

# Admirals' Coast Retirement Centre

## Menu Planner

### Week 1

| <b>Day</b> | <b>Breakfast</b>   | <b>Lunch</b>  | <b>Dessert</b>  | <b>Supper</b>   | <b>Dessert</b>                 |
|------------|--|---|---|---|--------------------------------|
| Monday     | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request. | Chicken legs with peas, carrots, and potatoes (roasted, olive oil, salt, pepper, basil)                                 | Jell-O (made with water) or custard(made with milk, sugar, and egg)   | Grilled cheese sandwich (white or whole wheat bread,& cheese)<br>Tomato soup<br>Served with a chefs salad.  | Fruit Cup                      |
| Tuesday    | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request  | Cod aux gratin with potato (made with milk, butter, flour, cheese, salt/pepper)<br>Carrot and peas.                     | Banana cream (made with butter, flour, water. Bananas.<br>Custard made with milk, flour, sugar, and whipped cream to top) | Baked (made with bacon, onions, beans, molasses, and mustard) or boiled beans with homemade bread (white or whole wheat)  | Fruit Cup                      |
| Wednesday  | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)   | Pepper steak (made with red, green, yellow peppers, onions, celery)<br>Mashed potato (made with butter & milk) or rice. | Fruit Cup   | Pea ( made with peas, onion, beef, turnip, potato, & carrots), chicken (made with chicken, carrot, turnip, potato, onion, celery,& stock) or vegetable soup (made with lentils, onions, celery, | Fruit of choice, and a Danish. |

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|          | Bacon and cold cereals upon request   |   |  | tomatoes, carrot, turnip, green beans, corn & tomato sauce)<br>Served with white or whole wheat rolls.         |   |
| Thursday | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Beef or chicken stew ( made with carrot, turnip, potato, onion and celery)  | Flakey ( made with puff pastry, cream, and strawberries)               | Sub bun sandwich<br>- Ham, lettuce and cheese<br>- Chicken salad/coleslaw                                      | Banana bread (made with bananas, eggs, flour, vanilla b-powder, & sugar)                |
| Friday   | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Pan fried cod ( made with flour) potato (made with butter & milk) and carrots   | Lemon cream pie ( made with pastry, lemon pie mix, egg, water & cream) | Meatballs (made with g.beef, onion, bread crumbs, egg, & milk)<br>Rice<br>Served with a mixed pepper stir fry. | Bakers choice<br>Fresh fruit, watermelon, cantaloupe, honeydew, kiwi, grapes, & berries |
| Saturday | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Pea (made with peas, onions, turnip, potatoes, carrot, & salt meat), vegetable (made with lentils, carrot, turnip, cabbage, tomatoes, green beans, potatoes, and corn), beef soup (made with beef, potatoes, carrot, onion, & turnip) with dumplings (made with flour, b-powder, butter.) | Bread pudding ( made with egg, sugar, milk, cinnamon, cream, & ginger) | Chicken Drums, mashed potatoes/peas and carrots.<br>Tossed salad.  | Bran muffin with blueberries.   |
| Sunday   | Fruit<br>Eggs (residents choice)  | Baked ham or boiled, raisin sauce (made with raisins, Pineapple, & apple juice) scalloped potatoes  | Trifle (made with vanilla cake, mixed                                  | Cold plate (with marinated carrots) macaroni salad, broccoli salad potato salad,                               | Date squares ( made with oats, butter, flour, & dates)                                  |

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|  | Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | (made with onion, mushroom soup, s&p, cheese.<br>Green peas, carrots, & corn | fruit, jello, and whipped cream.) | Deviled eggs, ham, turkey and tomato |  |
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- Strawberry and vanilla yogurt
- Apples, bananas, kiwi, oranges, pears, peaches, grapes, mixed fruit are available at any time.

# Admirals' Coast Retirement Centre

## Menu Planner

### Week 2

| <b>Day</b> | <b>Breakfast</b>  | <b>Lunch</b>  | <b>Desert</b>  | <b>Supper</b>  | <b>Desert</b>  |
|------------|---|---|--|--|--|
| Monday     | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Chicken breast, carrot, roasted potatoes, and dressing(made with bread crumbs, onion & savory)<br>Broccoli, & cauliflower mix | Fruit cup  | Beef stirfry w/ potatoes or rice   | Lemon loaf (made with lemon, b-powder, flour, sugar, & milk) |
| Tuesday    | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Ribs (pork) with rice or potatoes and veggies (peppers, corn, carrots, & onion.)  | Cheese cake (made with cream cheese, icing sugar, egg, butter, graham crumbs, fruit of choice, & whip cream) | Fish chowder (made with flour, milk, onion, celery, savory, salmon, cod, potato, butter, carrot, turnip & cream) | Fruit cup  |
| Wednesday  | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)  | Jigs dinner with peas pudding, salt meat, carrot, turnip, potato, cabbage   | Steamed pudding (made with molasses/blueberries, egg, sugar, flour, b-powder& butter)                        | Mini cold plate<br>Potatoe salad, egg, tomato.<br>Turkey breast or chicken.                                      | Fruit cup  |

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|          | Bacon and cold cereals upon request  |   |   |  |                                    |
| Thursday | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Philly beef with potatoes ( made with milk and butter) and carrots  | Butterscotch pudding dish dessert (made with whipped cream, graham crumbs, butter, milk, & pudding mix) | Cod nuggets with coleslaw (made with cabbage, carrots & dressing) and a roll (white or whole wheat)  | Fruit muffins                      |
| Friday   | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Salmon with potato, carrots, and green beans  | Lemon tarts ( made with lemon pie filling, eggs, 3" shells, & whipped cream)                            | Chicken strips with fries or tossed/Caesar salad (made with bacon, parmesan, romaine lettuce & dressing)<br>Mixed veggies<br>Carrots or beans          | Bakers choice<br>Mixed fresh fruit |
| Saturday | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Pea ( made with peas, onion, beef, turnip, potato, & carrots), chicken (made with chicken, carrot, turnip, potato, onion, celery,& stock) or vegetable soup (made with lentils, onions, celery, tomatoes, carrot, turnip, green beans, corn & tomato sauce) | Fruit strudel (made with puff pastry, egg, apples, and pie filling)                                     | Spaghetti bake (made with g. beef, mixed peppers, onions, tomato sauce, garlic, basil, tomatoes, whole wheat pasta) with bread ( white or whole wheat) | Chocolate chip cookie              |
| Sunday   | Fruit<br>Eggs (residents choice)   | Baked chicken with carrot, turnip, potato, and dressing( made with bread crumbs, onion, and savory)   | Strawberry short cake ( made with vanilla cake,   | Cold plate with potato salad (made with mustard, mayo, peas, carrots) Broccoli   | Boiled raisin cake.                |

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|  | Toast<br>(white/whole-<br>wheat/ English<br>muffins/raisin)<br>Bacon and cold<br>cereals upon<br>request |  | milk, strawberry,<br>cream, and sugar)<br>Or black forest cake. | salad, devilled eggs, ham,<br>turkey, & beet salad. |  |
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Garden salad always an option.

# Admirals' Coast Retirement Centre

## Menu Planner

### Week 3

| <b>Day</b> | <b>Breakfast</b>   | <b>Lunch</b>  | <b>Desert</b>  | <b>Supper</b>  | <b>Dessert</b>     |
|------------|--|---|--|--|--------------------|
| Monday     | Egg in a hole/French toast<br><br>Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Pork chop with potatoes and mixed vegetables (green beans and corn)                                 | Fresh fruit  | Macaroni and cheese (made with milk, s&p, cheese and pasta) with homemade bread (white and whole wheat)<br>Served with a side salad. | Shortbread cookies |
| Tuesday    | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request                                   | Chicken legs with BBQ sauce with potatoes, carrots, and roasted lima beans.                         | Tea buns (made with flour, egg, milk, sugar and raisins) | Fish cakes (made with potatoes, fish, onions, celery, savory, and flour)<br>Served with coleslaw.<br>Bean salad                      | Fruit cup          |
| Wednesday  | Fruit<br>Eggs (residents choice)   | Liver and onions with mashed potatoes and gravy and vegetables (mixed, broccoli, carrot, and beans) | Fresh cut fruit  | Sandwich/ choice of ham/cheese/chicken salad<br>Veggie w/beet potatoe salad.   | Cinnamon buns.     |

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|          | <p>Toast<br/>(white/whole-wheat/ English muffins/raisin)<br/>Bacon and cold cereals upon request</p>  |   |  |  |   |
| Thursday | <p>Omelets choice of veggie or bacon and cheese.</p> <p>Fruit<br/>Eggs (residents choice)<br/>Toast<br/>(white/whole-wheat/ English muffins/raisin)<br/>Bacon and cold cereals upon request</p> | <p>Beef or chicken stew (made with potato, carrot, celery, turnip, onion and flour, beef and or chicken stock.) &amp; biscuits (made with flour, b-powder, butter, and water)</p>   | <p>Fruit cup</p>   | <p>Chicken balls (premade) and rice (made with carrots, celery, peppers &amp; onion stock)</p> | <p>Cream puffs (made with flour, butter, water and whipped cream)</p> |
| Friday   | <p>Fruit<br/>Eggs (residents choice)<br/>Toast<br/>(white/whole-wheat/ English muffins/raisin)<br/>Bacon and cold cereals upon request</p>  | <p>Fresh cod (cooks choice) pan fried with potato, onion, fat pork scrunchions, and carrots.</p>  | <p>Carrot cake (made with carrots, pineapple, flour, sugar, milk, juice, and b-powder)</p> | <p>Chicken pot pie w/ garden salad.</p>  | <p>Fruit cup</p>  |
| Saturday | <p>Fruit<br/>Eggs (residents choice)<br/>Toast<br/>(white/whole-</p>  | <p>Soup: Beef (made with carrot, celery, turnip, potato, onion, &amp; beef broth)<br/>Pea (made with peas, onion, salt beef, potato, carrots, turn<br/>Chicken (made with carrot, turnip, potato, onion, celery, &amp; chicken stock)</p> | <p>Rice pudding (made with rice, milk, sugar and raisins)</p>                              | <p>Meatloaf and mashed potatoes.<br/>Carrots and peas..</p>                                    | <p>Fruit cup.</p>   |



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|        | wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request   |  |   |  |  |
| Sunday | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Turkey dinner with potato, carrot, turnip, cabbage and dressing. Gravy, & pea's pudding. | Apple, Blueberry, and cherry (made with pie crust, and filling) | Cold plate, made with potato salad, coleslaw, broccoli salad, devilled eggs, ham, turkey and tomato. | Scones (made with flour, eggs, blueberries, butter, b-powder, & water) |

# Admirals' Coast Retirement Centre

## Menu Planner

### Week 4

| <b>Day</b> | <b>Breakfast</b>  | <b>Lunch</b>  | <b>Desert</b>  | <b>Supper</b>   | <b>Desert</b>  |
|------------|---|---|--|---|--|
| Monday     | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Stuffed chicken breast (made with breads crumbs, butter, savory & onion with mashed potato and veggies (green peas) | Fruit cup  | Sweet and sour pork (made with pork, peppers, onion and celery) with rice                                     | Berry Danish/squares.  |
| Tuesday    | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Cod (cooks choice) Pan fried, mashed potatoes, braised cabbage and onions.  | Coconut cream tarts ( made in pie tarts, with cream, milk, custard powder and coconut) | Omlettes choice of veggie/ham/cheese.   | Muffins (made with flour, b-powder, berries, milk and water) |
| Wednesday  | Fruit<br>Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)  | Jigs dinner ( made with cabbage, carrots, turnip, potato, peas pudding and gravy)                                   | Steamed puddings (made with molasses, blueberries, and flour)                          | Mini cold plate with potato salad, alternating chicken, ham and roast beef, turkey, eggs, tomato, and a roll. | Fruit cup  |

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|----------|---|--|-------------------------------------|--|---------------------|
|          | Bacon and cold cereals upon request   |  |                                     |  |                     |
| Thursday | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request                    | Steak with mushrooms, onions, roasted, potatoes, and carrot  | Fruit cup                           | Cooks choice<br>Sausage, mashed potato, with stewed tomatoes.  | Fruit strudel       |
| Friday   | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request                    | Fish and brewis salt and fresh (made with potatoes, hard bread, onions, and scrunchions)<br>Carrot and turnip  | Fruit and yogurt                    | Shake and bake chicken drumsticks and taters.<br>Served with coleslaw.   | Banana nut cookies. |
| Saturday | Veggie omlette.<br>Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Soup: Pea (made with peas, turnip, carrot, onion, @ salt beef)<br>Vegetable (made with lentils, onion, celery, tomatoes, carrots, turnip, green beans, corn, and tomato sauce)<br>Chicken (made with carrot, turnip, potato, onion, celery, & chicken stock) | Baked apples                        | Lasagna ( made with g beef, tomato sauce, peppers, onion and lasagna noodles) or goulash.<br>Chef salad w/ tomato, onion, peppers, carrots, turkey/ham.<br>Or goulash. | Fruit cup           |
|          | Fruit   | Pork roast dinner with mashed potatoes, carrots, and turnip  | Jell-O (made with powder and water) | Cold plate includes mustard salad, beet salad, coleslaw (cabbage, and  | Blueberry buckle    |

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| Sunday | Eggs (residents choice)<br>Toast<br>(white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request |  | and custard (made with milk) | carrot) devilled eggs, ham, turkey and tomato |  |
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# Admirals' Coast Retirement Centre

## Menu Planner

### Week 5

| <b>Day</b> | <b>Breakfast</b>   | <b>Lunch</b>   | <b>Dessert</b>   | <b>Supper</b>  | <b>Dessert</b> |
|------------|--|--|--|--|----------------|
| Monday     | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Baked chicken with mashed potatoe, carrot, and green beans                           | Fruit cup  | Pancakes (made with flour, water, eggs and milk) and sausages<br>Served with a fruit cup.                    | Lemon squares  |
| Tuesday    | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | BBQ Pork chops with potatoes and mixed vegetables (broccoli, carrots, & cauliflower) | Cut glass dessert (made with graham crumbs, 4 kinds of jello (powder and water) with ice cream | Meatballs (made with g beef, egg, bread crumbs, s&p, onions, garlic, onion powder, and rice w/mixed peppers. | Apple crumble  |
| Wednesday  | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Salmon with potato, green beans, carrots. Served with bake potatoes.                 | Jelly roll ( from scratch, strawberry jam, and whipping cream)                                 | Omelet or quiche, white or whole wheat toast, with salad.<br>Denver omelet with veggies.                     | Fruit cup      |
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|----------|--|---|---|--|--|
| Thursday | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Ribs with rice or mashed potato, stir fried veggies, and corn   | Cheese cake dish<br>dessert (made with graham crumbs, cream cheese, cherry filling and whipped cream) | Sandwiches made on white or whole wheat bread.<br>Choice of egg, ham, ham and cheese, chicken salad or tuna./ garden salad.                                      | Blueberry squares (made with flour, butter, sugar, eggs and blueberry pie filling)     |
| Friday   | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Pan fried cod with mashed potato and carrots/greenbeans.  | Ice cream & strawberry yogurt.  | Wings (honey garlic), fries or salad ( garden with peppers, lettuce, onion, broccoli, and cauliflower)<br>Served with potato salad, with green peas and carrots. | Cranberry orange muffins (made with flour, sugar, eggs, cranberries, orange and zest.) |
| Saturday | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Soup: Turkey (made with carrot, celery, turnip, potato, onion, & turkey broth)<br>Beef (made with beef stock, onion, celery, carrots, turnip, and tomato sauce)<br>Pea (made with peas, salt beef, onion, carrots, turnip and potatoes) | Fruit cakes.<br>Cherry/peach.   | Macaroni and cheese (made with white sauce, milk flour, spices and cheese.<br>Served with a side salad.  | Éclairs (made with pastry, cream, and whipped cream, drizzled with chocolate.          |
| Sunday   | Fruit<br>Eggs (residents choice)<br>Toast (white/whole-wheat/ English muffins/raisin)<br>Bacon and cold cereals upon request | Roast beef dinner, turnip, carrots, cabbage, & peas pudding.  | Blueberry pie in tart shells  | Ham and cheese casserole.  | Tea buns   |