

# Sample - Dining Room Menu

August 8th to August 14th, 2005

wk 4

N.B. There may be slight changes to this menu.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Choice of cold cereal, oatmeal, scrambled eggs, bacon, cottage cheese, fruit, toast coffee, tea	Choice of cold cereal, oatmeal, fried eggs, ham, cheese, raisin bread, toast, jam, coffee, tea	Cooked oatmeal, boiled eggs, cold cereals, bacon, cheeses, fruit, toast, jams, tea, coffee	Scrambled eggs, choice of cereals, ham, bacon, rye bread toast, jams english muffins, yogurt, coffee, tea	Cold cereals, cooked oatmeal, eggs of choice, bacon, yogurt, canned fruit, toast jam, tea, coffee	Choice of cold cereals, fried eggs cooked oatmeal, ham, bacon, yogurt toast, raisin bread fruit, tea, coffee	Choice of eggs, and cold cereals bacon, ham, yogurt french toast, muffins, jams, cheese, tea, coffee
<b>Lunch</b>	Summer chicken vegetable soup, potato pancakes with sour cream, or resident's choice, cake & fruit.	Dill rice soup, smoked salmon on croissant or resident's choice, cake & fruit.	Cauliflower soup, barbeque hamburger on a bun, tomato, onions pickles or resident's choice, cake & fruit .	Vegetable soup, spaghetti with meat sauce or resident's choice, cake & fruit.	Navy bean soup, stuffed fried dumpling with mushrooms or resident's choice, cake & fruit.	Tomato rice soup, corned beef sandwich, pickles or resident's choice, cake & fruit.	Cream of broccoli soup, cold meat & cheese plate, buns, vegetable sticks or resident's cake & fruit
<b>Dinner</b>	Baked pork chops, gravy mashed potatoes, red cabbage, corn and dessert.	Baked meat loaf, mashed potatoes, red beets, squash, and ice cream.	Baked chicken legs, buttered pasta or potatoes, mixed vegetables, brussel sprouts, and dessert.	Braised pork cutlets with gravy, potatoes, carrot salad, broccoli, and ice cream.	Baked fish, potatoes, zucchini, mixed vegetables and dessert.	Veal paprikash, gravy, mashed potatoes, sauerkraut salad, mixed vegetables, dessert.	Chicken breast stuffed with mushrooms, pasta or potatoes, baby carrots, green peas, pie and ice cream .