# **VENTA CARE CENTRE**

# **FALL/WINTER 2022/2023**

## WEEK 1

D A Y	MONDAY Oct-24, Nov-21, Dec-19, Jan-16, Feb-13, Mar-13, Apr-10	TUESDAY Oct-25, Nov-22, Dec-20, Jan-17, Feb-14, Mar-14, Apr-11	WEDNESDAY Oct-26, Nov-23, Dec-21, Jan-18, Feb-15, Mar-15, Apr-12	THURSDAY Oct-27, Nov-24, Dec-22, Jan-19, Feb-16, Mar-16, Apr-13	FRIDAY Oct-28, Nov-25, Dec-23, Jan-20, Feb-17, Mar-17, Apr-14	SATURDAY Oct-29, Nov-26, Dec-24, Jan-21, Feb-18, Mar-18, Apr-15	SUNDAY Oct-30, Nov-27, Dec-25, Jan-22, Feb-19, Mar-19, Apr-16
B R E A K F A S T	*Juice	*Juice	❖Juice   ❖Oatmeal   ❖Breakfast Turkey   Sausage   ❖Assorted Flavour Yogurt   ❖Fresh Fruit   OR:   Cold Cereal   Peanut Butter	*Juice	❖Juice   ❖Sunny Boy   ❖Western Omelette   ❖Toast and Preserves   ❖Fresh Fruit   OR:   Cold Cereal   Peanut Butter	*Juice	*Juice
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
HOZUI	*Cream of Asparagus Soup  *Chili Garnished with Cheddar Cheese and Sour Cream  *Cornbread  *Spring Mix Salad  *Mango  OR: Glazed Honey and Horseradish Ham/ Assorted Sandwiches	*Fall Chicken Noodle Soup  Egg Salad Cold Plate:  *Egg Salad *Homemade Potato Salad *Carrot Pineapple Salad *Gherkin Pickles *Brioche Bun  *Fruit Cocktail  OR: Asian Glazed Chicken Breast /Assorted Sandwiches	*Tomato Soup  *Grilled Bologna and Cheese Sandwich  *Sweet Mixed Pickles  *Creamy Cucumber Salad  *Banana  OR:  Rosemary Pork Roast/ Assorted Sandwiches	<ul> <li>Winter Turkey Vegetable Soup</li> <li>Mushroom Swiss Veggie Burger</li> <li>Waffle Fries</li> <li>Black Bean and Corn Salad</li> <li>Fresh Orange Sections</li> <li>OR:         <ul> <li>Chicken Strips/Assorted Sandwiches</li> </ul> </li> </ul>	*Cream of Cauliflower and Cheese Soup  *Popcorn Chicken with Honey BBQ Dip  *Mac and Cheese  *Garden Salad  *Honeydew Melon  OR: Veal with Creamy Dijon Sauce/Assorted Sandwiches	<ul> <li>French Onion Soup</li> <li>Philly Cheesesteak Sandwich</li> <li>Potato Wedges</li> <li>Three Bean Salad</li> <li>Pineapple Tidbits</li> <li>OR:</li> <li>Macaroni and Cheese/ Assorted Sandwiches</li> </ul>	*Beef and Barley Soup  *Scrambled Eggs  *Bacon  *Pancakes with Syrup  *Tomato Slices  *Canned Peaches  OR:  Santa Fe Chicken/Assorted Sandwiches
РМ	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
DINNER	<ul> <li>Sticky Asian Glazed Chicken Breast</li> <li>Jasmine Rice</li> <li>Sugar Snap Peas</li> <li>Nanaimo Bar</li> <li>OR: Vegetarian Lasagna</li> </ul>	*Rosemary Garlic Pork Roast  *Anna Potatoes  *Warm Brussel Sprouts with Cranberries  *Butterscotch Pudding with Whipped Cream  OR: Swiss Steak	*Almond Crusted Breaded Sole Fillet with Remoulade Sauce *Roasted Baby Potatoes *Garden Vegetable Mix *Strawberry Filled Bismark Donut  OR: Cheeseburger	<ul> <li>Veal Cutlet with Creamy Dijon Sauce</li> <li>Buttered Egg Noodles</li> <li>Mixed Vegetables</li> <li>Ice Cream</li> <li>OR:</li> <li>Soup and Sandwich</li> </ul>	<ul> <li>Classic Meatloaf</li> <li>Garlic Mashed Potatoes</li> <li>Dilled Baby Carrots</li> <li>Pumpkin Cinnamon Roll Cake</li> <li>OR: Casserole</li> </ul>	*Santa Fe Boneless Chicken Thighs  *Spanish Rice  *Buttered Corn  *Grape Jello with Whipped Cream  OR: Lemon Pepper Cod Fillet	<ul> <li>Pork Ribette with Apple Glaze</li> <li>Fingerling Potatoes</li> <li>Braised Red Cabbage</li> <li>Pecan Pie</li> <li>OR: Teriyaki Chicken</li> </ul>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

Approved by: \_\_\_\_\_\_

# VENTA CARE CENTRE FALL/WINTER 2022/2023

## WEEK 2

D A Y	MONDAY Oct-31, Nov-28, Dec-26, Jan-23, Feb-20, Mar-20, Apr-17	TUESDAY Nov-1, Nov-29, Dec-27, Jan-24, Feb-21, Mar-21, Apr-18	WEDNESDAY Nov-2, Nov-30, Dec-28, Jan-25, Feb-22, Mar-22, Apr-19	THURSDAY Nov-3, Dec-1, Dec-29, Jan-26, Feb-23, Mar-23, Apr-20	FRIDAY Nov-4, Dec-2, Dec-30, Jan-27, Feb-24, Mar-24, Apr-21	SATURDAY Nov-5, Dec-3, Dec-31, Jan-28, Feb-25, Mar-25, Apr-22	SUNDAY Nov-6, Dec-4, Jan-1, Jan-29, Feb-26, Mar-26, Apr-23
BREAKFAST	*Juice	*Juice	<b>❖</b> Juice <b>❖</b> Oatmeal <b>❖</b> Vegetable Omelette <b>❖</b> Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	❖Juice❖Cream of Wheat❖Breakfast Maple PorkPatty❖Fresh FruitOR: Cold Cereal Peanut Butter	<ul> <li>Juice</li> <li>Sunny Boy</li> <li>Poached Eggs</li> <li>Fresh Fruit</li> <li>OR:</li> <li>Cold Cereal</li> <li>Peanut Butter</li> </ul>	*Juice	❖Juice   ❖Cream of Wheat   ❖Scrambled Eggs   ❖Bacon   ❖Toast and Preserves   ❖Fresh Fruit   OR:   Cold Cereal   Peanut Butter
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
IOZUI	*Cream of Broccoli and Cheese Soup  *Chicken Tenders with Plum Sauce  *Poutine  *Tossed Salad  *Canned Apricots  OR: Ginger Beef/Assorted Sandwiches	*Fall Butternut Squash Soup  *Deli Turkey, Provolone Cheese, and Lettuce Sandwich  *Sweet Mixed Pickles  *Marinated Vegetable Medley  *Strawberries  OR: Spaghetti and Meatballs /Assorted Sandwiches	<ul> <li>Italian Wedding Soup</li> <li>Pepperoni Pizza Sticks with Ranch Dipping Sauce</li> <li>Mozzarella Sticks</li> <li>Caesar Salad</li> <li>Pineapple Tidbits</li> <li>OR:         <ul> <li>Brown Sugar Dijon Pork Roast/Assorted Sandwiches</li> </ul> </li> </ul>	*Egg Drop Soup  *Tempura Chicken with Sweet and Sour Sauce  *Chow Mein Noodles  *Oriental Vegetable Mix  *Banana  OR: Cabbage Rolls/Assorted Sandwiches	*Chicken Gumbo Soup  *BBQ Pulled Beef on a Bun  *Sweet Potato Fries  *Creamy Coleslaw  *Cantaloupe  OR:  Baked Pesto  Salmon/Assorted  Sandwiches	<ul> <li>Hearty Beef and Vegetable Soup</li> <li>Farmers Breakfast Casserole</li> <li>Garden Salad</li> <li>Applesauce</li> <li>Chicken</li> <li>Cacciatore/Assorted</li> <li>Sandwiches</li> </ul>	<ul> <li>Winter Borscht Soup</li> <li>Cream Cheese and Dill Perogies with Sour Cream</li> <li>Sautéed Sauerkraut</li> <li>Kielbasa Sausage</li> <li>Garden Peas</li> <li>Mandarin Orange Sections</li> <li>OR:         <ul> <li>Roast Beef/Assorted Sandwiches</li> </ul> </li> </ul>
РМ	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
D-NNER	<ul> <li>Spaghetti and Meatballs</li> <li>Cheese and Garlic Breadstick</li> <li>Montego Vegetable Mix</li> <li>Lemon Burst Macaroon</li> <li>OR: Chicken Pot Pie</li> </ul>	<ul> <li>Brown Sugar Dijon Pork Roast</li> <li>Rice Pilaf</li> <li>Winter Vegetable Blend</li> <li>Deep Cocoa Chocolate Cake</li> <li>OR:</li> <li>Barbecue Chicken</li> </ul>	<ul> <li>Cabbage Rolls</li> <li>Roasted Red Potatoes</li> <li>Buttery Glazed Carrots</li> <li>Almond Butter Danish</li> <li>OR:</li> <li>Soup and Sandwich</li> </ul>	<ul> <li>Baked Pesto Salmon</li> <li>O'Brien Potatoes</li> <li>Almond Green Beans</li> <li>Peach Cobbler</li> <li>OR: Chicken Burger</li> </ul>	<ul> <li>Chicken Cacciatore</li> <li>Tricolor Rotini</li> <li>Italian Mixed Vegetables</li> <li>Bread Pudding with English Cream</li> <li>OR:</li> <li>Liver and Fried Onions</li> </ul>	<ul> <li>Roast Beef with Yorkshire Pudding</li> <li>Chive Whipped Potatoes</li> <li>Brown Sugar Glazed Turnips</li> <li>Caramel Beignets</li> <li>OR:         <ul> <li>Breaded Fish with Tartar Sauce</li> </ul> </li> </ul>	<ul> <li>Lemon Chicken</li> <li>Garlic Parmesan Orzo</li> <li>Steamed Broccoli Florets</li> <li>Coconut Cream Pie</li> <li>OR:</li> <li>Glazed Ham</li> </ul>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

# VENTA CARE CENTRE FALL/WINTER 2022/2023

## WEEK 3

D A Y	MONDAY Nov-7, Dec-5, Jan-2, Jan-30, Feb-27, Mar-27, Apr-24	TUESDAY Nov-8, Dec-6, Jan-3, Jan-31, Feb-28, Mar-28, Apr-25	WEDNESDAY Nov-9, Dec-7, Jan-4, Feb-1, Mar-1, Mar-29, Apr-26	THURSDAY Nou-10, Dec-8, Jan-5, Feb-2, Mar-2, Mar-30, Apr-27	FRIDAY Nov-11, Dec-9, Jan-6, Feb-3, Mar-3, Mar-31, Apr-28	SATURDAY Nov-12, Dec-10, Jan-7, Feb-4, Mar-4, Apr-1, Apr-29	SUNDAY Nov-13, Dec-11, Jan-8, Feb-5, Mar-5, Apr-2, Apr-30
BREAKFAST	*Juice	*Juice	<b>❖</b> Juice <b>❖</b> Oatmeal <b>❖</b> Mexican Omelette <b>❖</b> Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice	*Juice	❖Juice   ❖Oatmeal   ❖Breakfast Ham   ❖Toast and Preserves   ❖Fresh Fruit   OR:   Cold Cereal   Peanut Butter	*Juice
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
HOZCI	*Fall Vegetable and Rice Soup  *Monte Cristo Sandwich  *Tater Tots  *Marinated Cucumber and Red Onion Salad  *Tropical Fruit Salad  OR: Chicken Strips/Assorted Sandwiches	*Cream of Mushroom Soup  Tuna Salad Cold Plate:  *Tuna Salad *Vegetable Pasta Salad *Tangy Carrot Slaw *Gherkin Pickles *Brioche Bun  *Mango  OR: Salisbury Steak with Gravy /Assorted Sandwiches	*Cream of Potato and Leek Soup  *Cheeseburger with Condiments  *Waffle Fries  *Garden Salad  *Fresh Orange Sections  OR: Turkey Roast with Glaze /Assorted Sandwiches	<ul> <li>Minestrone Soup</li> <li>Smoked Mozzarella Ravioli in Tomato Cream Sauce</li> <li>Garlic Knots</li> <li>Caesar Salad</li> <li>Banana</li> <li>Ginger Beef/Assorted Sandwiches</li> </ul>	<ul> <li>Chicken Parmesan Soup</li> <li>Cinnamon French Toast with Syrup</li> <li>Chicken Apple Sausage</li> <li>Scrambled Eggs</li> <li>Tomato Slices</li> <li>Honeydew Melon</li> <li>OR:         <ul> <li>Macaroni and Cheese</li> <li>/Assorted Sandwiches</li> </ul> </li> </ul>	*Vegetable Florentine Soup  *Franks and Beans  *Cornbread Muffin  *Spring Mix Salad  *Strawberries  OR:  Honey French Baked Chicken Breast /Assorted Sandwiches	<ul> <li>Winter Creamy Corn Chowder</li> <li>Broccoli and Cheddar Quiche</li> <li>*Tossed Salad</li> <li>*Applesauce</li> <li>OR:         <ul> <li>Bacon and Mushroom Boneless Pork Chops /Assorted Sandwiches</li> </ul> </li> </ul>
РМ	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
D-ZZER	Salisbury Steak with Onion Gravy  Baked Potato with Sour Cream and Scallions  Buttered Corn  Cherries in Snow  OR: Teriyaki Salmon Fillet	<ul> <li>Turkey Roast with Cranberry Apple Glaze</li> <li>Classic Homemade Stuffing</li> <li>Whipped Potatoes</li> <li>Sunrise Vegetable Mix</li> <li>Rice and Raisin Pudding</li> <li>OR: Soup and Sandwich</li> </ul>	<ul> <li>Butter Chicken</li> <li>Basmati Rice</li> <li>Peas and Carrots</li> <li>Caramel Pecan Brownie</li> <li>OR:</li> <li>Liver and Fried Onions</li> </ul>	*Garlic Butter Cod Loin *Roasted Baby Potatoes *Mixed Vegetables *Apple Turnover OR: Honey Mustard Pork Roast	<ul> <li>Honey French Baked Chicken Breast</li> <li>Parsley Boiled Potatoes</li> <li>Herbed Baby Carrots</li> <li>Lime Jello with Whipped Cream</li> <li>OR: Barbecue Meatballs</li> </ul>	*Bacon and Mushroom Smothered Boneless Pork Chops  *Honey Butter Cinnamon Sweet Potatoes  *Fall Medley Mixed Vegetables  *Ice Cream  OR: Meat Lasagna	<ul> <li>Hearty Homemade Beef Stew</li> <li>Rosemary Roasted Rutabaga</li> <li>Cheddar Cheese Tea Biscuits</li> <li>Strawberry Rhubarb Pie</li> <li>OR: Casserole</li> </ul>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice

Approved by: \_

## VENTA CARE CENTRE

## **FALL/WINTER 2022/2023**

## WEEK 4

D A Y	MONDAY Nov-14, Dec-12, Jan-9, Feb-6, Mar-6, Apr-3, May-1	TUESDAY Nov-15, Dec-13, Jan-10, Feb-7, Mar-7, Apr-4, May-2	WEDNESDAY Nov-16, Dec-14, Jan-11, Feb-8, Mar-8, Apr-5, May-3	THURSDAY Nov-17, Dec-15, Jan-12, Feb-9, Mar-9, Apr-6, May-4	FRIDAY Nov-18, Dec-16, Jan-13, Feb-10, Mar-10, Apr-7, May-5	SATURDAY Nov-19, Dec-17, Jan-14, Feb-11, Mar-11, Apr-8, May-6	SUNDAY Nov-20, Dec-18, Jan-15, Feb-12, Mar-12, Apr-9, May-7
B R E A K F A S T	*Juice	*Juice	<b>❖</b> Juice <b>❖</b> Oatmeal <b>❖</b> Mushroom Omelette <b>❖</b> Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♦ Juice   ♦ Cream of Wheat   ♦ Poached Eggs   ♦ Toast and Preserves   ♦ Fresh Fruit   OR:   Cold Cereal   Peanut Butter	*Juice	*Juice *Oatmeal *Honey Greek Yogurt *Fruit Extreme Muffin *Toast and Preserves *Fresh Fruit  Cold Cereal Peanut Butter	*Juice
AM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
HOZCI	<ul> <li>Pasta Fagioli</li> <li>Fish and Chips</li> <li>Tartar Sauce</li> <li>Creamy Coleslaw</li> <li>Fruit Cocktail</li> <li>OR: Homemade Beef Stew/Assorted Sandwiches</li> </ul>	<ul> <li>Cream of Vegetable Soup</li> <li>Roast Beef, Cheddar Cheese, and Lettuce Sandwich</li> <li>Beet Salad with Feta</li> <li>Dill Pickle Spears</li> <li>Canned Peaches</li> <li>Honey Garlic Boneless Pork Ribs/Assorted Sandwiches</li> </ul>	<ul> <li>Hearty Cowboy Soup</li> <li>Chicken Burger</li> <li>Potato Wedges</li> <li>Butter Lettuce Salad with Dijon Vinaigrette</li> <li>Banana</li> <li>QR:</li> <li>Quiche/Assorted</li> <li>Sandwiches</li> </ul>	*Tomato Bean Soup  *Open Faced Hot Turkey Sandwich  *Turkey Gravy  *Buttered Peas and Carrots  *Pineapple Tidbits  OR:  Macaroni and Cheese/Assorted Sandwiches	*Golden Autumn Carrot Soup  *Grilled Reuben Sandwich  *Dill Pickle Spears  *Crunchy Apple Salad  *Cantaloupe  OR: Cranberry Maple Chicken Breast/Assorted Sandwiches	*Fall Harvest Vegetable Soup  *Cheesy Hot Dog Tater Tot Casserole  *Garden Salad  *Canned Pears  OR: Chicken Strips with Plum Sauce/Assorted Sandwiches	<ul> <li>Thai Vegetable Soup</li> <li>Teriyaki Chicken Stir Fry</li> <li>Chow Mein Noodles</li> <li>Mandarin Orange Sections</li> <li>OR: Swedish Meatballs/Assorted Sandwiches</li> </ul>
РМ	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice	Assorted Cookies Milk or Juice
DINNER	<ul> <li>Honey Garlic Boneless Pork Ribs</li> <li>Vegetable Fried Rice</li> <li>Thai Vegetable Mix</li> <li>Coffee Crunch Dessert Bar</li> <li>Oven Baked Chicken Breast</li> </ul>	<ul> <li>Chicken Penne Alfredo</li> <li>Steamed Broccoli Florets</li> <li>Orange Citrus Cake</li> <li>OR:</li> <li>Liver and Fried Onions</li> </ul>	*Baked Tilapia with Lemon Dill Sauce  *Warm Potato Salad  *Pick of the Day Vegetable Blend  *Mini Blueberry Strudel  OR: Rosemary Garlic Pork Loin	<ul> <li>Cranberry Maple Chicken Breast</li> <li>Melting Potatoes</li> <li>Butternut Squash Gratin</li> <li>French Cream Cheesecake</li> <li>OR: Cabbage Rolls</li> </ul>	*BBQ Shaved Steak and Peppers  *Whipped Potatoes  *New England Farm Vegetables  *Fruit Crisp  OR: Soup and Sandwich	<ul> <li>Swedish Meatballs</li> <li>Rice Pilaf</li> <li>Sautéed Green Beans</li> <li>Vanilla Cream Puffs</li> <li>OR:</li> <li>Ravioli in Tomato Sauce</li> </ul>	<ul> <li>Glazed Honey and Horseradish Ham</li> <li>Scalloped Potatoes</li> <li>California Mixed Vegetables</li> <li>Lemon Meringue Pie</li> <li>OR:</li> <li>Salisbury Steak and Gravy</li> </ul>
HS	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice	Assorted Sandwiches Milk or Juice