

# COURTYARD GARDENS

|                  | BREAKFAST   | LUNCH  | DINNER   |
|------------------|---|--|--|
| <b>SUNDAY</b>    | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Bacon<br>Eggs<br>Toast / Assorted Jams   | Minestrone Soup<br>Assorted Sandwich on White<br>Tossed Salad<br>ALT: Spinach & Mushroom Quiche<br>Tossed Salad<br>Nanaimo Bar                             | Guacamole with Taco Chips<br>Filet of Salmon Florentine<br>Roasted Red Potatoes<br>Brussel Sprouts / Baked Squash<br>ALT: Pork Tenderloin Dijonaise<br>Tiramisu                  |
|                  | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| <b>MONDAY</b>    | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Bacon<br>Eggs<br>Toast / Assorted Jams   | Beef Noodle Soup<br>Tuna Salad on Multigrain<br>Cucumber Dill Salad<br>ALT: Honey Garlic Chicken Wings<br>Butterscotch Pudding with Spice<br>Apples        | Heirloom Tomato Salad w/ Portobello<br>Mushroom<br>Beef Meatloaf<br>Scalloped Potatoes<br>Carrot Coins<br>Sautéed Bok Choy<br>ALT: Baked Ham w/ Pineapple Salsa<br>Fruit Cobbler |
|                  | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| <b>TUESDAY</b>   | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Eggs<br>Toast / Assorted Jams            | French Canadian Pea Soup<br>Fresh Fruit Plate<br>Cottage Cheese & Corn Muffin<br>ALT: Fried Egg Ham Cheese Sandwich<br>Salad<br>Date Square                | Broccoli Salad<br>Pork Chops with Apple Sauce<br>Mashed Potatoes<br>Corn, Beet and Pea Medley<br>ALT: Pesto Chicken Breast<br>Ambrosia Salad                                     |
|                  | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| <b>WEDNESDAY</b> | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Bacon<br>Eggs<br>Toast / Assorted Jams   | Chicken Noodle Soup<br>Western Omelet<br>Hashbrowns & Toast<br>ALT: Chef's Special<br>Maple Pecan Danish   | Egg Roll with Plum Sauce<br>Shepherd's Pie<br>Brussel Sprouts<br>Ratatouille<br>ALT: Shrimp Brouchette Chive Beurre Blanc<br>Brown & White Rice<br>Key Lime Pie                  |
|                  | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| <b>THURSDAY</b>  | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Sausage<br>Eggs<br>Toast / Assorted Jams | Cream of Mushroom Soup<br>Chicken Salad Sandwich on Whole<br>Wheat<br>ALT: Roasted Vegetable & Feta<br>Quiche<br>Tossed Salad<br>Chocolate Vanilla Parfait | Chickpea Salad<br>Chicken a L'Orange<br>Parslied Boiled Potatoes<br>Cauliflower<br>Seasoned Broccoli<br>ALT: Roast Beef au Jus<br>Warm Bread Pudding                             |
|                  | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| <b>FRIDAY</b>    | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Bacon<br>Eggs<br>Toast / Assorted Jams   | Tomato Vegetable Soup<br>Beef Cheddar Sandwich on Whole<br>Wheat<br>Greek Salad<br>ALT: Ham Mac & Cheese<br>Lemon Pound Cake                               | House Salad<br>Salmon with Olive Salsa<br>Home Fried Potatoes<br>Sugar Snap Peas / Yellow Beets<br>ALT: Chef's Special<br>Rice Pudding   |
|                  | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |
| <b>SATURDAY</b>  | Juices<br>Stewed Prunes<br>Hot & Cold Cereals<br>Eggs<br>Toast / Assorted Jams            | Seafood Chowder<br>Salmon Salad Sandwich<br>Orange & Spinach Salad<br>ALT: All Dressed Nathan's<br>Hot Dog<br>French Fries<br>Macaroon Madness Bar         | Brie Pear and Honey Crostini<br>Tuscan Roast Pork Loin<br>Parisienne Potatoes<br>Zucchini<br>Buttered Corn<br>ALT: Beef Pot Pie<br>Chocolate Cake                                |
|                  | Milk available upon request   | Milk available upon request  | Milk and Whole Wheat Bread available upon request  |