Yaletown House

Fall/Winter Menu 2011/12

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov
	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	01-Jan
	30-Jan	31-Jan	01-Feb	02-Feb	03-Feb	04-Feb	05-Feb
BREAKFAST	Oatmeal/Toast/Cereal/ Jam	Oatmeal/Toast/Cereal/ Jam	Cream of Wheat Toast/Cereal/Jam	Oatmeal/Toast/Cereal/ Jam	Oatmeal/Toast/Cereal/ Jam	Cream of Wheat Toast/Cereal/Jam	Oatmeal/Toast/Cereal/ Jam
	Fried Eggs	Scrambled Egg	Scrambled Egg	Poached Eggs	Scrambled Eggs/	Poached Egg	Scrambled Egg
	Waffle	Pancake w Bananas	Bran Muffins		Bacon	Cinnamon Bun	Waffle
	Cr.ofwhe/Scr.Egg/ Waff	Cr.ofwhe/Scr.Egg/ Panc	Cr.ofwheat/Scr.Egg /Muff	Cr.ofwhe/Scr.Egg/ Bread.	Cr.ofwhe/Scr.Egg/ Bread	Cr.ofwheat/Scr.Egg /Bun	Cr.ofwhe/Scr.Egg/ Waffl
LUNCH	Cream of Cauliflower & cheese	Beef Vegetable	Cream of Potato	Garden Vegetable	Cream of Carrot & Sweet Potato	Won Ton Soup w Pork	Cream of Asparagus w. Chicken
	Shrimp Fried Rice	Western Omelet, Toast	Chili	Hot Roast Turkey Sand. w.cranberry sauce	Grilled Cheese Sandwich	Chicken Chow Mein	Macaroni & Cheese
	Spring roll w. Plum sauce		Corn Bread	Mix Vegetable	Green Salad w. Italian Dressing		1/2 Grilled Parmesan Tomato
	Fruit Cocktail	Mango Ice Cream	Apricots	Tropical Fruit Salad	Peaches	Butterscotch Pudding	Diced Pears
DINNER	Roast Beef w. Gravy	Lemon Oregano Chicken Thighs	Pork Stir Fry	Cod Tail with White Sauce	Beef & Vegetable Stew	Apricot Glazed Ham	Teriyaki Chicken Breast
	Mashed potato/Rice	Roast Potato/ Mashed Potato/Rice	Vermicelli Noodles/Rice/ Mashed Potato	Brown Rice/Mashed Potato	Baking Powder Biscuit/ Rice	Scalloped Potato/ Mashed Potato/Rice	Mashed Yams/Rice
	Sliced Carrots	Italian Mix Vegetable	Peas & Pearl Onions	North West Blend Veg.		Turnips	Brussel Sprouts
	Rice Pudding	Maple Chocolate Cake	Banana Pudding	Ice Cream Sundae w. Raspberry Topping	Strawberry Trifle	Mandarin Oranges	Orange Loaf

NOTE: Water, Assorted Juice, Milk, Coffee, Tea available at every meal and nourishment times. Jams and jellies served at breakfast. Diabetic desserts at lunch and dinner. Salad is offered @ dinner.

Yaletown House

Fall/Winter Menu 2011/12

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
	28-Nov	29-Nov	30-Nov	01-Dec	02-Dec	03-Dec	04-Dec
	02-Jan	03-Jan	04-Jan	05-Jan	06-Jan	07-Jan	08-Jan
	06-Feb	07-Feb	08-Feb	09-Feb	10-Feb	11-Feb	12-Feb
BREAKFAST	Oatmeal/Toast/Cereal/ Jam	Cream of Wheat Toast/Cereal/Jam	Oatmeal/Toast/Cereal/ Jam	Oatmeal/Toast/Cereal/ Jam	Cream of Wheat Toast/Cereal/Jam	Oatmeal/Toast/Cereal/ Jam	Oatmeal/Toast/Cereal/ Jam
	French Toast	Scrambled Eggs	Poached Eggs	Scrambled Eggs	Poached Eggs	Poached Egg	Scrambled Egg
			Blueberry Scone	Waffle	Raisin Toast		Cranberry Muffins
	Cr.ofwheat/Scr.Egg /Br.	Cr.ofwheat/Scr.Egg /Br.	Cr.ofwhe/Scr.Egg/ Scon	Cr.ofwhe/Scr.Egg/ Waffl	Cr.ofwhea/Scr.Egg /RBr.	Cr.ofwheat/Scr.Egg /Br.	Cr.ofwheat/Scr.Egg /Muff
LUNCH	Beef Barley	Cream of Chicken	French Pea	Garden Vegetable	Cream of Spinach	Italian Vegetable Soup	Cream of Broccoli & Cheese
	Quiche Florentine	Tuna Noodle Casserole	Cold Turkey Plate Macaroni Salad	Beef & Broccoli Fl.	Sausages & Hashbrown Potato	Salmon Salad Sandwich	Honey Garlic Chicken Drumsticks
	Green Salad w Ranch Dressing	Peas	Sliced Tomato	White Rice	Sliced Carrots	Coleslaw w Pineapple	Potato Salad
	Cookies'n'Cr.IceCream	Tropical Fruit Salad	Diced Pears	Strawberry Jell-o	Crushed Pineapple, puree-can fruit	Vanilla Ice Cream	Peaches
DINNER	Liver & Onions Bacon,Gravy	Roast Pork w. Gravy & Applesauce	Polynesian Meatballs w/ Mixed Vegetables	Herb Baked Chicken Thighs	Veal Cutlets w. Gravy	Cabbage Rolls	Irish Stew
	Mashed potato/Rice,	Parsley potato/ Mashed	White Rice/Mashed	Scalloped potato/ Mashed	Mashed Yams/Rice	Garlic Bread/Rice	Baking Powder Bisquites/ Rice
	Wax Beans	Harvard Beets		Baked Zucchini	Peas		
	Shortbread Cookies	Cherry Tarts	Lemon Pudding	Vanilla pudding	Apple Pie	Tapioca Pudding	Lemon Sponge Pudding

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Yaletown House

Fall/Winter Menu 2011/12

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	31-Oct	01-Nov	02-Nov	03-Nov	04-Nov	05-Nov	06-Nov
	05-Dec	06-Dec	07-Dec	08-Dec	09-Dec	10-Dec	11-Dec
	09-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan
	13-Feb	14-Feb	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb
BREAKFAST	Oatmeal/Toast/Cereal/ Jam	Oatmeal/Toast/Cereal/ Jam	Cream of Wheat Toast/Cereal/Jam	Oatmeal/Toast/Cereal/ Jam	Oatmeal/Toast/Cereal/ Jam	Cream of Wheat Toast/Cereal/Jam	Oatmeal/Toast/Cereal/ Jam
	Poached Eggs	Fried Eggs	Scrambled Egg	Poached Egg	Scrambled Eggs	Poached Eggs/	French Toast
		Waffle		Cinnamon Bun	Blueberry Pancake	Bacon	
	Cr.ofwhea/Scr.Egg /Bread	Cr.ofwhe/Scr.Egg/ Waff	Cr.ofwhe/Scr.Egg/ Bread	Cr.ofwheat/Scr.Egg /Bun	Cr.ofwhe/Scr.Egg/ Panc	Cr.ofwheat/Scr.Egg /Br.	Cr.ofwheat/Scr.Egg /Br.
LUNCH	Cream of Tomato Soup	Lentil Soup	Cr. Cauliflower w.Cheese	Boston Clam Chowder	Chicken Leek	Cream of Celery	Minestrone
	Grilled Reuben Sandwich	Chicken Fried Rice	Beef Pie w. Gravy	Penne w. Meat Sauce French Bread	Cottage Cheese Fruit Plate	Chicken Burger w. Tomato, Lettuce on w/w Bun	Perogies, Sausage, Fried Onions
	Ceasar Salad		Coleslaw		Fresh Banana Bread	Potato Salad	Tomatoes w. Green Onions & Sour cream
	Diced Pears	Banana	Fruit Cocktail	Mandarin Oranges	Strawberry Ice Cream	Blueberry Tart	Apricots
DINNER	Meat Loaf w. Gravy	Salmon w. Dill Sauce	Sweet & Sour Pork	BBQ Chicken Thighs	Roast Beef w. Gravy	Baked White Fish w Dijon Mustard Sauce	Shepherd's Pie w. Gravy
	Mashed potato/Rice	Parslied Potato/ Mashed Potato/Rice	White Rice/Mashed Potato	Roast Potato/ Mashed potato/rice	Mashed potato/Rice	Baked Potato/ Mashed potato/Rice	
	Diced Carrots	North/West Blend Veg.		Creamed Corn	Green Beans	Carrots Sliced	Peas
	Orange Jello w. Fruits	Sponge Cake w. Strawb. Sauce&Cream Topping	Rice Pudding	Banana Cream Pie	Stewed Rhubarb w. Strawberry	Peach Melba Ice Cream	Date Squares

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Yaletown House

Fall/Winter Menu 2011/12

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	07-Nov	08-Nov	09-Nov	10-Nov	11-Nov	12-Nov	13-Nov
	12-Dec	13-Dec	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec
	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan
	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb
BREAKFAST	Oatmeal/Toast/Cereal/ Jam	Cream of Wheat Toast/Cereal/Jam	Oatmeal/Toast/Cereal/ Jam	Oatmeal/Toast/Cereal/ Jam	Cream of Wheat Toast/Cereal/Jam	Oatmeal/Toast/Cereal/ Jam	Oatmeal/Toast/Cereal/ Jam
	Scrambled Egg	Poached Eggs	Scrambled Egg	Poached Eggs/	Hard Boiled Eggs	French Toast	Scrambled Eggs
		Banana Muffins	Waffle	Raisin Toast	Bacon		Blueberry Scone
	Cr.ofwhea/Scr.Egg /Bread	Cr.ofwhea/Scr.Egg /Muff	Cr.ofwhea/Scr.Egg /Waff	Cr.ofwhea/Scr.Egg /RBr.	Cr.ofwhea/Scr.Egg /Bread	Cr.ofwhea/Scr.Egg /Bread	Cr.ofwhea/Scr.Egg /Scone
LUNCH	Chicken Noodle	Cr. of Broccoli &Cheese	Beef Noodle	Navy Bean	Chicken Rice	Scotch Broth	Butternut Squash
	Cheese Souffle,	Fish & Chips	Eggs Sandwich	Hot Roast Beef Sand. with Gravy	Macaroni & Cheese	Chicken Strips w. Plum Sauce, w/w Bun	Hot Tuna Melt on Bun
	Three Beans Salad	Coleslaw	Sliced Beets	Diced Broccoli	1/2 Grilled Parmesan Tomato	Carrot Pineapple Salad	1/2 Orange sliced,
	Vanilla Pudding	Lemon Jell-o	Diced Pears	Tripleberry Crumble	Chocolate Ice Cream	Vanilla Custard	Coconut Cream Pudding
DINNER	Pork Cutlets w. Mushroom Sauce	Beef Stroganoff w. Noodles	Cranberry Orange Chicken Breast	Pan Fried Sole w. Lemon Sauce	Braised Salisbury Steak in Creole Sauce	Roast Pork w. BBQ Gravy	Corned Beef,
	Parslied potato/ Mashed Potato/Rice	Mashed Potato/Rice	Creamy Scalloped Pot./ Mashed potato/Rice	Brown Rice/Mashed potato	Parslied Potato/ Mashed Potato/Rice	Mashed Yams/Rice	Boiled Potato/ Mashed Potato/Rice
	Turnip&Carrots Mash	California Mixed Veg.	Peas	Diced carrots	Brussel sprouts	Green Beans	Cabbage
	Pineapple Loaf	Peach Parfait	Caramel Pudding	Ambrosia	Blueberry Pie	Rainbow Sherbet	Apple Crisp

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Yaletown House

Fall/Winter Menu 2011/12

WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec
	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan
	27-Feb	28-Feb	29-Feb	01-Mar	02-Mar	03-Mar	04-Mar
BREAKFAST	Oatmeal/Toast/Cereal/ Jam	Oatmeal/Toast/Cereal/ Jam	Cream of Wheat Toast/Cereal/Jam	Oatmeal/Toast/Cereal/ Jam	Oatmeal/Toast/Cereal/ Jam	Cream of Wheat Toast/Cereal/Jam	Oatmeal/Toast/Cereal/ Jam
	Poached Egg	Scrambled Egg	Poached Egg	Scrambled Egg	Pancake w Strawberry	Hard Boiled Egg	Scrambled Eggs/
	Waffle		Cinnamon Bun	Carrot Muffins	Sauce & Whipp Cream	Raisin Toast	Bacon
	Cr.ofwhea/Scr.Egg /Waff	Cr.ofwhea/Scr.Egg /Bread	Cr.ofwhea/Scr.Egg /Bun	Cr.ofwhea/Scr.Egg /Muff	Cr.ofwhea/Panc.Str .Cr.	Cr.ofwhea/Scr.Egg /RBr.	Cr.ofwhea/Scr.Egg /Bread
LUNCH	Borsht	Cream of Mushroom	Cream of Potato	Chicken Vegetable	Corn Chowder	Cr. of Celery w.Chicken	Garden Vegetable
	Perogies, Bacon & Fried Onions	Warm Ham & Swiss Cheese on Croissant	Hot Dogs	Sliced Roast Beef, Macaroni Salad	Vegetable and Cheese Bake on French Bread	Vegetarian Lasagna	Chicken Salad on a Bun
	Tomatoes w Green onions & Sour Cream	Western Salad	Asian Coleslaw	Beets	Carrot Pineapple Salad	Green Salad w. Italian Dressing	Cucumber/Tomato Salad
	Diced Pears	Fruit Cocktail	Peaches	Banana Pudding	Mandarin Oranges	Vanilla Ice Cream	Chocolate Mousse
DINNER	Chicken Stir Fry	Swedish Meatballs w Cranberry Sauce	Red Snapper in Spanish Sauce	BBQ Ribbettes	Herb Baked Chicken Thighs	Beef & Macaroni Casserole	Ham w. Honey Mustard Glaze
	White Rice/Mashed Potato	Mashed Potato/Rice	Rice/Mashed Potato	Baked Potato/Mashed Potato/Rice	Roast Potato, Mashed Potato/Rice	Corn	Creamy Scalloped Pot./Mashed Pot./Rice
	Peas	Mix Vegetable	Parsnips	Zucchini	Broccoli Floret		Green Beans
	Spice Cake	Orange Sherbet	Tapioca Pudding	Pears	Caramel Sponge Cake	Lemon Meringue Pie	Cherry Crisp

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