

DAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BREAKFAST		♣Cream of Wheat ♣Cottage Cheese ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter		♣Cream of Wheat Cereal ♣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 Portions ♣Muffin ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter Toast and Preserves		♣Cream of Wheat ♣Scrambled Eggs and Bacon ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	
		Milk or Juice		Milk or Juice		Milk or Juice		Milk or Juice		Milk or Juice		Milk or Juice		Milk or Juice	
LUNCH		♣Crimson Red Pepper Bisque ♣Beef Sausage Roll ♣Baked Beans ♣Baby Greens ♣Strawberries <u>OR:</u> Assorted Sandwiches		♣Winter World Soup ♣Tuna on Croissant ♣Broccoli Salad ♣Pickles ♣Cantaloupe <u>OR:</u> Assorted Sandwiches		♣Broccoli and Cheese Soup ♣Big Juicy Burger ♣Waffle Fries ♣Marinated Vegetable Medley ♣Apricots <u>OR:</u> Assorted Sandwiches		♣Heart Healthy Soup ♣Tempura Chicken ♣Steamed Noodle ♣Far East Mix ♣Banana <u>OR:</u> Assorted Sandwiches		♣Chicken Parmesan Soup ♣Monte Cristo ♣Tater Tots ♣Chickpea Salad ♣Diced Pears <u>OR:</u> Assorted Sandwiches		♣Borscht ♣Perrygy Lunch ♣Condiments ♣Garlic Sausage ♣Garden Peas ♣Mandarin Segments <u>OR:</u> Assorted Sandwiches		♣Cream of Mushroom Soup ♣Chicken Tenders ♣Plum Sauce ♣Fries ♣Garden Salad ♣Apple Slices <u>OR:</u> Assorted Sandwiches	
		Milk or Juice		Milk or Juice		Milk or Juice		Milk or Juice		Milk or Juice		Milk or Juice		Milk or Juice	
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		♣Butter Chicken ♣Aged Basmati Rice ♣Sweet Carrots ♣Cream Cheese Swirl <u>OR:</u> Lasagna		♣Beef with Tomato and Mushroom ♣Cheesy Potato ♣Braised Red Cabbage ♣Poundcake <u>OR:</u> Roasted Fish		♣Crusted Sole with Cocktail Sauce ♣Jasmine Rice ♣Mixed Vegetables ♣Warm English Toffee <u>OR:</u> Chicken Breast		♣Turkey Tetrazzini ♣Autumn Medley ♣Rice Pudding <u>OR:</u> Liver and Fried Onions		Classic Roast Beef Dinner: ♣Roast Beef ♣Mini Yorkies ♣Mashed Potatoes with Gravy ♣Turnips ♣Lemon Streusel Cake <u>OR:</u> Soup and Sandwich		♣Pork Chops ♣Warm Potato Salad ♣Tangy Honey Brussel Sprouts ♣Yogurt <u>OR:</u> Meatballs		♣Honey Ham Dinner ♣Scalloped Potatoes ♣California Mixed Vegetables ♣Pie Night <u>OR:</u> Chicken	
		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	
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 2025/2026

WEEK 2

D A Y		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	AM	♣Cream of Wheat ♣Cottage Cheese ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣Cream of Wheat Cereal ♣Hard Boiled Eggs ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣Oatmeal ♣Vegetable Omelette ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣Oatmeal ♣Cottage Cheese ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣Cream of Wheat ♣Mushroom Omelette ♣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	♣Cream of Wheat ♣Cheese Portions ♣Muffin ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter Toast and Preserves
	PM	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	AM	♣Onion Soup ♣Hot Hamburger ♣Fries ♣Steamed Veggies ♣Fresh Orange Sections <u>OR:</u> Assorted Sandwiches	♣Chicken Noodle Soup ♣Smoked Turkey, Havarti and Lettuce Sandwich ♣Potato Salad ♣Pickles ♣Pineapple Tidbits <u>OR:</u> Assorted Sandwiches	♣Cream of Asparagus Soup ♣Fish and Chips ♣Coleslaw ♣Chunky Mango <u>OR:</u> Assorted Sandwiches	♣Turkey Blossom Soup ♣Boneless Chicken Wings ♣Baked Macaroni ♣Harvest Greens ♣Banana <u>OR:</u> Assorted Sandwiches	♣Cream of Mushroom Soup ♣Beef Pot Pie ♣Gravy ♣Honey Dill Carrots ♣Baked Apple slices <u>OR:</u> Assorted Sandwiches	♣Potato Vegetable Soup ♣Alfredo Cheese Tortellini ♣Crispy Caesar Salad ♣Garlic Bread ♣Tropical Fruit Salad <u>OR:</u> Assorted Sandwiches	♣Corn Chowder ♣Buttermilk Pancakes with Syrup ♣Hashbrown Potato ♣Bacon ♣Scrambled Eggs ♣Blueberries with Topping <u>OR:</u> 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	AM	♣Frontier Poultry ♣New World Grain ♣Winter Blend ♣Cake Bite Delight <u>OR:</u> Baked Cod	♣Shepherd's Pie ♣Gravy ♣Paradiso Blend ♣Jello Poke Cake <u>OR:</u> Ham	♣Chicken Supreme ♣Cheesy Bowtie ♣Broccoli Florets ♣Ice Cream Sandwich <u>OR:</u> Soup and Sandwich	♣King Ranch Pork Chops ♣Layered Potato ♣Kale and Bean Mix ♣Strawberry Shortcake <u>OR:</u> Liver and Fried Onions	♣Marinated Tilapia ♣Cardamom Rice ♣Fancy Four ♣Angel Food Cake with Fruit Sauce <u>OR:</u> Chicken	♣Veal Parmesan ♣Fingerling Potato ♣Italian Blend ♣Cream Puffs with Drizzle <u>OR:</u> Pot Pie	♣Honey Garlic Dry Pork Ribs ♣Chow Mein Noodles ♣Thai Vegetable Mix ♣Pie Night <u>OR:</u> Salmon
	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

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	♣Cream of Wheat ♣Cottage Cheese ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣Cream of Wheat Cereal ♣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 Portions ♣Muffin ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter Toast and Preserves	♣Cream of Wheat ♣Western Omelette ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣Oatmeal ♣Beef Sausage ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣Cream Of Wheat ♣Bacon and Egg ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter
	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
	LUNCH	♣Minestrone Soup ♣Philly Cheese Sandwich ♣Green Pepper Slaw ♣Wedge Fries ♣Fruit Cocktail <u>OR:</u> Assorted Sandwiches	♣Cream of Cauliflower and Cheese Soup ♣Mini Cold Cut Sub ♣Pickled Beet Salad ♣Pickles ♣Ice Cream <u>OR:</u> Assorted Sandwiches	♣Tomato Soup ♣Grilled Cheese Sandwich ♣Waffle Fries ♣Tomato Slices ♣Strawberry and Rhubarb Compote <u>OR:</u> Assorted Sandwiches	♣Lentil Soup ♣Delicious Bowl of Chili ♣Garnishes/Condiments ♣Garden Salad ♣Cornbread ♣Banana <u>OR:</u> Assorted Sandwiches	♣Carrot Ginger Chowder ♣Chicken Souvlaki ♣Aromatic Rice ♣Greek Salad ♣Diced Pears <u>OR:</u> Assorted Sandwiches	♣Butternut Squash Soup ♣Broccoli Feta Quiche ♣Glazed Parsnips ♣Yogurt <u>OR:</u> Assorted Sandwiches
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		♣Succulent Pork Cutlet ♣Noisette Potato ♣New England Blend ♣Orange Citrus Cake <u>OR:</u> Lasagna	♣Salisbury Steak ♣Baked Potato with Green Onion and Sour Cream ♣Buttered Corn ♣Butter Tart Square <u>OR:</u> Pork	♣Cabbage Rolls ♣Red Potatoes ♣Ginger Carrots ♣Beignet Donut <u>OR:</u> Soup and Sandwich	♣Tomato Olive Salmon ♣Pasta Galore ♣Green Beans with Almonds ♣Marble Cheesecake <u>OR:</u> Cheeseburger	Classic Turkey Dinner: ♣Roast Turkey ♣Stuffing ♣Mashed Potatoes and Gravy ♣Warm Cobbler <u>OR:</u> Casserole	♣Juicy Chicken Breast ♣Gratinated Potato ♣Cauliflower ♣Mousse <u>OR:</u> Breaded Fish with Tatar Sauce
	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
	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

VENTA CARE CENTRE

FALL/WINTER 2025/2026

WEEK 4

DAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	♣Cream of Wheat ♣Cottage Cheese ♣Toast and Preserves ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣Cream of What Cereal ♣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 Portions ♣Muffin ♣Fresh Fruit <u>OR:</u> Cold Cereal Peanut Butter Toast and Preserves	♣Cream of Wheat ♣Bacon and Egg ♣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
LUNCH	♣Tomato Vegetable Soup ♣Hot Dog and Tater Bake ♣Romanesco Vegetables ♣Honeydew <u>OR:</u> Assorted Sandwiches	♣Beef Barley ♣Corned Beef, Swiss and Lettuce Sandwich ♣Green Peas and Corn Salad ♣Pickles ♣Applesauce <u>OR:</u> Assorted Sandwiches	♣Cream of Potato and Leek Soup ♣Chicken Burger ♣Fries ♣Tossed Florets ♣Canned Peaches <u>OR:</u> Assorted Sandwiches	♣Egg Drop Soup ♣Stir Fry Beef ♣Fried Rice ♣Sugar Snap Peas ♣Banana <u>OR:</u> Assorted Sandwiches	♣Chicken Gumbo ♣Loaded Mini Sliders ♣Cut Potato ♣Horizon Blend ♣Mixed Fruit <u>OR:</u> Assorted Sandwiches	♣Italian Wedding Soup ♣Cheese Cannelloni ♣Caesar Salad ♣Garlic Bread ♣Crushed Pineapple <u>OR:</u> Assorted Sandwiches	♣Cream of Vegetable Soup ♣French Toast with Syrup ♣Chicken and Apple Sausage ♣Tomato Slices ♣Berry Blend <u>OR:</u> 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
DINNER	♣Irish Stew ♣Biscuit ♣Mini Strudel <u>OR:</u> Soup and Sandwich	♣Turkey Cutlet with Red Peppers ♣Garlic Butter Gnocchi ♣Montego Mix ♣Strawberry Pudding with Wafer <u>OR:</u> Ham	♣Pork Tourtiere ♣Mashed Potatoes and Gravy ♣Paradiso Veggie ♣Cherries in Snow <u>OR:</u> Meatball	♣Shaved Striploin with Bell Peppers ♣Parisian Potatoes ♣New England Mix ♣Carrot Cake <u>OR:</u> Pork	♣Haddock Dinner ♣Rice And Peas ♣Sunrise Mix ♣Tiramisu Cake <u>OR:</u> Swiss Steak	♣Lime Glazed Chicken ♣Au Gratin Potatoes ♣Peas and Carrots ♣Ice Cream <u>OR:</u> Beef Slices	♣Beef Ribette ♣Couscous ♣Day Pick Mix ♣Pie Night <u>OR:</u> Turkey
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

Approved by: Shondarius RD