Butter                            | *Juice     *Cream of Wheat     *Honey Greek Yogurt     *Fruit Extreme Muffin     *Toast and Preserves     *Fresh Fruit      *Cold Cereal     Peanut Butter            |
| L U N C H         | French Onion Soup  Classic Patty Melt Seasoned Curly Fries Citrus Romaine Salad  Mango  OR: Pineapple Ham/Assorted Sandwiches       | Spring Chicken Noodle Soup  *Corned Beef, Swiss Cheese and Lettuce Sandwich *Homemade Creamy Potato Salad *Dill Pickle Spears  Pineapple Tidbits  OR: Mediterranean Chicken/Assorted Sandwiches | Cream of Asparagus Soup  Homemade Beef Sausage Roll with Honey Mustard Dip Maple Baked Beans Creamy Cucumber Salad  Banana  OR:  Grainy Mustard Boneless Pork Chops/Assorted Sandwiches | Homestyle Turkey and Vegetable Soup  Mac and Cheese Hot Dog Casserole Tater Tots Tossed Salad  Fresh Orange Sections  OR: Chicken Strips with Plum Sauce/Assorted Sandwiches | Tomato Bean Soup  Fish and Chips Tartar Sauce Creamy Coleslaw  Canned Apricots  OR:  Turkey A La King/Assorted Sandwiches                           | Summer Garden Vegetable Soup  Cheesy Chicken Bake Spring Mix Salad Homemade Tea Biscuit  Tropical Fruit Salad  Ginger Beef/Assorted Sandwiches       | Creamy Corn Chowder  *Buttermilk Pancakes with Peach Sauce *Bacon *Scrambled Eggs *Hash Brown Patty  Fresh Apple Slices  *Spaghetti and Meatballs/Assorted Sandwiches |
| PM DINNER         | *Mediterranean Chicken with Feta Cheese and Tzatziki * Basmati Rice *Parslied Crinkle Carrots  Boston Cream Cake  OR: Cabbage Rolls | Assorted Cookies Milk or Juice  AGrainy Mustard Boneless Pork Chops Chops Oven Roasted Yukon Gold Potatoes Paradiso Vegetable Blend Mini Blueberry Tarts  OR: Swiss Steak                       | *Baked Tilapia with Dill Sauce *Lemony Herbed Rice *Buttered Peas and Pearl Onions  Neapolitan Ice Cream Sandwich  OR: Chicken Burger   | *Turkey A La King *Tricolor Bowtie Pasta *Summer Garden Mixed Vegetables  Grape and Peach Jello with Whipped Cream  OR: Liver and Fried Onions                               | *Chicken Piccata with Lemon Butter Sauce *Crispy Baked Fingerling Potatoes *Cheesy Broccoli Florets  Cookie Dough Sheet Cake  OR: Soup and Sandwich | Assorted Cookies Milk or Juice  Spaghetti and Meatballs Garlic Knots Italian Mixed Vegetables  Cream Puffs with Caramel Drizzle  OR: Chicken Pot Pie | Assorted Cookies Milk or Juice  Honey Garlic Dry Pork Ribs Chow Mein Noodles Thai Vegetable Mix Strawberry Cream Pie  OR: Herb Salmon Fillet                          |
| HS                | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice  |

|                   | VEIVING OF THE SERVING STREET  |  |   |   |  |  |   |  |
|-------------------|--|--|---|---|--|--|---|--|
| D<br>A<br>Y       | MONDAY<br>May-16, Jun-13, Jul-11,<br>Aug-8, Sep-5, Oct-3   | TUESDAY<br>May-17, Jun-14, Jul-12, Aug-9,<br>Sep-6, Oct-4  | WEDNESDAY<br>May-18, Jun-15, Jul-13,<br>Aug-10, Sep-7, Oct-5  | THURSDAY<br>May-19, Jun-16, Jul-14,<br>Aug-11, Sep-8, Oct-6   | FRIDAY<br>May-20, Jun-17, Jul-15,<br>Aug-12, Sep-9, Oct-7  | SATURDAY<br>May-21, Jun-18, Jul-16,<br>Aug-13, Sep-10, Oct-8   | SUNDAY<br>May-22, Jun-19, Jul-17,<br>Aug-14, Sep-11, Oct-9  |  |
| B R E A K F A S T | *Juice     *Oatmeal     *Spinach and Cheese     Omelette     *Toast and Preserves     *Fresh Fruit      OR:     Cold Cereal     Peanut Butter                          | *Juice     *Cream of Wheat Cereal     *Hard Boiled Eggs     *Toast and Preserves     *Fresh Fruit      OR:     Cold Cereal     Peanut Butter   | *Juice  | #Juice #Sunny Boy Cereal Mozzarella Cheese Wedge #Summer Berry Muffin Toast and Preserves  Fresh Fruit  OR: Cold Cereal Peanut Butter   | *Juice     *Cream of Wheat     *Western Omelette     *Toast and Preserves     *Fresh Fruit      OR:     Cold Cereal     Peanut Butter                              | *Juice     *Oatmeal     *Scrambled Eggs and Bacon     *Toast and Preserves     *Fresh Fruit <u>OR:</u> Cold Cereal     Peanut Butter                                     | <ul> <li>♣Juice</li> <li>♣Cream Of Wheat</li> <li>♣Breakfast Turkey Sausage</li> <li>♣Carrot Muffin</li> <li>♣Toast and Preserves</li> <li>♣Fresh Fruit</li> <li>OR: Cold Cereal Peanut Butter</li> </ul> |  |
| AM                | Milk or Juice  | Milk or Juice  | Milk or Juice   | Milk or Juice   | Milk or Juice  | Milk or Juice  | Milk or Juice   |  |
| HOZCH             | Minestrone Soup  Open Faced Hot Turkey Sandwich with Gravy Sweet Potato Wedges Garden Peas and Carrots  Fruit Cocktail  OR: Honey Garlic Pork Ribs/Assorted Sandwiches | Cream of Cauliflower and Cheese  Chicken Salad Cold Plate: Apple and Cranberry Chicken Salad Cucumber Slices Fresh Fruit Gherkin Pickles Brioche Bun  Ice Cream  OR: Salisbury Steak/Assorted Sandwiches | Tomato Soup  AGrilled Cheese Sandwich AWaffle Fries Tomato Slices  Strawberries  OR: Soy and Ginger Pork Roast/Assorted Sandwiches                    | Spring Harvest Vegetable Soup  Chili Con Carne Garnished with Sour Cream and Cheddar Cheese Garden Salad Cornbread Muffin Cantaloupe OR: Chicken Strips with Plum Sauce/Assorted Sandwiches                                   | Creamy Summer Carrot Soup  Creamy Summer Carrot Soup  Chicken Burger with Mayo  Fries  Caesar Salad  Watermelon  OR:  Bruschetta Baked  Salmon/Assorted Sandwiches | Egg Drop Soup  Teriyaki Beef and Broccoli Stir Fry Asian Noodles Vegetable Spring Roll with Plum Sauce Yogurt  OR: Cheese Tortellini in Tomato Sauce/Assorted Sandwiches | Vegetable Rice Soup  *Quiche Lorraine *Roasted Potatoes and Asparagus Vegetable Blend  Canned Peaches  OR: Ginger Beef /Assorted Sandwiches   |  |
| PM                | Assorted Cookies<br>Milk or Juice  | Assorted Cookies<br>Milk or Juice  | Assorted Cookies<br>Milk or Juice   | Assorted Cookies<br>Milk or Juice   | Assorted Cookies<br>Milk or Juice  | Assorted Cookies<br>Milk or Juice  | Assorted Cookies<br>Milk or Juice   |  |
| D I N N E R       | ♣Salisbury Steak with Mushrooms ♣Baked Potato with Sour Cream and Scallions ♣Buttered Corn  Double Fudge Brownies  OR: Meat Lasagna                                    | Soy and Ginger Pork Roast Rice Pilaf San Francisco Vegetable Mix Macaroon Madness Bar  OR: Honey Garlic Meatballs  | ♣ Cabbage Rolls ♣ Roasted Baby Potatoes ♣ Sautéed Sauerkraut ♣ Parslied Crinkle Cut Carrots  Banana Pudding with Whipped Cream  OR: Soup and Sandwich | <ul> <li>♣Bruschetta Baked Salmon</li> <li>♣Lemon Pasta</li> <li>♣Buttery Garlic Green Beans</li> <li>Cherry Cream Cheese Parfaits</li> <li>OR:         <ul> <li>Cheeseburger with</li> <li>Condiments</li> </ul> </li> </ul> | ♣Beef Bourguignon<br>♣Chive Whipped Potatoes<br>♣PEl Mixed Vegetables<br>Red Berry Beignets<br>OR:<br>Casserole  | ♣Chicken Bacon Ranch Baked Penne ♣Garlic Bread Stick ♣Cauliflower with Parmesan Banana  OR: Breaded Fish with Tartar Sauce   | ♣Turkey Roast with Barbecue Glaze ♣Twice Baked Potato Casserole ♣Pick of the Day Vegetable Blend Lattice Topped Apple Pie  OR: Glazed Ham   |  |
| HS                | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice  |  |

## VENTA CARE CENTRE

## SPRING/SUMMER 2022

## WEEK 4

| VEITITE OF THE    |   |  |  |   |  |   | ***************************************  |  |  |  |
|-------------------|---|--|--|---|--|---|--|--|--|--|
| D<br>A<br>Y       | MONDAY<br>May-23, Jun-20, Jul-18,<br>Aug-15, Sep-12, Oct-10   | TUESDAY<br>May-24, Jun-21, Jul-19,<br>Aug-16, Sep-13, Oct-11   | WEDNESDAY<br>May-25, Jun-22, Jul-20,<br>Aug-17, Sep-14, Oct-12   | THURSDAY<br>May-26, Jun-23, Jul-21,<br>Aug-18, Sep-15, Oct-13   | FRIDAY<br>May-27, Jun-24, Jul-22,<br>Aug-19, Sep-15, Oct-14  | SATURDAY<br>May-28, Jun-25, Jul-23,<br>Aug-20, Sep-17, Oct-15   | SUNDAY<br>May-29, Jun-26, Jul-24,<br>Aug-21, Sep-18, Oct-16  |  |  |  |
| B R E A K F A S T | ♣ Juice ♣ Oatmeal ♣ Ham and Cheese Omelette ♣ Toast and Preserves ♣ Fresh Fruit  OR: Cold Cereal Peanut Butter  | *Juice  *Cream of Wheat Cereal  *Hard Boiled Eggs  *Toast and Preserves  *Fresh Fruit  OR:  Cold Cereal  Peanut Butter   | #Juice #Oatmeal #Breakfast Quiche #Toast and Preserves #Fresh Fruit  OR: Cold Cereal Peanut Butter   | #Juice #Cream of Wheat #Breakfast Maple Pork Patty #Lemon Raspberry Swirl Muffin #Toast and Preserves #Fresh Fruit  OR: Cold Cereal Peanut Butter   | *Juice  *Sunny Boy Cereal  *Mexican Omelette  *Toast and Preserves  *Fresh Fruit  OR: Cold Cereal Peanut Butter  | *Juice     *Oatmeal     *Scrambled Eggs and Bacon     *Toast and Preserves     *Fresh Fruit     OR:     Cold Cereal     Peanut Butter | <ul> <li>♣ Juice</li> <li>♣ Cream of Wheat</li> <li>♣ Key Lime Greek Yogurt</li> <li>♣ Morning Glory Muffin</li> <li>♣ Fresh Fruit</li> <li>OR:         <ul> <li>Cold Cereal</li> <li>Peanut Butter</li> </ul> </li> </ul> |  |  |  |
| AM                | Milk or Juice   | Milk or Juice  | Milk or Juice  | Milk or Juice   | Milk or Juice  | Milk or Juice   | Milk or Juice  |  |  |  |
| LOZCH             | Pasta Fagioli Soup  Philly Cheesesteak Sandwich Tater Tots Mixed Green Salad Pineapple Tidbits  OR: Turkey Roast with Barbecue Glaze/Assorted Sandwiches                                      | Spring Vegetable Beef Barley Soup  *Turkey, Cheese, and Lettuce Sandwich *Sweet Potato Wedges *Black Bean and Corn Salad  Fresh Orange Sections  OR: Baked Honey French Chicken Breast/Assorted Sandwiches | Cream of Potato and Leek Soup  *Fish Wings with Tartar Sauce     *Fries     *Creamy Coleslaw  Cantaloupe  OR: Sweet and Sour Meatballs/Assorted Sandwiches | Summer Vegetable Florentine Soup  *Pineapple Teriyaki Veggie Burger  *Seasoned Potato Wedges  *Garden Salad  Banana  OR: Chicken Pot Pie/Assorted Sandwiches  | Chicken Gumbo Soup  Summer Cheese Cold Plate:  | Italian Wedding Soup  Beef Cannelloni in Tomato Sauce Caesar Salad Garlic Toast  Applesauce  OR: Quiche/Assorted Sandwiches           | Cream of Vegetable Soup  Belgian Waffles with Syrup Chicken and Apple Sausage Hash Browns  Mango  OR: Grilled Brown Sugar Boneless Chicken Thighs/Assorted Sandwiches  |  |  |  |
| PM                | Assorted Cookies<br>Milk or Juice   | Assorted Cookies<br>Milk or Juice  | Assorted Cookies<br>Milk or Juice  | Assorted Cookies<br>Milk or Juice   | Assorted Cookies<br>Milk or Juice  | Assorted Cookies<br>Milk or Juice   | Assorted Cookies<br>Milk or Juice  |  |  |  |
| DINNER            | <ul> <li>♣Honey French Chicken         Breast         ♣Melting Potatoes         ♣Sunrise Mixed Vegetables         Caramel Vanilla Swirl Cake         OR:         Soup and Sandwich</li> </ul> | ♣Sweet and Sour Meatballs<br>♣Fried Rice<br>♣Oriental Mixed Vegetables<br>Lemon Cobbler<br>OR:<br>Chicken Cacciatore   | ♣Chicken Pot Pie<br>♣Sautéed Green Beans with<br>Almonds<br>French Cream Cheesecake<br>OR:<br>Salisbury Steak with Gravy                                   | <ul> <li>♣Boneless Pork Chops in Fire         Roasted Tomato Sauce         <ul> <li>♣Parisian Potatoes</li> <li>♣Sugar Snap Peas</li> </ul> </li> <li>Ambrosia         <ul> <li>OR:</li></ul></li></ul> | <ul> <li>♣Pesto Veal Cutlet with         Roasted Red Peppers</li> <li>♣Garlic Butter Pasta Shells</li> <li>♣Montego Mixed Vegetables</li> <li>Tiramisu Cake</li> <li>OR:         Teriyaki Salmon Fillet</li> </ul> | ♣Grilled Brown Sugar Boneless Chicken Thighs ♣Au Gratin Potatoes ♣Buttered Garden Peas and Carrots Ice Cream  OR: Glazed Meatloaf     | <ul> <li>♣Tuscan Braised Beef Ribette</li> <li>♣French Onion Rice</li> <li>♣Romanesco Vegetable Mix</li> <li>Chocolate Mint Layer Pie</li> <li>OR:         <ul> <li>Apple Pork Roast</li> </ul> </li> </ul>                |  |  |  |
| HS                | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice   | Assorted Sandwiches<br>Milk or Juice  | Assorted Sandwiches<br>Milk or Juice   |  |  |  |