

Week 1

Normanna - Fall/Winter 2019 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6	7
Breakfast	Assorted Juice Oatmeal Poached Egg Raisin Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Scrambled Eggs Bran Muffin Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Cheese Omelet Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Poached Egg Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Scrambled Eggs + Bacon Whole Wheat Toast Peanut Butter/Assorted Jams Banana
Alternate	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal+H:I</i>
10:00 AM	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>
Lunch	Steamed Cod Fillets with Spinach and White Wine Sauce Scalloped Potatoes Glazed Carrots Chocolate Cake with Raspberry Coulis	Pork Souvlaki with Tzatziki Lemon Rice Pilaf Greek Salad Orange Sorbet	Breast of Chicken with Mushroom Sauce Roast Potatoes Steamed Cauliflower Vanilla Baked Custard	Slow-Cooked Lamb and White Bean Casserole Glazed Root Vegetables Dinner Roll Tapioca Pudding	Salmon with Teriyaki Glaze Steamed Rice Stir Fry Vegetables Cinnamon roll	Baked Ham with Mustard & Brown Sugar Glaze Herb Roasted Nugget Potato Winter Mix Vegetables Diced Mango	Butter Chicken Steamed Rice Roasted Rutabaga Coconut Cream Pie
Alternate	<i>Cheddar Cheese Sandwich</i>	<i>Baked Chicken Thigh</i>	<i>Beef Meatballs</i>	<i>Herbed Chicken Breast</i>	<i>Mild Italian Pork Sausage</i>	<i>Classic Meatballs in Gravy</i>	<i>Breaded Sole Fillet</i>
2PM	<i>Assorted Beverages</i> <i>Cantaloupe/Mini Cupcakes</i>	<i>Assorted Beverages</i> <i>Pineapple/ Date Squares</i>	<i>Assorted Beverages</i> <i>Cantaloupe / Nanaimo Bar</i>	<i>Assorted Beverages</i> <i>Pineapple / Zucchini Loaf</i>	<i>Assorted Beverages</i> <i>Apple Slices / Chocolate Cake</i>	<i>Assorted Beverages</i> <i>Orange Wedges / Danish</i>	<i>Assorted Beverages</i> <i>Honeydew / Cranberry Loaf</i>
Supper	Unsalted Soda Crackers Cream of Broccoli Soup Three Cheese Macaroni and Cheese Garlic Bread Caesar Salad Peach Melba Cake	Unsalted Soda Crackers Tomato & Basil Soup served with Multigrain Roll Classic Swedish Meatballs with Gravy Whipped Potatoes Buttered green beans Fresh Fruit Cup	Unsalted Soda Crackers Cream of Vegetable with Barley Perogies w/Caramalized Onion, Bacon, Sour Cream Orange & Beet Salad Maple Chocolate Cake	Unsalted Soda Crackers Chicken Noodle soup Cabbage Roll in Tomato Sauce Soft Wholewheat dinner Roll Lemon Tart	Unsalted Soda Crackers Cream of Cauliflower Soup Sherperd's Pie Chef's salad with Buttermilk Dressing Whole Wheat Dinner Roll Apple Pie with Custard	Unsalted Soda Crackers Lentil and Cumin soup Vegetarian Lasagna Garlic Bread House Salad Strawberry Shortcake	Unsalted Soda Crackers Maple Roasted Yam Soup BBQ Pulled Pork Sandwich Potato Wedges Red Cabbage and Apple Coleslaw Mandarin Oranges
Alternate	<i>Egg Salad Sandwich</i>	<i>Baked Beans</i>	<i>Roast Beef Sandwich</i>	<i>Egg Salad Sandwich</i>	<i>Cheese & Tomato Sandwich</i>	<i>Chicken Salad Sandwich</i>	<i>Egg Salad Sandwich</i>
HS	<i>Assorted Beverages</i> <i>Shortbread Cookies</i>	<i>Assorted Beverages</i> <i>Oatmeal Cookies</i>	<i>Assorted Beverages</i> <i>Raisin Cookies</i>	<i>Assorted Beverages</i> <i>Assorted Cookies</i>	<i>Assorted Beverages</i> <i>Digestive Cookies</i>	<i>Assorted Beverages</i> <i>Peanut Butter Cookies</i>	<i>Assorted Beverages</i> <i>Chocolate Chip Cookies</i>

Menu subject to change without notice

Audited by Site Registered Dietitian
October 2019

Breakfast: 250 ml of milk and 125 ml of juice are offered daily
Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily; Assorted Beverages is available upon request (125 ml juices/milk)
Assorted sandwich is also available upon request at HS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8	9	10	11	12	13	14
Breakfast	Assorted Juice Oatmeal Poached Egg Raisin Toast Peanut Butter/Assorted Jams Banana/Canteloupe	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Apple Slices/Banana	Assorted Juice Oatmeal Scrambled Eggs Banana Muffin Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Cheese Omelet Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Poached Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Scrambled Eggs + Bacon Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon
<i>Alternate</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>
<i>10:00 AM</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>
Lunch	Steamed Sole with Bonne Femme Sauce Whipped Potatoes Buttered Carrots Blueberry Cheesecake	Chicken Cacciatore Mushroom Rice Pilaf Braised Red Cabbage Lemon Tart	Roast Beef with Yorkshire Pudding Pan Roast Gravy Buttered Red Nugget Potatoes Roasted Winter Vegetables Boston Cream Pie	Sweet & Sour Pork Fried Rice Stir Fry Oriental Vegetables Diced Mango	Baked Tilapia Lemon Caper Sauce Parsley Creamed Potatoes Honey Glazed Carrots Banana Cup Cake	Chicken Breast with BBQ Sauce Baked Potato w/Sour Cream Roasted Beet Salad with Honey / Citrus Vinaigrette Strawberry Mousse	Roast Pork Loin with Gravy and Applesauce Mustard Potatoes Winter Vegetable Medley Lemon Cheesecake
<i>Alternate</i>	<i>Beef Meatballs</i>	<i>Breaded White Fish</i>	<i>Chicken in Tomato Sauce</i>	<i>Breaded Sole Fillet</i>	<i>Turkey Stroganoff</i>	<i>Sweet & Sour Pork</i>	<i>Sliced Roast Beef</i>
<i>2PM</i>	<i>Assorted Beverages</i> <i>Pineapple/ Date Squares</i>	<i>Assorted Beverages</i> <i>Honeydew/Mini Cupcakes</i>	<i>Assorted Beverages</i> <i>Cantaloupe / Nanaimo Bar</i>	<i>Assorted Beverages</i> <i>Pineapple / Zucchini Loaf</i>	<i>Assorted Beverages</i> <i>Apple Slices / Danish</i>	<i>Assorted Beverages</i> <i>Orange Wedges / Danish</i>	<i>Assorted Beverages</i> <i>Honeydew / Cranberry Loaf</i>
	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Supper	Butternut Squash Soup Vegetarian Chilli with Cheese Corn Bread Rhubarb Crisp with Cream Chantilly	Cream of Celery Soup Fusilli Pasta with Tomato and Roasted Pepper Sauce Broccoli, Carrot and Apple Slaw Peaches & Pears	Vegetable Rice Soup Garden Vegetable Frittata Cheese Sauce Tomato & Cucumber Salad Fresh Fruit Trifle	Cream of Mushroom Soup served with Multigrain Roll Chicken Nuggets, Plum Sauce Potato Wedges House Salad Pineapple Upside Down Cake	Wonton Soup Turkey with Hoisin Sauce Vegetable Chow Mein Garlic & Ginger Broccoli Fruit Jello	Tomato Rice Soup Beef Hamburger Tomato, Lettuce, and Cucumber Creamy Coleslaw German Chocolate Cake	Beef Vegetable Soup Butternut Squash and Potato Curry Basmati Rice Marinated Cucumber Salad Fruit Cocktail
<i>Alternate</i>	<i>Cheese & Tomato Sandwich</i>	<i>Tuna Salad Sandwich</i>	<i>Roast Beef Sandwich</i>	<i>Honey Roast Ham Sandwich</i>	<i>Chicken Salad Sandwich</i>	<i>Tuna Salad Sandwich</i>	<i>Baked Beans In Tomato Sauce</i>
<i>HS</i>	<i>Assorted Beverages</i> <i>Shortbread Cookies</i>	<i>Assorted Beverages</i> <i>Oatmeal Cookies</i>	<i>Assorted Beverages</i> <i>Apple Turnover Cookie</i>	<i>Assorted Beverages</i> <i>Assorted Cream Cookies</i>	<i>Assorted Beverages</i> <i>Digestive Cookies</i>	<i>Assorted Beverages</i> <i>Peanut Butter Cookies</i>	<i>Assorted Beverages</i> <i>Chocolate Chip Cookies</i>

Menu subject to change without notice

Audited by Site Registered Dietitian
October 2019

Breakfast: 250 ml of milk and 125 ml of juice are offered daily
Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily; Assorted Beverages is available upon request (125 ml juices/milk)
Assorted sandwich is also available upon request at HS

Week 3

Normanna - Fall/Winter 2019 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	15	16	17	18	19	20	21
Breakfast	Assorted Juice Oatmeal Poached Egg Raisin Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Scrambled Eggs Bran Muffin Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Cheese Omelet Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Poached Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Scrambled Eggs + Bacon Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon
Alternate	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>
10:00 AM	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>
Lunch	Almond-Crusted Tilapia with Tartar Sauce Buttermilk Whipped Potatoes Steamed Broccoli Citrus Cake with Berry Compote	Chicken Souvlaki with Tzatziki Lemon Rice Pilaf Greek Salad Banana Cream Pie	Pork Cutlet with Grainy Mustard Sauce Maple Glazed Yams Braised Green Beans with Tomato and Peppers Éclair	Grilled Chicken Breast Mushroom Cream Sauce Egg Noodles Sautéed Zucchini & Tomato Orange Sorbet	Steamed Fillets of Sole Parsley and Lemon Sauce Rice Pilaf Glazed Carrots Fruit Salad	Chicken Parmigiana Herbed Tomato Sauce Buttered Red Nugget Potatoes Garden Vegetables Sticky Toffee Pudding	Roast Turkey with Bread Stuffing and Gravy Cranberry Sauce Roasted Potatoes Parslied Carrots Sliced Peaches & Pears
Alternate	<i>Sweet & Sour Meatballs</i>	<i>Breaded Sole Fillet</i>	<i>Mac & Cheese</i>	<i>Carrot & Lentil Dhal</i>	<i>Italian Pork Sausage</i>	<i>Beef Meatballs</i>	<i>Breaded Sole Fillet</i>
2PM	<i>Assorted Beverages</i> <i>Honeydew/Cupcakes</i>	<i>Assorted Beverages</i> <i>Pineapple/ Date Squares</i>	<i>Assorted Beverages</i> <i>Cantaloupe / Nanaimo Bar</i>	<i>Assorted Beverages</i> <i>Pineapple / Zucchini Loaf</i>	<i>Assorted Beverages</i> <i>Apple Slices / Chocolate Cake</i>	<i>Assorted Beverages</i> <i>Orange Wedges / Danish</i>	<i>Assorted Beverages</i> <i>Honeydew / Cranberry Loaf</i>
	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Supper	Tomato Soup Macaroni & Cheese Oil and Vinegar Coleslaw Tangerine Mousse	Corn Chowder served with Multigrain roll Classic Meatloaf with Gravy Potato Wedges Chef's Salad Fresh Fruit Salad	Curried Carrot & Lentil Soup Seafood Croissant Mixed Green Salad Apple Pie	Minestrone Soup Maple Sausage Garlic Bread Marinated Tomato and Cucumber Salad Sliced Peaches	Vegetable Barley Soup Salisbury Steak, Onions, Gravy Minted Peas Whole Wheat Dinner Roll Crème Caramel	Wonton Soup with Bok Choy & Carrots Char Siu Pork Loin Steamed Rice with Green Onions Stir Fry Vegetables Citrus Cake w/ Orange Sauce	Leek and Potato Soup Chicken Breast Burger Sliced Tomato and Lettuce Coleslaw Strawberry Rhubarb Pie
Alternate	<i>Ham & Cheese Sandwich</i>	<i>Vegetarian Sandwich</i>	<i>Chicken Sandwich</i>	<i>Curry Dahl / Naan Bread</i>	<i>Tuna Salad Sandwich</i>	<i>Chicken Salad Sandwich</i>	<i>Egg Salad Sandwich</i>
HS	<i>Assorted Beverages</i> <i>Blueberry Muffin</i>	<i>Assorted Beverages</i> <i>Oatmeal Cookies</i>	<i>Assorted Beverages</i> <i>Banana Bread</i>	<i>Assorted Beverages</i> <i>1/2 Cheese Sandwich</i>	<i>Assorted Beverages</i> <i>Digestive Cookies</i>	<i>Assorted Beverages</i> <i>Peanut Butter Cookies</i>	<i>Assorted Beverages</i> <i>Chocolate Chip Cookies</i>

Menu subject to change without notice

Audited by Site Registered Dietitian
October 2019

Breakfast: 250 ml of milk and 125 ml of juice are offered daily
Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily; Assorted Beverages is available upon request (125 ml juices/milk)
Assorted sandwich is also available upon request at HS

Week 4

NORMANNA CARE HOME - Autum / winter 2019-20 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	22	23	24	25	26	27	28
Breakfast	Assorted Juice Oatmeal Poached Egg Raisin Toast Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Scrambled Eggs Blueberry Muffin Peanut Butter/Assorted Jams Orange/Watermelon	Assorted Juice Oatmeal Boiled Egg Whole Wheat Toast Peanut Butter/Assorted Jams Banana	Assorted Juice Oatmeal Cheese Omelet Whole Wheat Toast Peanut Butter/Assorted Jams Orange Wedges	Assorted Juice Oatmeal Poached Egg Whole Wheat Toast Peanut Butter/Assorted Jams Apple Slices	Assorted Juice Oatmeal Scrambled Eggs + Bacon Whole Wheat Toast Peanut Butter/Assorted Jams Orange/Watermelon
Alternate	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>	<i>Assorted Cold Cereal</i>
10:00 AM	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>	<i>Assorted Beverages</i>
Lunch	Lemon Pepper Chicken Herbed Potatoes Vegetable Medley Bread and Raisin Pudding with Caramel Sauce	Pork Chops with Orange Sauce Delmonico Potatoes Braised Green Cabbage Carrot Cake	Fish & Chips Tartar Sauce, Lemon Wedge Minted Peas Butterscotch Pudding	Roast Beef with Yorkshire Pudding Pan Roast Gravy Mashed Potatoes Parslied Carrots Apple Pie with Vanilla Whipped Cream	Grilled Salmon Herbed Cream Sauce Scalloped Potatoes Sauteed Zucchini with Dill Rhubarb Strawberry Crisp	Swedish Meatballs Lemon Herb Rice Pilaf Brussel Sprouts Pineapple Upside Down Cake	Honey Garlic Chicken Vegetable Chow Mein Stir Fry Vegetables Baked Custard
Alternate	<i>Italian Pork Sausage</i>	<i>Roasted Chicken Breast</i>	<i>Beef Meatballs with Gravy</i>	<i>Breaded Sole Fillet</i>	<i>Baked Chicken Thigh</i>	<i>Turkey a La King</i>	<i>Salmon</i>
2PM	<i>Assorted Beverages</i> <i>Orange Wedges/Mini Cupcakes</i>	<i>Assorted Beverages</i> <i>Pineapple/ Date Squares</i>	<i>Assorted Beverages</i> <i>Cantaloupe / Nanaimo Bar</i>	<i>Assorted Beverages</i> <i>Pineapple / Zucchini Loaf</i>	<i>Assorted Beverages</i> <i>Apple Slices / Chocolate Cake</i>	<i>Assorted Beverages</i> <i>Orange Wedges / Danish</i>	<i>Assorted Beverages</i> <i>Honeydew / Cranberry Loaf</i>
	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Supper	Tomato Basil Soup served with Multigrain roll Quiche Lorraine Chopped Salad with Buttermilk and Poppy Seed Dressing Strawberry Mousse	Cream of Vegetable and Barley Soup Vegetarian Lasagna Garlic Bread Caesar Salad Maple Chocolate Cake	Broccoli Cheddar Soup Chicken Pot Pie Whole Wheat Dinner Roll Mixed Winter Vegetables Lemon Tart with Raspberry Coulis	Roasted Squash & Apple Soup Sweet and Sour Pork Steamed Rice Marinated Cucumber with Rice Wine Winegar Dressing Coconut Rice Pudding with Mango Coulis	Leek and Potato Soup Chicken Alfredo with Penne Pasta Garlic Bread Sliced Tomatoes Chocolate Brownie	Cream of Carrot Soup Vegetarian Three Bean Chili Corn Bread Diced Mango	Cauliflower Bisque Beef Hamburger Potato Wedges Lettuce & Tomato Slices Fresh Fruit Cocktail
Alternate	<i>Turkey Salad Sandwich</i>	<i>Vegetarian Sandwich</i>	<i>Ham & Cheese Sandwich</i>	<i>Chicken Salad Sandwich</i>	<i>Egg Salad Sandwich</i>	<i>Roast Beef Sandwich</i>	<i>Asst Sandwiches</i>
HS	<i>Assorted Beverages</i> <i>Shortbread Cookies</i>	<i>Assorted Beverages</i> <i>Oatmeal Cookies</i>	<i>Assorted Beverages</i> <i>Macadamia Cookies</i>	<i>Assorted Beverages</i> <i>Cheese & Crackers</i>	<i>Assorted Beverages</i> <i>Digestive Cookies</i>	<i>Assorted Beverages</i> <i>Peanut Butter Cookies</i>	<i>Assorted Beverages</i> <i>Tea Biscuit with Peanut Butter</i>

Menu subject to change without notice

Audited by Site Registered Dietitian
October 2019

Breakfast: 250 ml of milk and 125 ml of juice are offered daily
Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily; Assorted Beverages is available upon request (125 ml juices/milk)
Assorted sandwich is also available upon request at HS