

VENTA CARE CENTRE

SPRING/SUMMER 2023

WEEK 1

DAY	MONDAY May-8, Jun-5, Jul-3, Jul-31, Aug-28, Sep-25	TUESDAY May-9, Jun-6, Jul-4, Aug-1, Aug-29, Sep-26	WEDNESDAY May-10, Jun-7, Jul-5, Aug-2, Aug-30, Sep-27	THURSDAY May-11, Jun-8, Jul-6, Aug-3, Aug-31, Sep-28	FRIDAY May-12, Jun-9, Jul-7, Aug-4, Sep-1, Sep-29	SATURDAY May-13, Jun-10, Jul-8, Aug-5, Sep-2, Sep-30	SUNDAY May-14, Jun-11, Jul-19, Aug-6, Sep-3, Oct-1
B R E A K F A S T	*Juice *Oatmeal *Cheese Omelette *Toast and Preserves *Fresh Fruit <i>OR:</i> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Hard Boiled Eggs *Toast and Preserves *Fresh Fruit <i>OR:</i> Cold Cereal Peanut Butter	*Juice *Cinnamon Oatmeal *Blueberry Acai Cottage Cheese *Toast and Preserves *Fresh Fruit <i>OR:</i> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Western Omelet *Toast and Preserves *Fresh Fruit <i>OR:</i> Cold Cereal Peanut Butter	*Juice *Sunny Boy *Beef Breakfast Sausage *Toast and Preserves *Fresh Fruit <i>OR:</i> Cold Cereal Peanut Butter	*Juice *Oatmeal *Philadelphia Cream Cheese Portions *Chocolate Banana Muffins *Toast and Preserves *Fresh Fruit <i>OR:</i> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Poached Eggs and Bacon *Toast and Preserves *Fresh Fruit <i>OR:</i> 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
L U N C H	*Chicken Noodle Soup *Corned Beef and Swiss Cheese Sandwich *Mandarin Lettuce Salad *Strawberries <i>OR:</i> Chicken Strips with Sauce/Assorted Sandwiches	*Bean Medley Soup Tuna Salad Cold Plate: *Tuna Salad *Pasta Salad *Grated Carrot Salad *Pickles *Brioche Bun *Canned Peaches <i>OR:</i> Swiss Steak/Assorted Sandwiches	*Cream of Potato and Leek Soup *Belgian Waffles with Syrup *Cheesy Scrambled Eggs *Apple Turkey Sausage *Tomato Slices *Banana <i>OR:</i> Creamy Boneless Pork Chops/Assorted Sandwiches	*Thai Vegetable Soup *Tempura Chicken with Pineapple Sauce *Chow Mein Noodles *Asian Vegetable Mix *Fresh Cantaloupe <i>OR:</i> Cabbage Rolls/Assorted Sandwiches	*Spring Chicken Gumbo Soup *Cheeseburger with Mac Sauce *Waffle Fries *Dill Cucumber and Red Onion Salad *Tropical Fruit Salad <i>OR:</i> Baked Salmon/Assorted Sandwiches	*Summer Vegetable Florentine Soup *Turkey Chili *Corn Muffins *Spring Mix Lettuce Salad *Mango <i>OR:</i> Maple Mustard Chicken Breast/Assorted Sandwiches	*Cream of Vegetable Soup *Boneless Chicken Wings with Ranch *Potato Wedges *Marinated Bean Salad *Canned Pears <i>OR:</i> Homemade Lasagna/Assorted Sandwiches
PM	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 I N N E R	*Swiss Steak *Rice Pilaf *Green Beans Almondine *Boston Cream Cake <i>OR:</i> Lemon Pepper Cod Fillet	*Creamy Bacon Boneless Pork Chops *Country Mashed Potatoes *Mixed Vegetables *French Cream Cheesecake <i>OR:</i> Teriyaki Chicken	*Cabbage Rolls *Herbed Baby Potatoes *Buttery Glazed Carrots *Coconut Cream Pudding with Whipped Cream <i>OR:</i> Liver and Fried Onions	*Baked Salmon with Sorrel Sauce *Lemony Rice *Garden Peas *Chocolate Hazelnut Belgnet <i>OR:</i> Barbecue Meatballs	*Maple Mustard Chicken Breast *Roasted Fingerling Potatoes *Cauliflower and Red Peppers *Frosted Peanut Butter Cake <i>OR:</i> Soup and Sandwich	*Homemade Lasagna *Garlic Bread Stick *Italian Mixed Vegetables *Ice Cream <i>OR:</i> Casserole	*Barbecue Glazed Pork Ribette *Baked Potatoes with Sour Cream and Chives *Buttered Corn *Pecan Pie <i>OR:</i> Cranberry Turkey Roast
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:

Kondratyuk RD

VENTA CARE CENTRE

SPRING/SUMMER 2023

WEEK 2

DAY	MONDAY May-15, Jun-12, Jul-10, Aug-7, Sep-4, Oct-2	TUESDAY May-16, Jun-13, Jul-11, Aug-8, Sep-5, Oct-3	WEDNESDAY May-17, Jun-14, Jul-12, Aug-9, Sep-6, Oct-4	THURSDAY May-18, Jun-15, Jul-13, Aug-10, Sep-7, Oct-5	FRIDAY May-19, Jun-16, Jul-14, Aug-11, Sep-8, Oct-6	SATURDAY May-20, Jun-17, Jul-15, Aug-12, Sep-9, Oct-7	SUNDAY May-21, Jun-18, Jul-16, Aug-13, Sep-10, Oct-8
B R E A K F A S T	*Juice *Oatmeal *Vegetable Omelette *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Hard Boiled Eggs *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Oatmeal *Maple Breakfast Pork Patty *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Poached Eggs *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Sunny Boy *Mexican Omelette *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cinnamon Oatmeal *Greek Yogurt *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Scrambled Eggs and Bacon *Toast and Preserves *Fresh Fruit <u>OR:</u> 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
L U N C H	*Summer Vegetable Soup *Grilled Reuben Sandwich *Carrot Apple Salad *Pickles *Fruit Cocktail <u>OR:</u> Barbecue Glazed Pork Ribette/Assorted Sandwiches	*Pasta Fagioli Soup Summer Cottage Cheese and Fruit Plate *Cottage Cheese *Watermelon Cubes with Feta *Cucumber Slices *Banana Bread *Yogurt <u>OR:</u> Chicken Strips with Plum Sauce/Assorted Sandwiches	*Cauliflower and Cheese Soup *Chicken Burger with Mayo *Waffle Fries *Tossed Ranch Salad *Fresh Honeydew Melon <u>OR:</u> Swedish Meatballs/Assorted Sandwiches	*Homestyle Turkey and Vegetable Soup *Beef Ravioli with Pesto Sauce *Garlic Bread *Caesar Salad *Banana <u>OR:</u> Boneless Chicken Wings/Assorted Sandwiches	*Spring Tomato Bean Soup *Beef Dip with Au Jus Sauce *Fries *Marinated Corn and Pepper Salad *Pineapple Tidbits <u>OR:</u> Orange Glazed Pork Roast/Assorted Sandwiches	*Cream of Mushroom Soup *Quiche Lorraine *Roasted Potatoes and Asparagus Blend *Applesauce <u>OR:</u> Baked Brown Sugar Chicken/Assorted Sandwiches	*Egg Drop Soup *Honey Garlic Beef Stir Fry *Chow Mein Noodles *Fresh Orange Sections <u>OR:</u> Macaroni and Cheese/Assorted Sandwiches
PM	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 I N N E R	*Butter Chicken *Basmati Rice *Peas and Carrots *Tiger Brownie <u>OR:</u> Salisbury Steak with Gravy	*Swedish Meatballs *Buttered Egg Noodles *Braised Red Cabbage *Mini Apple Tarts <u>OR:</u> Vegetarian Lasagna	*Summer Herb Crusted Cod Fillet with Remoulade Sauce *Roasted Baby Potatoes *Steamed Broccoli Florets *Glazed Crueller <u>OR:</u> Herb Roasted Chicken Breast	*Pork Roast with Orange Glaze *Lyonnais Potatoes *Bistro Mixed Vegetables *Ambrosia Pudding <u>OR:</u> Cabbage Rolls	*Baked Brown Sugar Boneless Chicken Thighs *Jasmine Rice *Sunrise Vegetable Mix *Traditional English Trifle <u>OR:</u> Liver and Fried Onions	*Beef Burgundy *Chive Mashed Potatoes *Garlic Green Beans *Super Lolly Ice Pops <u>OR:</u> Soup and Sandwich	*Sweet and Spiced Ham *Scalloped Potatoes *California Mixed Vegetables *Strawberry Cream Pie <u>OR:</u> Breaded Fish with Tartar Sauce
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: AKondratyuk RD

DAY	MONDAY May-22, Jun-19, Jul-17, Aug-14, Sep-11, Oct-9	TUESDAY May-23, Jun-20, Jul-18, Aug-15, Sep-12, Oct-10	WEDNESDAY May-24, Jun-21, Jul-19, Aug-16, Sep-13, Oct-11	THURSDAY May-25, Jun-22, Jul-20, Aug-17, Sep-14, Oct-12	FRIDAY May-26, Jun-23, Jul-21, Aug-18, Sep-15, Oct-13	SATURDAY May-27, Jun-24, Jul-22, Aug-19, Sep-16, Oct-14	SUNDAY May-28, Jun-25, Jun-23, Aug-20, Sep-19, Oct-15
BREAKFAST	*Juice *Oatmeal *Spinach and Cheese Omelette *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Hard Boiled Eggs *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cinnamon Oatmeal *Lemon Cottage Cheese *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Poached Eggs *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Sunny Boy *Mini Babybel Cheese *Summer Berry Muffin *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Oatmeal *Scrambled Eggs and Bacon *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Breakfast Ham *Toast and Preserves *Fresh Fruit <u>OR:</u> 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
LUNCH	*Creamy Summer Carrot Soup *Mini Assorted Deli Subs *Spring Mix Salad *Tropical Fruit Salad with Coconut <u>OR:</u> Chicken Strips with Plum Sauce/Assorted Sandwiches	*Beef Barley Soup Chicken Salad Cold Plate: *Classic Chicken Salad *Honey Mustard Potato Salad *Tomato Slices *Pickles *Brioche Bun *Mango <u>OR:</u> Tuscan Beef Ribette/Assorted Sandwiches	*Minestrone Soup *Fish and Chips *Tartar Sauce *Creamy Coleslaw *Banana <u>OR:</u> Hamburger Steak with Onions/Assorted Sandwiches	*Cream of Celery Soup *Pineapple Teriyaki Veggie Burger *Tater Tots *Pickled Beet and Onion Salad *Fresh Cantaloupe <u>OR:</u> Turkey Roast with Gravy/Assorted Sandwiches	*Spring Borscht Soup *Perogies with Fried Onions and Sour Cream *Sautéed Sauerkraut *Kielbasa Sausage *Garden Peas *Strawberries <u>OR:</u> Macaroni and Cheese /Assorted Sandwiches	*Cream of Broccoli and Cheddar Soup *Classic Patty Melt *Garden Salad *Mandarin Orange Sections <u>OR:</u> Lemon Thyme Sole Fillet/Assorted Sandwiches	*Italian Wedding Soup *French Toast with Syrup *Beef Breakfast Sausage *Hashbrown Patty *Canned Pears <u>OR:</u> Boneless Pork Ribs with Sweet and Sour Sauce/Assorted Sandwiches
PM	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	*Tuscan Braised Beef Ribette *Gnocchi in Tomato Cream Sauce *Romanesco Vegetable Blend *Lemon Buttermilk Cake <u>OR:</u> Meat Lasagna	*Hamburger Steak with Caramelized Onions *Twice Baked Potato Casserole *Parslied Baby Carrots *Peanut Butter Brownie Stack <u>OR:</u> Casserole	*Classic Turkey Roast Dinner *Mashed Potatoes *Pick of the Day Vegetable Blend *Tapioca Pudding <u>OR:</u> Soup and Sandwich	*Pork Chops in Fire Roasted Tomato Sauce *Basmati Rice *New England Vegetable Mix *Berry Blue and Wild Cherry Jello with Whipped Cream <u>OR:</u> Liver and Fried Onions	*Lemon Thyme Sole Fillet *Oven Browned Potatoes *Garlic Parmesan Roasted Brussel Sprouts *Homemade Chocolate Cheesecake <u>OR:</u> Cheeseburger with Condiments	*Boneless Pork Ribs with Sweet and Sour Sauce *Vegetable Fried Rice *Garlic and Sesame Sugar Snap Peas *Ice Cream <u>OR:</u> Chicken Pot Pie	*Chicken Fettuccine Alfredo *Buttered Steamed Broccoli Florets *Peach Pie <u>OR:</u> Glazed Ham
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: Kondratyuk RD

DAY	MONDAY May-29, Jun-26, Jul-24, Aug-21, Sep-18, Oct-16	TUESDAY May-30, Jun-27, Jul-25, Aug-22, Sep-19, Oct-17	WEDNESDAY May-31, Jun-28, Jul-26, Aug-23, Sep-20, Oct-18	THURSDAY Jun-1, Jun-29, Jul-27, Aug-24, Sep-21, Oct-19	FRIDAY Jun-2, Jun-30, Jul-28, Aug-25, Sep-22, Oct-20	SATURDAY Jun-3, Jul-1, Jul-29, Aug-26, Sep-23, Oct-21	SUNDAY Jun-4, Jul-2, Jul-30, Aug-27, Sep-24, Oct-22
B R E A K F A S T	*Juice *Cinnamon Oatmeal *Cheesy Chive Omelette *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Hard Boiled Eggs *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Oatmeal *Breakfast Quiche *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Mushroom Omelette *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Sunny Boy *Breakfast Turkey Sausage *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Oatmeal *Gouda Cheese Portion *Raspberry Yogurt Muffin *Toast and Preserves *Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	*Juice *Cream of Wheat *Scrambled Eggs and Bacon *Toast and Preserves *Fresh Fruit <u>OR:</u> 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
L U N C H	*Spring Vegetable and Rice Soup *Mac and Cheese Hot Dog Casserole *Tater Tots *Marinated Vegetable Medley *Pineapple Tidbits <u>OR:</u> Chicken Strips with Plum Sauce/Assorted Sandwiches	*Summer Cabbage and Potato Soup *Turkey, Provolone Cheese, and Lettuce Sandwich *Waldorf Salad *Pickles *Fruit Cocktail <u>OR:</u> Breaded Veal Cutlet with Gravy/Assorted Sandwiches	*Cream of Asparagus Soup *BBQ Pulled Beef Sandwich *Sweet Potato Fries *Green Pepper Slaw *Fresh Orange Sections <u>OR:</u> Macaroni and Cheese/Assorted Sandwiches	*Beef Noodle Soup *Chicken Tenders with Plum Sauce *Potato Wedge Poutine *Garden Salad *Banana <u>OR:</u> Apple Glazed Pork Roast/Assorted Sandwiches	*French Onion Soup *Beef Sausage Roll with Honey Mustard Dip *Sweet Hickory BBQ Baked Beans *Creamy Cucumber Salad *Watermelon <u>OR:</u> Boneless Chicken Wings/Assorted Sandwiches	*Creamy Corn Chowder *Eggs Benedict *Garlic Breakfast Potatoes *Fresh Honeydew Melon <u>OR:</u> Sticky Honey Soy Baked Chicken/Assorted Sandwiches	*Tomato Soup *Grilled Bologna and Cheese Sandwich *Tomato and Onion Salad *Applesauce <u>OR:</u> Roast Beef with Gravy/Assorted Sandwiches
PM	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 I N N E R	*Breaded Veal Cutlet with Mushroom Gravy *Au Gratin Potatoes *Paradiso Vegetable Blend *Buttertart Bar <u>OR:</u> Rosemary Roast Pork	*Tilapia with Mango Salsa *Coconut Jasmine Rice *Citrus Carrots *Chocolate Eclairs <u>OR:</u> Chicken Burger	*Apple Glazed Pork Roast *Braised Dill Potatoes with Sour Cream *Mixed Vegetables *Strawberry Mousse with Vanilla Wafer Cookie <u>OR:</u> Soup and Sandwich	*Spaghetti and Meatballs *Garlic Toast *Italian Vegetable Blend *Butter Maple Pecan Danish <u>OR:</u> Honey Garlic Chicken	*Sticky Honey Soy Baked Chicken *Egg Fried Rice *Thai Stir Fry Vegetables *Fruit Upside Down Cake <u>OR:</u> Liver and Fried Onions	*Roast Beef *Yorkshire Pudding *Garlic Mashed Potatoes *Brown Sugar Turnips *Ice Cream Fudge Bars <u>OR:</u> Teriyaki Salmon LoIn	*Turkey A La King *Buttered Colorful Bowtie Pasta *PEI Mixed Vegetables *Lemon Meringue Pie <u>OR:</u> Casserole
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

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