

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 OR: Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Turkey Sausage ♣ 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 ♣ Hard Boiled Eggs ♣ 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
L U N C H	♣ Sweet Pepper Bisque ♣ Beef Sausage Roll ♣ Maple Baked Beans ♣ Autumn Salad ♣ Strawberries OR: Assorted Sandwiches	♣ Chicken Parmesan Soup ♣ Egg Salad on Bun ♣ Beet Salad ♣ Pickles ♣ Ice Cream OR: Assorted Sandwiches	♣ Creamy Chowder ♣ Cheeseburger ♣ Waffle Fries ♣ Marinated Cold Vegetable Salad ♣ Mixed Fruit OR: Assorted Sandwiches	♣ Vegetable Rice Soup ♣ Chicken Tenders ♣ Plum Sauce ♣ Fries ♣ Pineapple Princess Salad ♣ Banana OR: Assorted Sandwiches	♣ Borscht ♣ Perogy Lunch ♣ Condiments ♣ Garlic Sausage ♣ Garden Peas ♣ Pears OR: Assorted Sandwiches	♣ Italina Wedding Soup ♣ Cannelloni ♣ Garlic Bread ♣ Caesar Salad ♣ Apple Slices OR: Assorted Sandwiches	♣ Winter Barley Soup ♣ Tempura Chicken ♣ Egg Fried Rice ♣ Thai Mix ♣ Yogurt 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
D I N N E R	♣ Butter Chicken ♣ Basmati Rice ♣ Ginger Carrots ♣ Pudding OR: Liver and Onions	♣ Spaghetti and Meatballs ♣ Garlic Bread ♣ Italian Blend ♣ Lemon Buttermilk OR: Roasted Fish	♣ Pork Schnitzel ♣ Lemon Potato ♣ Harvard Beets ♣ Jello Fruit Cake OR: BBQ Chicken Breast	♣ Turkey Stroganoff ♣ Egg Noodles ♣ Root Vegetable Medley ♣ Date Square OR: Lasagna	Classic Roast Beef Dinner: ♣ Roast Beef ♣ Mini Yorkies ♣ Mashed Potatoes with Gravy ♣ Turnips ♣ Maple Pumpkin Cake OR: Soup and Sandwich	♣ Crusted Sole ♣ Rice Pilaf ♣ Red Cabbage ♣ Ice Cream OR: Meatball	♣ Honey Ham Dinner ♣ Scalloped Potatoes ♣ Corn ♣ 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

FALL/WINTER 2026/2027

WEEK 2

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 ♣ Vegetable 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 ♣ Cheese Portion ♣ Muffin ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter	♣ Oatmeal ♣ Poached Eggs ♣ Toast and Preserves ♣ Fruit <u>OR:</u> Cold Cereal Peanut Butter Toast and Preserves	♣ Cream of Wheat ♣ Mushroom Omelette ♣ 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	♣ Bean Soup ♣ Pulled Beef ♣ Wedge Fries ♣ Harvest Apple and Feta Salad ♣ Jello <u>OR:</u> Assorted Sandwiches	♣ Butternut Squash Soup ♣ Mini Deli Sub Sandwich ♣ Cucumber and Red Onion Salad ♣ Yogurt <u>OR:</u> Assorted Sandwiches	♣ Cream of Asparagus Soup ♣ Pineapple Veggie Burger ♣ Potato Bites ♣ Four Bean Salad ♣ Fresh Orange Sections <u>OR:</u> Assorted Sandwiches	♣ Italian Vegetable Soup ♣ Chicken Stir Fry ♣ Steamed Noodles ♣ Asian Vegetable Mix ♣ Banana <u>OR:</u> Assorted Sandwiches	♣ Cream of Mushroom Soup ♣ Fish and Chips ♣ Coleslaw ♣ Chunky Mango <u>OR:</u> Assorted Sandwiches	♣ Chicken Noodle Soup ♣ Beef Pot Pie with Gravy ♣ Dill Carrots ♣ Ice Cream <u>OR:</u> Assorted Sandwiches	♣ Potato Vegetable Soup - Cottage Cheese Fruit Plate: ♣ Cottage Cheese ♣ Cucumber Slices ♣ Banana Bread ♣ Garden Pasta 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	♣ Chicken in Mushroom Sauce ♣ Angel Hair Pasta ♣ Broccoli Florets ♣ English Toffee <u>OR:</u> Baked Cod	♣ Shephard's Pie ♣ Gravy ♣ Country Roast Vegetables ♣ Mousse <u>OR:</u> Ham	♣ Fruity Tilapia ♣ Rice ♣ West Coast Blend ♣ Pudding <u>OR:</u> Soup and Sandwich	♣ Pork Chops ♣ Sweet Grass Spätzle ♣ Four Mix ♣ Fruit Cobbler <u>OR:</u> Liver and Fried Onions	♣ Cranberry Chicken ♣ Duchess Potatoes ♣ Sunrise Blend ♣ Cheesecake <u>OR:</u> Pot Pie	♣ Veal Chops ♣ Fingerling Potato ♣ Almond Green Beans ♣ Cream Puffs with Drizzle <u>OR:</u> Chicken	♣ Honey Garlic Dry Pork Ribs ♣ Chow Mein Noodles ♣ Oriental Mix ♣ Pie Night <u>OR:</u> Salmon
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

Approved by: Spontaneous 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 OR: Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Hard Boiled Eggs ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Oatmeal ♣ Scrambled Eggs ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Oatmeal ♣ Poached Eggs ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Denver Omelette ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Oatmeal ♣ Beef Sausage ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Cheese Portion ♣ Muffin ♣ Fruit OR: Cold Cereal Peanut Butter Toast and Preserves
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	♣ Chicken Noodle Soup ♣ Philly Cheesesteak ♣ Savory Potato ♣ Winter Slaw ♣ Mixed Fruit OR: Assorted Sandwiches	♣ Minestrone Soup ♣ Turkey, Provolone and Lettuce Sandwich ♣ Potato Salad ♣ Pickles ♣ Ice Cream OR: Assorted Sandwiches	♣ Tomato Soup ♣ Grilled Cheese Sandwich ♣ Waffle Fries ♣ Tomato Slices ♣ Fruit Cocktail OR: Assorted Sandwiches	♣ Cauliflower and Cheese Soup ♣ Chicken Burger ♣ Fries ♣ Garden Salad ♣ Banana OR: Assorted Sandwiches	♣ Chunky Leek and Cabbage Soup ♣ Beef Chili ♣ Cornbread ♣ Kale and Yellow Carrot Salad ♣ Jello OR: Assorted Sandwiches	♣ Carrot Ginger Chowder ♣ Quiche Lorraine ♣ Asparagus and Potato ♣ Yogurt OR: Assorted Sandwiches	♣ Lentil Spinach Soup ♣ French Toast with Syrup ♣ Scrambled Eggs ♣ Bacon ♣ Hashbrown Potato ♣ Ice Cream 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
D I N N E R	♣ BBQ Pork Cutlet ♣ Whipped Potato ♣ Buttered Corn ♣ Maple Fruit Pudding OR: Breaded Fish	♣ Salisbury Steak ♣ Baked Potato with Green Onion and Sour Cream ♣ New England Mix ♣ Caramel Apple Crumble OR: Soup and Sandwich	♣ Salmon ♣ Couscous ♣ Niagara Blend ♣ Raspberry Squares OR: Pork	♣ Cabbage Rolls ♣ Red Potatoes ♣ Baby Carrots ♣ Sticky Toffee Pudding OR: Casserole	Classic Turkey Dinner: ♣ Turkey ♣ Stuffing ♣ Mashed Potatoes ♣ Gravy ♣ Beignets OR: Glazed Ham	♣ Farm Poultry ♣ Wild Rice ♣ Heartland Mix ♣ Mousse OR: Lasagna	♣ Homemade Meat Loaf ♣ Creamy Mashed Potatoes ♣ Cauliflower ♣ Pie Night OR: Cheeseburger
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
B R E A K F A S T	♣ 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 ♣ Mexican Omelette ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Cream of Wheat ♣ Vegetarian Quiche ♣ Toast and Preserves ♣ Fruit OR: Cold Cereal Peanut Butter	♣ Oatmeal ♣ Maple Pork Patty ♣ 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
L U N C H	♣ Beef Barley Soup ♣ Homeland Hot Dog Casserole ♣ Cranberry and Greens Salad ♣ Jello OR: Assorted Sandwiches	♣ Chicken Corn Soup ♣ Tuna Pasta Salad ♣ Bun ♣ Cabbage and Beet Salad ♣ Pickles ♣ Cinnamon Applesauce OR: Assorted Sandwiches	♣ French Onion Soup ♣ Chicken Burger ♣ Fries ♣ Tossed Florets ♣ Crushed Pineapple OR: Assorted Sandwiches	♣ Tomato Vegetable Soup ♣ Hot Turkey Sandwich ♣ Romanesco Vegetables ♣ Banana OR: Assorted Sandwiches	♣ Potato and Leek Soup ♣ Cheese Ravioli ♣ Caesar Salad ♣ Garlic Bread ♣ Baked Apples OR: Assorted Sandwiches	♣ Italian Wedding Mix Soup ♣ Fish Wings ♣ Waffle Fries ♣ Carrot Salad with Dried Fruit ♣ Mixed Fruit OR: Assorted Sandwiches	♣ Cream of Vegetable Soup ♣ Belgian Waffle ♣ Chicken and Apple Sausage ♣ Tomato Slices ♣ Yogurt 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
D I N N E R	♣ Beef Vegetable Stew ♣ Biscuit ♣ Trifle OR: Ham	♣ Turkey Piccata ♣ Gnocchi ♣ Fall Mix ♣ Pudding OR: Meatballs	♣ Roasted Hake ♣ Risotto ♣ Brussel's Style Blend ♣ Winter Wonderland Cake OR: Swiss Steak	♣ Shaved Striploin Steak ♣ O'Brien Potato ♣ Cauliflower with Cheese Sauce ♣ Fruit Upside Down Winter Citrus Cake OR: Soup and Sandwich	♣ Pork Meat Pie ♣ Mashed Potatoes with Gravy ♣ Paradiso Mix ♣ Carrot Cake OR: Turkey	♣ Beef Ribette ♣ Cheesy Bowtie ♣ Day Pick Mix ♣ Ice Cream OR: Pork	♣ Sticky Pork Chops ♣ Yukon Gold Potatoes ♣ Peas and Carrots ♣ Pie Night OR: Beef Slices
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

Approved by: Spoudratia RD