

**Spring Summer Week 1 (Main Meal Dinner)**

**Welleslay Central Place  
Fall Winter 2009 2010**

	<b>Monday (Day 1)</b>	<b>Tuesday (Day 2)</b>	<b>Wednesday (Day 3)</b>	<b>Thursday (Day 4)</b>
<b>B R E A K F A S T</b>	Choice of juice Oatmeal Peanut Butter Raisin Toast Fresh Fruit Assorted Cold Cereal	Choice of juice Cream of Wheat Cheese Slice Toast w/Jams & Spreads Fresh Fruit Assorted Cold Cereal	Choice of juice Oatmeal Scrambled Eggs Toast w/Jams & Spreads Fresh Fruit Assorted Cold Cereal	Choice of juice Cream of Wheat Poached Egg Toast w/Jams & Spreads Fresh Fruit Assorted Cold Cereal
<b>L U N C H</b>	Crn of Mushroom Soup Devilleed Egg Plate w/Dinner Roll & Mixed Greens Mandarin Magic	Chicken w/Rice Soup Tuna Salad Sandwich Carrot Salad Pineapple	Heartland Bean Soup Sole Fingers Savoury Diced Potatoes Broccoli Lemon Pudding	Beef Barley Soup Chicken Sandwich Cucumber Coins w/Dip Apricots
	Beef Vegetable Stir Fry Rice Date Square	Macaroni & Beef w/Diced Tomatoes Baked Oatmeal Cookie	Mini Turkey Sub Pickled Beets Diced Mango	Sliced Ham w/Waffle & Syrup Strawberries Vanilla Ice Cream
<b>D I N N E R</b>	BBQ Ribs Potato Wedges Corn Berry Applesauce	Herbed Pork Loin Mashed Potatoes Parslied Cauliflower Apple Brown Betty	Corned Beef Scalloped Potatoes Cabbage Pears	Salmon Savoury Mashed Potatoes Spinash Fruit Parfait
	Oven Baked Chicken Mashed Potatoes w/Gravy Scandinavian Veges Butterscotch Ice Cream	Vegetable Strata Hashbrowns Stewed Rhubarb & Strawberries	Cheese Tortellini  Peas Boston Cream Pie	Shepherd's Pie Creamed Corn Chocolate Cake

**\*\*Whole Wheat Bread, Margarine or Butter, Milk, Water & Coffee or Tea served with every meal.**

**\*\*All leaf salads to be served with salad dressing.**

**\*\*Gravy to be served with meals at appropriate hot meals at lunch and dinner at resident's request. Serving size = 2 fl oz.**

**Dietitian Signature:**

<b>Friday (Day 5)</b>	<b>Saturday (Day 6)</b>	<b>Sunday (Day 7)</b>
<b>Choice of juice</b> <b>Oatmeal</b> <b>Breakfast Sausage</b> <b>Pancake w/ Syrup</b> <b>Fresh Fruit</b> <b>Assorted Cold Cereal</b>	<b>Choice of juice</b> <b>Cream of Wheat</b> <b>Cheese Slice</b> <b>Toast w/Jams &amp; Spreads</b> <b>Fresh Fruit</b> <b>Assorted Cold Cereal</b>	<b>Choice of juice</b> <b>Oatmeal</b> <b>Poached Egg</b> <b>Crispy Bacon</b> <b>French Toast w/Syrup</b> <b>Fresh Fruit</b> <b>Assorted Cold Cereal</b>
<b>Potato Leek Soup</b> <b>Egg Salad Sandwich</b> <b>Spinach Blend Salad</b> <b>Cantaloupe</b>	<b>Minestrone Soup</b> <b>Hot Pastrami Sandwich</b> <b>Sauerkraut</b> <b>Tropical Fruit Salad</b>	<b>Vegetable Soup</b> <b>Crab Salad Plate</b> <b>w/Multi Grain Bread</b> <b>Beet &amp; Onion Salad</b> <b>Watermelon</b>
<b>Tourtiere</b> <b>Wax Beans</b> <b>Rice Pudding</b>	<b>Cottage Cheese Plate</b> <b>w/Tea Biscuit</b> <b>&amp; Pineapples</b> <b>Mini Chocolate Éclair</b>	<b>Open Face Hot Pork</b> <b>w/Gravy</b> <b>Diced Carrots</b> <b>Strawberry Ice Cream</b>
<b>Diced Turkey w/Gravy</b> <b>Mashed Potatoes</b> <b>Squash</b> <b>Blackberry Crumble</b>	<b>Farmer Sausage</b> <b>Mashed Potatoes w/Gravy</b> <b>Brussel Sprouts</b> <b>Rice Krispie Square</b>	<b>Liver w/Gravy</b> <b>Mashed Potatoes</b> <b>Sauteed mushroom &amp; Onion</b> <b>Chocolate Cream Pie</b>
<b>Beer Battered Haddock</b> <b>French Fries</b> <b>Pacific Garden Veggies</b> <b>Citrus Fruit Cup</b>	<b>Mandarin Chicken</b> <b>Rice</b> <b>Oriental Vegetables</b> <b>Sliced Banana w/Cream</b>	<b>Vegetable Lasagna</b> <b>Garlic Cheese Bread</b> <b>Tossed Salad</b> <b>Orange Sections</b>