

VENTA CARE CENTRE

SPRING/SUMMER 2025

WEEK 1

D A Y		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		May 26 June 23 July 21 Aug 18 Sept 15 Oct 13	May 27 June 24 July 22 Aug 19 Sept 16 Oct 14	May 28 June 25 July 23 Aug 20 Sept 17 Oct 15	May 1 May 29 June 26 July 24 Aug 21 Sept 18 Oct 16	May 2 May 30 June 27 July 25 Aug 22 Sept 19 Oct 17	May 3 May 31 June 28 July 26 Aug 23 Sept 20 Oct 18	May 4 June 1 June 29 July 27 Aug 24 Sept 21 Oct 19
B R E A K F A S T		♣ Cream of Wheat ♣ Cottage Cheese ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Hard Boiled Eggs ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Cheesy Scrambled Eggs ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Turkey Sausage ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Poached Eggs ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Cheese ♣ Muffin ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Scrambled Eggs and Bacon ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter
A M		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 Tortilla Soup ♣ Beef and Rice Casserole ♣ Spring Mix Salad ♣ Fruit Cocktail <u>OR:</u> Assorted Sandwiches	♣ Summer Vegetable Soup Tuna Salad Cold Plate: ♣ Tuna Salad ♣ Pasta Salad ♣ Tomato Slices ♣ Pickles ♣ Brioche Bun ♣ Strawberries <u>OR:</u> Assorted Sandwiches	♣ Broccoli and Cheese Soup ♣ BBQ Mozza Burger ♣ Waffle Fries ♣ Marinated Vegetable Medley ♣ Honeydew Melon <u>OR:</u> Assorted Sandwiches	♣ Rainbow Mix Soup ♣ Chicken Chunks ♣ Chow Mein Noodles ♣ Steamed Broccoli ♣ Banana <u>OR:</u> Assorted Sandwiches	♣ Chicken Parmesan Soup ♣ Monte Cristo Sandwich ♣ Tater Tots ♣ Carrot Salad with Lemon Dijon Vinaigrette ♣ Diced Pears <u>OR:</u> Assorted Sandwiches	♣ Summer Borscht ♣ Cheese Perogies with Grilled Onions and Sour Cream ♣ Sautéed Sauerkraut ♣ Garlic Sausage ♣ Garden Peas ♣ Mandarin Segments <u>OR:</u> Assorted Sandwiches	♣ Cream of Mushroom Soup ♣ Chicken Tenders with Honey BBQ Sauce ♣ Fries ♣ Garden Salad ♣ Fresh Apple Slices <u>OR:</u> Assorted Sandwiches
P M		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		♣ Cranberry Chicken ♣ Anna Potatoes ♣ Glazed Carrots ♣ European Cake Bites <u>OR:</u> Vegetarian Lasagna	♣ Bavarian Pork Chops ♣ Warm Potato Salad ♣ Braised Red Cabbage ♣ Butterscotch Pudding With Wafers <u>OR:</u> Roasted Fish	♣ Garlic Butter and Lemon Baked Cod ♣ Jasmine Rice ♣ Mixed Vegetables ♣ Ice Cream <u>OR:</u> Teriyaki Chicken Breast	♣ Dill Cream Turkey Schnitzel ♣ Rosemary Baby Potatoes ♣ Bistro Mix ♣ Danish <u>OR:</u> Liver and Fried Onions	♣ Classic Roast Beef Dinner ♣ Mini Yorkies ♣ Mashed Potatoes ♣ Glazed Turnips ♣ Homemade Chocolate Peanut Butter Bars <u>OR:</u> Soup and Sandwich	♣ Meat Lasagna ♣ Garlic Toast ♣ Tangy and Honey Brussel Sprouts ♣ Yogurt <u>OR:</u> Barbecue Pork Roast	♣ Ham with Maple Fruit Sauce ♣ Scalloped Potatoes ♣ California Mixed Vegetables ♣ Pie Night <u>OR:</u> Herbed Chicken
H S		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: W. Underwood RD

VENTA CARE CENTRE

SPRING/SUMMER 2025

WEEK 2

[illegible]

Approved by: Jonathan D

D A Y		M O N D A Y		T U E S D A Y		W E D N E S D A Y		T H U R S D A Y		F R I D A Y		S A T U R D A Y		S U N D A Y	
		May 12 June 9 July 7 Aug 4 Sept 1 Sept 29 Oct 27		May 13 June 10 July 8 Aug 5 Sept 2 Sept 30 Oct 28		May 14 June 11 July 9 Aug 6 Sept 3 Oct 1 Oct 29		May 15 June 12 July 10 Aug 7 Sept 4 Oct 2 Oct 30		May 16 June 13 July 11 Aug 8 Sept 5 Oct 3 Oct 31		May 17 June 14 July 12 Aug 9 Sept 6 Oct 4		May 18 June 15 July 13 Aug 10 Sept 7 Oct 5	
B R E A K F A S T		♣Cream of Wheat ♣Cottage Cheese ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter		♣Cream of Wheat ♣Hard Boiled Eggs ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter		♣Oatmeal ♣Poached Eggs ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter		♣Oatmeal ♣Cheese ♣Muffin ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter		♣Cream of Wheat ♣Western Omelette ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter		♣Oatmeal ♣Turkey Sausage ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter		♣Cream Of Wheat ♣Scrambled Eggs and Bacon ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	
A M		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		♣Minestrone Soup ♣Open Faced Hot Turkey Sandwich ♣Cranberry Sauce ♣Peas and Carrots ♣Fruit Cocktail <u>OR:</u> Assorted Sandwiches		♣Cream of Cauliflower and Cheese Chicken Salad Cold Plate: ♣Apple and Cranberry Chicken Salad ♣Cucumber Slices ♣Brioche Bun ♣Ice Cream <u>OR:</u> Assorted Sandwiches		♣Tomato Soup ♣Grilled Cheese Sandwich ♣Waffle Fries ♣Tomato Slices ♣Strawberries <u>OR:</u> Assorted Sandwiches		♣Spring Harvest Vegetable Soup ♣Chili Con Carne, Sour Cream and Cheddar Cheese ♣Garden Salad ♣Cornbread ♣Banana <u>OR:</u> Assorted Sandwiches		♣Creamy Summer Carrot Soup ♣Chicken Burger with Mayo ♣Fries ♣Caesar Salad ♣Diced Pears <u>OR:</u> Assorted Sandwiches		♣Egg Drop Soup ♣Teriyaki Beef and Broccoli Stir Fry ♣Asian Noodles ♣Yogurt <u>OR:</u> Assorted Sandwiches		♣Vegetable Rice Soup ♣Quiche Lorraine ♣Roasted Potatoes and Asparagus Vegetable Blend ♣Canned Peaches <u>OR:</u> Assorted Sandwiches	
P M		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		♣Salisbury Steak ♣Baked Potato with Sour Cream and Scallions ♣Buttered Corn ♣Jello Pudding Cake <u>OR:</u> Meat Lasagna		♣Soy and Ginger Pork Roast ♣Rice Pilaf ♣San Francisco Vegetable Mix ♣Orange Citrus Cake <u>OR:</u> Honey Garlic Meatballs		♣Cabbage Rolls ♣Roasted Baby Potatoes ♣Parslled Carrots ♣Banana Pudding with Whipped Cream <u>OR:</u> Soup and Sandwich		♣Bruschetta Baked Salmon ♣Lemon Pasta ♣Buttery Garlic Green Beans ♣Deluxe Cheesecake <u>OR:</u> Cheeseburger with Condiments		♣Beef Bourguignon ♣Chive Whipped Potatoes ♣PEI Mixed Vegetables ♣Donut <u>OR:</u> Casserole		♣Chicken Bacon Ranch Baked Penne ♣Garlic Bread Stick ♣Cauliflower ♣Mousse <u>OR:</u> Breaded Fish with Tartar Sauce		♣Homemade Meatloaf ♣Twice Baked Potato Casserole ♣Pick of the Day Vegetable Blend ♣Pie Night <u>OR:</u> Glazed Ham	
H S		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

SPRING/SUMMER 2025

WEEK 4

D A Y		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		May 19 June 16 July 14 Aug 11 Sept 8 Oct 6	May 20 June 17 July 15 Aug 12 Sept 9 Oct 7	May 21 June 18 July 16 Aug 13 Sept 10 Oct 8	May 22 June 19 July 17 Aug 14 Sept 11 Oct 9	May 23 June 20 July 18 Aug 15 Sept 12 Oct 10	May 24 June 21 July 19 Aug 16 Sept 13 Oct 11	May 25 June 22 July 20 Aug 17 Sept 14 Oct 12
B R E A K F A S T		♣ Cream of Wheat ♣ Cottage Cheese ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Hard Boiled Eggs ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Breakfast Quiche ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Breakfast Maple Pork Patty ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Mexican Omelette ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Cheese ♣ Muffin ♣ Toast and Preserves ♣ Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ 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		♣ Roasted Red Pepper Soup ♣ Philly Cheesesteak Sandwich ♣ Tater Tots ♣ Green Pepper Slaw ♣ Pineapple Tidbits <u>OR:</u> Assorted Sandwiches	♣ Spring Vegetable Beef Barley Soup ♣ Turkey, Cheese, and Lettuce Sandwich ♣ Black Bean and Corn Salad ♣ Applesauce <u>OR:</u> Assorted Sandwiches	♣ Cream of Potato and Leek Soup ♣ Fish Wings with Tartar Sauce ♣ Fries ♣ Creamy Coleslaw ♣ Cantaloupe <u>OR:</u> Assorted Sandwiches	♣ Summer Vegetable Florentine Soup ♣ Pineapple Teriyaki Veggie Burger ♣ Potato wedges ♣ Garden Salad ♣ Banana <u>OR:</u> Assorted Sandwiches	♣ Chicken Gumbo Soup Summer Cottage Cheese Cold Plate: ♣ Cottage Cheese ♣ Banana Bread ♣ Cucumber Slices ♣ Carrot Pineapple Salad ♣ Watermelon <u>OR:</u> Assorted Sandwiches	♣ Italian Wedding Soup ♣ Beef Canneloni in Tomato Sauce ♣ Caesar Salad ♣ Garlic Toast ♣ Fresh Orange Sections <u>OR</u> Assorted Sandwiches	♣ Cream of Vegetable Soup ♣ Belgian Waffles with Syrup ♣ Chicken and Apple Sausage ♣ Tomato Slices ♣ Mango <u>OR:</u> Assorted Sandwiches
	PM	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
D I N N E R		♣ Honey French Chicken Breast ♣ Melting Potatoes ♣ Sunrise Mixed Vegetables ♣ Caramel Vanilla Swirl Cake <u>OR:</u> Soup and Sandwich	♣ Sweet and Sour Meatballs ♣ Fried Rice ♣ Oriental Mixed Vegetables ♣ Fruit Upside-Down Cake <u>OR:</u> Chicken Cacciatore	♣ Chicken Pot Pie ♣ Sautéed Green Beans with Almonds ♣ Strudel <u>OR:</u> Salisbury Steak	♣ Boneless Pork Chops in Fire Roasted Tomato Sauce ♣ Parisian Potatoes ♣ Sugar Snap Peas ♣ Ambrosia <u>OR:</u> Butter Chicken	♣ Pesto Veal Cutlet with Roasted Red Peppers ♣ Garlic Butter Pasta Shells ♣ Montego Mixed Vegetables ♣ Tiramisu Cake <u>OR:</u> Teriyaki Salmon	♣ Grilled Brown Sugar Boneless Chicken Thighs ♣ Au Gratin Potatoes ♣ Buttered Garden Peas and Carrots Ice Cream <u>OR:</u> Glazed Meatloaf	♣ Tuscan Braised Beef Ribette ♣ French Onion Rice ♣ Romanesco Vegetable Mix Pie Night <u>OR:</u> Apple Pork 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