

BREAKFAST

7:30 A.M.-9:30 A.M. FULL
7:30 A.M.-10:00 A.M. COLD

LUNCH

11:00 A.M.-1:15 PM

DINNER

5:00 P.M.-7:15 P.M.
DINING ROOM CLOSSES AT 8:00 P.M.

Day	16/1/2022	17/1/2022	18/1/2022	19/1/2022	20/1/2022	21/1/2022	22/1/2022
Breakfast	Vegetable omelet with grilled hash brown potatoes	Eggs benedict	Apple French toast with bacon	Blueberry Pancakes Sausage	Scrambled eggs hash brown potatoes and sausage	Boiled eggs with Bacon and hash browns	Apple French toast with bacon
Soup	beef and bean	Tomato basil	Lentil	Minestrone	Spinach and cheddar	Borscht	creamy carrot and dill
Lunch	Pizza sub with onion rings	Blackened Chicken Breast with roasted corn, peppers onions with linguini pasta on Cajun creamy sauce	Reuben Sandwich: Marble Rye bread, corned beef, sauerkraut, dill pickle, thousand island dressing with nachos chips and salsa	Chicken Parmesan with Pasta and carrot sticks with butter honey and parsley	Jerk Chicken Tacos: coleslaw, jerk seasoned chicken strips and chipotle aioli	Perogies Platter	Quesadillas filled with beef and cheese, served with Chips and salsa
Dessert	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
Supper	Chicken Pita with Greek salad and garlic toast, tzatziki sauce	Fresh Turkey on a bun with gravy and cranberry served with fries	Cajun Chicken wings with blue cheese dressing and vegetable sticks	Roast beef with mushroom sauce, Broccoli with cheese sauce and Lyonnais potatoes	Italian Sausage with peppers, onions, marinara sauce and smash potatoes	Beef and Vegetable stir fry with rice and spring rolls	Parpadelle mixed with sautéed chicken, fresh vegetables and garlic toast
Dessert	Rice Krispy squares	ice cream	Fruit tarts	Assorted Squares	Brownies	Nanaimo bars	pie