

VENTA CARE CENTRE

SPRING/SUMMER 2026

WEEK 1

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	♣ Cream of Wheat ♣ Cottage Cheese ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Hard Boiled Eggs ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Oatmeal ♣ Cheesy Scrambled Eggs ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Turkey Sausage ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Oatmeal ♣ Poached Eggs ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Oatmeal ♣ Cheese Portion ♣ Muffin ♣ Fruit OR: Cold Cereal Peanut Butter Toast and Preserves	♣ Cream of Wheat ♣ Scrambled Eggs and Bacon ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter
AM	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice
LUNCH	♣ Roasted Red Pepper Soup ♣ Beef Sausage Roll ♣ Baked Beans ♣ Mixed Slaw ♣ Strawberries OR: Assorted Sandwiches	♣ Spring World Soup ♣ Egg Salad on Croissant ♣ Beet Salad ♣ Pickles ♣ Fudge Bars OR: Assorted Sandwiches	♣ Cream of Mushroom Soup ♣ Chicken Tenders ♣ Plum Sauce ♣ Fries ♣ Garden Salad ♣ Jello OR: Assorted Sandwiches	♣ Chicken Parmesan Soup ♣ Pulled Pork ♣ Pompom ♣ Chickpea and Vegetable Salad ♣ Banana OR: Assorted Sandwiches	♣ Borscht ♣ Perogy Lunch ♣ Condiments ♣ Garlic Sausage ♣ Garden Peas ♣ Cinnamon Pears OR: Assorted Sandwiches	♣ Summer Barley Soup ♣ Chicken Ball ♣ Egg Fried Rice ♣ Sunshine Mix ♣ Mandarin Segments OR: Assorted Sandwiches	♣ Creamy Chowder ♣ Cheeseburger ♣ Waffle Fries ♣ Marinated Cold Vegetables ♣ Apple Slices OR: Assorted Sandwiches
PM	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice
DINNER	♣ Cranberry Chicken ♣ Latka Potato ♣ Sweet Carrots ♣ Boston Cream OR: Lasagna	♣ Meat Lasagna ♣ Garlic Bread ♣ Braised Red Cabbage ♣ Poundcake OR: Roasted Fish	♣ Crusted Tilapia with Cocktail Sauce ♣ Jasmine Rice ♣ Mixed Vegetables ♣ Ice Cream Sandwich OR: Chicken Breast	♣ Turkey Pasta Bake ♣ Spring Medley ♣ Rice Pudding OR: Liver and Fried Onions	Classic Roast Beef Dinner: ♣ Roast Beef ♣ Mini Yorkies ♣ Mashed Potatoes with Gravy ♣ Turnips ♣ Jello Fruit Salad OR: Soup and Sandwich	♣ Pork Chops ♣ Baby Creamer Potatoes ♣ Spiced Brussel Sprouts ♣ Yogurt OR: Meatball	♣ Honey Ham Dinner ♣ Scalloped Potatoes ♣ California Mix ♣ Pie Night OR: Chicken
HS	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice

VENTA CARE CENTRE

SPRING/SUMMER 2026

WEEK 2

D A Y	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	♣ Cream of Wheat ♣ Cottage Cheese ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Hard Boiled Eggs ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Vegetable Omelette ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Cottage Cheese ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Mushroom Omelette ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Poached Eggs ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Cheese Portion ♣ Muffin ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter Toast and Preserves
A M	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice
L U N C H	♣ Chicken Tortilla Soup ♣ Beef Taco Bake ♣ Spring Salad ♣ Fresh Orange Sections <u>OR:</u> Assorted Sandwiches	♣ Chicken Noodle Soup ♣ Turkey, Provolone and Lettuce Sandwich ♣ Potato Salad ♣ Pickles ♣ Jello <u>OR:</u> Assorted Sandwiches	♣ Cream of Asparagus Soup ♣ Fish and Chips ♣ Coleslaw ♣ Chunky Mango <u>OR:</u> Assorted Sandwiches	♣ Turkey Rice Soup ♣ Chicken Dippers ♣ Baked Macaroni ♣ Rainbow Mix ♣ Banana <u>OR:</u> Assorted Sandwiches	♣ Cream of Mushroom Soup ♣ Pineapple Veggie Burger ♣ Cut Potato ♣ Red Pepper and Corn Salad ♣ Ice Cream <u>OR:</u> Assorted Sandwiches	♣ Potato Vegetable Soup ♣ Beef Pot Pie with Gravy ♣ Honey Dill Carrots ♣ 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
P M	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice
D I N N E R	♣ Chicken Cacciatore ♣ Spaghetti ♣ Sunrise Blend ♣ Raspberry Squares <u>OR:</u> Baked Cod	♣ Swedish Meatballs ♣ Mashed Potatoes ♣ Paradiso Blend ♣ Pudding with Whipped Cream <u>OR:</u> Ham	♣ Chicken Supreme ♣ Prairie Potato ♣ Broccoli Florets ♣ German Chocolate Cake <u>OR:</u> Soup and Sandwich	♣ Country Pork Chops ♣ Layered Potato ♣ Kale and Bean Mix ♣ Jello Poke Cake <u>OR:</u> Liver and Fried Onions	♣ Chermoula Basa ♣ Wild Rice ♣ Fancy Four ♣ Mousse <u>OR:</u> Chicken Burger	♣ Pesto Veal ♣ Fingerling Potato ♣ Italian Blend ♣ Cream Puffs with Drizzle <u>OR:</u> Pot Pie	♣ Honey Garlic Dry Pork Ribs ♣ Chow Mein Noodles ♣ Oriental Mix ♣ Pie Night <u>OR:</u> Salmon
H S	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice

Approved by: Kondratieva RD

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B R E A K F A S T	♣ Cream of Wheat ♣ Cottage Cheese ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Hard Boiled Eggs ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Poached Eggs ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Cheese Portion ♣ Muffin ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter Toast and Preserves	♣ Cream of Wheat ♣ Western Omelette ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Beef Sausage ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream Of Wheat ♣ Scrambled Eggs and Bacon ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter
AM	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice
L U N C H	♣ Minestrone Soup ♣ Beef Dip ♣ Green Pepper Slaw ♣ Wedge Fries ♣ Fruit Cocktail <u>OR:</u> Assorted Sandwiches	♣ Cauliflower and Cheese Soup Chicken Salad Cold Plate: ♣ Apple Cranberry Chicken Salad ♣ Cucumber Slices ♣ Bun ♣ Ice Cream <u>OR:</u> Assorted Sandwiches	♣ Tomato Soup ♣ Grilled Rueben Sandwich ♣ Waffle Fries ♣ Tomato Slices ♣ Diced Pears <u>OR:</u> Assorted Sandwiches	♣ Lentil Soup ♣ Turkey Chili ♣ Garnishes/Condiments ♣ Garden Salad ♣ Cornbread ♣ Banana <u>OR:</u> Assorted Sandwiches	♣ Carrot Ginger Chowder ♣ Pulled Beef ♣ Fries ♣ Greek Salad ♣ Jello <u>OR:</u> Assorted Sandwiches	♣ Butternut Squash Soup ♣ Spinach Feta Quiche ♣ Glazed Parsnips ♣ Yogurt <u>OR:</u> Assorted Sandwiches	♣ Vegetable Rice Soup Cottage Cheese Fruit Plate: ♣ Cottage Cheese ♣ Cucumber Slices ♣ Banana Bread ♣ Carrot Salad ♣ Honeydew <u>OR:</u> Assorted Sandwiches
PM	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice
D I N N E R	♣ BBQ Pork Wing ♣ Melon Potato ♣ New England Blend ♣ Tarts <u>OR:</u> Lasagna	♣ Salisbury Steak ♣ Baked Potato with Green Onion and Sour Cream ♣ Buttered Corn ♣ Jello Divinity Candy <u>OR:</u> Pork	♣ Cabbage Rolls ♣ Red Potatoes ♣ Ginger Carrots ♣ Donut <u>OR:</u> Soup and Sandwich	♣ Caper Butter Salmon ♣ Dauphinoise potato ♣ Lyonnaise Beans ♣ Cream Cheesecake <u>OR:</u> Cheeseburger	Classic Turkey Dinner: ♣ Turkey ♣ Stuffing ♣ Mashed Potatoes ♣ Gravy ♣ Lemon pudding <u>OR:</u> Casserole	♣ Tangerine Chicken ♣ Filled Pasta ♣ Cauliflower ♣ Mousse <u>OR:</u> Breaded Fish with Tarta Sauce	♣ Homemade Meat Loaf ♣ Creamy Mashed Potatoes ♣ Heartland Mix ♣ Pie Night <u>OR:</u> Glazed Ham
HS	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	♣ Cream of Wheat ♣ Cottage Cheese ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Hard Boiled Eggs ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Maple Pork Patty ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Vegetarian Quiche ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Mexican Omelette ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Cheese Portion ♣ Muffin ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter Toast and Preserves	♣ Cream of Wheat ♣ Scrambled Eggs and Bacon ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter
AM	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice	Water or Juice
LUNCH	♣ Tomato Vegetable Soup ♣ Wieners and Beans ♣ Greens and Berries ♣ Watermelon <u>OR:</u> Assorted Sandwiches	♣ Beef Barley Soup ♣ Tuna Sandwich ♣ Summer Greens ♣ Pickles ♣ Applesauce <u>OR:</u> Assorted Sandwiches	♣ Chicken Gumbo Soup ♣ Red Pepper Steak ♣ O'Brien Potato ♣ Horizon Blend ♣ Jello <u>OR:</u> Assorted Sandwiches	♣ Heart Healthy Soup ♣ Hot Turkey Sandwich ♣ Romanesco Vegetables ♣ Banana <u>OR:</u> Assorted Sandwiches	♣ Potato and Leek Soup ♣ Chicken Burger ♣ Fries ♣ Tossed Florets ♣ Mixed Fruit <u>OR:</u> Assorted Sandwiches	♣ Italian Wedding Mix Soup ♣ Cheese Ravioli ♣ Caesar Salad ♣ Garlic Bread ♣ Crushed Pineapple <u>OR:</u> Assorted Sandwiches	♣ Cream of Vegetable Soup ♣ Belgian Waffle ♣ Chicken and Apple Sausage ♣ Tomato Slices ♣ Berry Blend <u>OR:</u> Assorted Sandwiches
PM	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice	Assorted Cookies Water or Juice
DINNER	♣ Stew ♣ Biscuit ♣ Sunrise Mix ♣ Creamy Parfaits <u>OR:</u> Soup And Sandwich	♣ Turkey Piccata ♣ Gnocchi ♣ Montego Mix ♣ Strawberry Pudding <u>OR:</u> Ham	♣ Pork Meat Pie ♣ Mashed Potatoes and Gravy ♣ Paradiso Vegetables ♣ Rainbow Jell-O Cake <u>OR:</u> Meatballs	♣ Cowboy Steak ♣ Anna Potato ♣ New England Mix ♣ Carrot Cake <u>OR:</u> Pork	♣ Roasted Cod ♣ Risotto ♣ Montego Mix ♣ Fruit Upside Down Cake <u>OR:</u> Swiss Steak	♣ Tangerine Chicken ♣ Yukon Gold ♣ 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 Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice	Assorted Sandwiches Water or Juice