

St. Jacobs Place

Spring And Summer

Week One

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea
Cinnamon Apple Fruit Cup	Mandarin Orange Fruit Cup	Fresh Fruit Salad Cup	Strawberry Banana Fruit Cup	Fresh Fruit Salad Cup	Canned Peaches and Blueberry Fruit Cup	Fresh Melon and Pineapple Fruit Cup
Hot Oatmeal, Cold Cereal Selection	Cream of Wheat, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection	Hot Oatmeal with Raisins, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection	Cream of Wheat, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection
Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads
Everything Bagel with Herb and Garlic Cream Cheese	Bran Muffin with Cottage Cheese	Fried Egg with Bacon	Pancakes, Maple Syrup and Pork Breakfast Sausage	Fruit Yogurt and Granola Parfait	Poached Egg	Scrambled Eggs and Hashbrowns
TOMATO JUICE	APPLE JUICE	ORANGE JUICE	V8 JUICE	CRANBERRY JUICE	PINEAPPLE JUICE	LEMONADE
Bone in Baked Picnic Ham	Beef Stroganoff with Buttery Egg Noodles	Baked Honey Mustard and Herb Chicken Drumsticks	Stuffed Peppers	Chicken Cordon Bleu	Battered Haddock	Chicken Tenders with Plum Sauce
Pineapple Sauce Parsley Baby Carrots Chive Mashed Potatoes OR	Steamed Green and Yellow Wax Beans OR	California Style Mixed Vegetable Medley OR	Pearl Harvest Vegetable Medley Rice Pilaf OR	Roasted Brussel Sprouts Scalloped Potatoes OR	Steamed Green Peas Basmati Rice OR	Coleslaw French Fries OR
Baked Salmon with Creamy Dill Sauce	Chicken Pot Pie	Garlic Dinner Sausage	Rainbow Trout	Pork Buttchops with creamy mushroom sauce	Buttered Chicken	Sloppy Joes On a Bun
Parsley Baby Carrots Chive Mashed Potatoes Strawberry Rhubarb Pie	Steamed Green and Yellow Wax Beans Roasted Sweet Potatoes Cherry Cheese Cake	California Style Mixed Vegetable Medley Mashed Potatoes Baked Custard	Pearl Harvest Vegetable Medley Rice Pilaf Baked Cinnamon Apples	Scalloped Potatoes	Steamed Green Peas Basmati Rice Lemon Poppysseed Loaf	Coleslaw French Fries Raspberry Yogurt Fool
Butternut Squash Soup with Pear and Ginger Tomato Slices and Sweet Pickles	Creamy Hearty Turkey Vegetable Chowder Lentil Salad	Ham and Split Pea Soup with Lentils Pasta salad	Roasted Sweet Potato Soup with Ginger Green Pea and Onion Salad	Creamy Broccoli and Cheddar Soup Cucumber Salad	Lemon Chicken Orzo Soup Pickled Egg and Macaroni Salad	Creamy Tomato Garlic Soup Deviled Egg
Toasted Western Sandwich OR Tomato Slices and Sweet Pickles	Asparagus Quiche OR Lentil Salad	Toasted Salmon Salad Sandwich on a Bagel OR Pasta salad	Chicken Salad sandwich on a Croissant OR Green Pea and Onion Salad	Hot Dog OR Cucumber Salad	Sliced Turkey Kielbasa OR Pickled Egg and Macaroni Salad	Grilled Cheese Sandwich on Brown OR Deviled Egg
Smoked Turkey Breast Sandwich on brown	Corned Beef Sandwich on Rye	Roast Beef Sandwich on Brown	Tuna Melt on a Hamburger Bun	Black Forest Ham and Cheddar Cheese Sandwich on Brown	Summer Sausage Sandwich on brown	Pulled Pork on a hamburger bun
Mayo, lettuce and tomato Mixed Berry Fruit Crisp	Mayo, mustard Carrot Cake with Caramel Sauce	Mayo, Cheddar Cheese, lettuce Lemon Pudding	 Five Cup Fruit Salad	Mustard, lettuce Fresh Fruit Tart	Mayo, Mustard, lettuce Sponge Cake with Fresh Fruit Selection	 Chocolate Pudding Pie

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Week Two

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea
Canned Pear Fruit Cup	Unsweetend Apple Sauce	Fresh Fruit Salad Cup	Mixed Berry Fruit Cup	Fresh Fruit Salad Cup	Strawberry Kiwi Fruit Cup	Green and Red Grape Fruit
Hot Oatmeal, Cold Cereal Selection	Cream of Wheat, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection	Hot Oatmeal with apple, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection	Cream of Wheat, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection
Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads
Belgian Waffles with Strawberry Compote	Raisin Toast and Sliced Cheddar Cheese	Asparagus Omlete and Turkey Breakfast Sausage	Fruit Yogurt and Christina's Tender Flaky Biscuits	English Muffin Breckfast Sandwich with fried egg, ham, tomato and cheese	French Toast, Maple Syrup and Bacon	Scambled Eggs and Peameal Bacon
TOMATO JUICE	APPLE JUICE	ORANGE JUICE	V8 JUICE	CRANBERRY JUICE	PINEAPPLE JUICE	LEMONAIDE
Roast Beef	Cheesy Caprese Chicken with Roasted Tomatoes	Apple Rosemary Pork Tenderloin	Honey Balsamic Grilled Chicken Drumsticks	Shepherd's Pie	Salmon Cakes with Creamy Dill Sauce	Homemade Pepperoni and Cheese Pizza and Hawian
Diced Turnip	Vegetable Mix Paradisio	Grilled Asparagus and Eggplant	Orange Spring Mix Salad with Balsamic Dressing	Parslied Baby Carrots	Sweet Strawberry Baby Spinach Salad with Garlic Mashed Potatoes	Caesar Salad
Mashed Potatoes @ Gravy	Mashed Sweet Potatoes	Scalloped Potatoes	Wild Rice	Whole Wheat Roll	Garlic Mashed Potatoes	OR
OR	OR	OR	OR	OR	OR	OR
Ham Steak	Haddock with Feta and Bruschetta Topping	Parmeson Crusted Chicken Breast	Beef and Vegetable Stir-Fry with Red Peppers and	Creamy Chicken Penne with Roasted Vegetables	Pork Chops with Apple Mustard Glaze	Lasagna
Diced Turnip	Vegetable Mix Paradisio	Grilled Asparagus and Eggplant	Strawberry Orange Spring Mix Salad with Balsamic	Parslied Baby Carrots	Sweet Strawberry Baby Spinach Salad with	Caesar Salad
Mashed Potatoes @ Gravy	Mashed Sweet Potatoes	Scalloped Potatoes	Wild Rice	Garlic Bread	Garlic Mashed Potatoes	OR
Coconut Cream Pie	Raisin Butter Tarts	Apple Sauce	Chocolate Éclair Dessert	Brownie	Date Square	Stewed Rhubarb
Italian Wedding Soup	Chicken Potpie Chowder	Roasted Carrot Soup with Coconut Milk	Rustic Sausage and Potato Soup	Beef and Barley Soup	Creamy Chicken Noodle Soup	Cream of Mushroom Soup
Veggies and Ranch Dipping Sauce	Greek Salad	Roasted Potatoes	Waldorf Salad	Arugula Salad with Balsamic Dressing	Baby kale and Apple Salad	Pickled Bean Salad
Roast Mediteranean Chicken Breast Sandwich	Pulled Pork sandwich	Chicken Nuggets with Plum Sauce	Beans and Wieners Casserole	Egg Salad Sandwich on a croissant	Crispy Chicken Wrap	Ruben sandwich on Rye
Mayo, lettuce, tomato	Greek Salad	Celery and Carrot Sticks	Whole Wheat Roll	lettuce	Mayo, lettuce, tomato,	Swiss cheese, Thousand
OR	OR	OR	OR	OR	OR	OR
Veggies and Ranch Dipping Sauce		Roasted Potatoes	Waldorf Salad	Arugula Salad with Balsamic Dressing	Baby kale and Apple Salad	Pickled Bean Salad
Tuna Salad Sandwich on Brown	Turkey Bacon Club sandwich on Bun	Oktoberfest Sausage on a Bun	Toasted Grilled Pesto Chicken sandwich on	Open-faced Crab Sandwich on a croissant	Tortier Pot Pie	Breaded Seasoned Chicken Fillet on a Hamburger Bun
lettuce	Mayo, tomato and lettuce	Mustard, Sourkraut	Mozzerella Chesse, Tomato	lettuce	Beef Gravy	Mayo, lettuce
Chocolate Mousse	Peach Cobbler	Pumpkin Pie	Hello Dolly Square	Banana Upsidedown Cake	Blueberry Cheesecake	Strawberry Gelato

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Week Three

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Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea
Grapefruit Sections	Canned Apricot Segments	Fresh Fruit Salad Cup	Watermelon Blueberry Fruit Cup	Fresh Fruit Salad Cup	Mixed Berry Fruit Cup	Canned Peaches and Blackberry Fruit Cup
Hot Oatmeal, Cold Cereal Selection	Cream of Wheat, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection	Cinnamn Hot Oatmeal, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection	Cream of Wheat, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection
Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads
Cinnamon Rolls with Fruit Yogurt	Banana Bread with Cottage Cheese	Hard Boiled Egg with Bacon	Fried Egg with Breackfast Sausage	Morning Glory Muffin with Sliced Cheddar Cheese	Western Ham and Sweet Onion Omlete	Vegettable Frittata
TOMATO JUICE	APPLE JUICE	ORANGE JUICE	V8 JUICE	CRANBERRY JUICE	PINEAPPLE JUICE	LEMONADE
Pig Tails	Chicken Schnitzel with Mushroom Sauce	Babyback Ribs	Chicken Parmeson	Liver and Onions	Shrimp Linguine	Pulled Pork on a Bun
Buttered Cabbage Potato Salad OR	Asparagus Mashed Potatoes OR	Grilled Pineapple Rings and Peas Scalloped Potatoes OR	Spagehetti noodles Garden Salad with Catalina OR	Roasted Carrots and Parsnips Mini Red Potato with sour OR	Linguine noodles Summery Chickpea Salad OR	Baked Beans Coleslaw OR
Cheese and Chive Quiche	Lemon Salmon Pasta with peas and asparagus	Honey Garlic Chicken Wings	Cowboy Steak	Grilled Pesto Chicken	Pork Stir-Fry with Thai Vegetable Melody	Mac and Cheese
Buttered Cabadge Potato Salad Apple Pie	Garlic Toast Tropical Mousse	Peas Scalloped Potatoes Bread Pudding with Caramel sauce	Garden Salad with Catalina Dressing Baked Potato Raspberry Coconut Tart	Roasted Carrots and Parsnips Mini Red Potato with sour Butterscotch Pudding	Summery Chickpea Salad Brown Rice Banana Cake with Cream Cheese icing	Baked Beans Coleslaw Rhubarb Crisp
Wild Rice Vegetable Soup	Corn Chowder	Hearty Hamburger Soup	Chicken and Dumpling Soup	Tomato Soup	Vegetable Soup	Cabbage Roll Soup
Isralei Salad	Spinach Apple Pear Salad	Corn Tomato and Avocado Salad	Cabbage Slaw	Cucumber, Tomato, Feta Salad		Nappa Salad
Chicken Salad Sandwich on Croissant	Warm Montreal Smoked meat Sandwich on a bun	Chicken Fajitta	Roast Beef Sandwich	Egg Salad Sandwich	Turkey Pot Pie	Salmon Salad Sandwich on toasted bagel
OR	Carmolized Onions, mayo OR	OR	horseradish mayo, tomato, lettuce OR	OR	Mashed Potatoes and Mixed Vegetables OR	OR
Isralei Salad	Spinach Apple Pear Salad	Corn Tomato and Avocado Salad	Cabbage Slaw	Cucumber, Tomato, Feta Salad		Nappa Salad
Pastromi Sub Sandwich on Garlic bread	Chicken Bruchetta Wrap	Phily Cheesesteak sandwich	Crispy Fish Sandwich	Smoked Garlic sausage on a bun	Sweet and Sour Meatballs over Rice	Ham and Cheese Sandwich on brown
lettuce, tomato, mozzarella	Romain, tomato, mozzarella		Tartar Sauce, lettuce	Sourkraut	Mixed Vegetables	mayo, tomato, cheddar,
Hot Fudge Pudding Cake with Vanilla Ice Cream	Mississippi Mud Dessert	Lemon Meringue Pie	Brown Butter-Butterscotch Krispy Bars	Strawberry Ice Box dessert	Chocolate Chip Cookie Ice Cream sandwich	Lady Finger Layered Dessert
Smoked Turkey Breast Sandwich on brown	Corned Beef Sandwich on Rye	Roast Beef Sandwich on Brown	Tuna Melt on a Hamburger Bun	Black Forest Ham and Cheddar Cheese Sandwich on Brown	Summer Sausage Sandwich on brown	Pulled Pork on a hamburger bun
Mayo, lettuce and tomato	Mayo, mustard	Mayo,Cheddar Chesse, lettuce		Mustard, lettuce	Mayo, Mustard, lettuce	
Mixed Berry Fruit Crisp	Carrot Cake with Caramel Sauce	Lemon Pudding	Five Cup Fruit Salad	Fresh Fruit Tart	Sponge Cake with Fresh Fruit Selection	Chocolate Pudding Pie

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Week Four

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea	Juice Selection, Coffee/Tea
Canned Pear Fruit Cup	Mandarin Orange Fruit Cup	Fresh Fruit Salad Cup	Mixed Berry Fruit Cup	Fresh Fruit Salad Cup	Strawberry Banana Fruit Cup	Green and Red Grape Fruit Cup
Hot Oatmeal, Cold Cereal Selection	Cream of Wheat, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection	Baked Oatmeal with Peaches, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection	Cream of Wheat, Cold Cereal Selection	Hot Oatmeal, Cold Cereal Selection
Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads	Whole Wheat, Rye Toast, Assorted Jams/Spreads
Blueberry Pancakes with Maple Syrup	Breakfast Granola bars with Fruit Yogurt	Ham Eggs Benedict served over an English Muffin	Carrot Muffin with Cottage Cheese	Poached Egg on Rye Toast with Maple Prok Brecafast Sausage	Scrambled Eggs and Peameal Bacon	Fried Egg and Tomato Slice
TOMATO JUICE	APPLE JUICE	ORANGE JUICE	V8 JUICE	CRANBERRY JUICE	PINEAPPLE JUICE	LEMONADE
Beef and Broccoli Stir-Fry	Chicken Schnitzel with mushroom sauce	Cranberry Balsamic Roasted Pork Tenderloin	Vegetable Frittata	Beef and Italian Sausage Bolognese	Bake Sole Fillet with lemon sauce	Meatloaf
Kale Salad with Apple Cider Vinaigrette Basmati Rice	Roasted Cauliflour Mashed Potatos	Sunshine Mix Vegetable Maple Mashed Sweet	Spinach Salad with Maple-Dijon Vinaigrette	Fresh Tomato, Basil, Boccochini Salad Spagehntti noodles	Bean Salad Vegetable Fried Rice	Steamed Green Peas Roasted Baby Potatoes with
OR	OR	OR	OR	OR	OR	OR
Crunchy Italian Basa Fish	Cabbage Rolls	Parmesan Crusted Sole	Steak Pot Pies	Chicken Fried Rice	Pork Schnitzel	Fresh Basil, tomato and chicken bowtie pasta
Kale Salad with Apple Cider Vinaigrette Basmati Rice Cherry Pie	Roasted Cauliflour Mashed Potatoes Creamy Rice Pudding	Sunshine Mix Vegetable Maple Mashed Sweet Potatoes Banana Cake with Cream cheese Icing	Spinach Salad with Maple-Dijon Vinaigrette Peanutbutter cookie	Fresh Tomato, Basil, Boccochini Salad Tapioca Pudding	Bean Salad Vegetable Fried Rice Chocolate Cupcake	Steamed Green Peas Bowtie Noodles Strawberry Applesauce Jello
Minestrone Soup Veggies and Ranch Dipping sauce	Cheesy Chicken Spagehntti Soup Pickle Heritage Blend lettuce Salad	Cream of Asparagus Soup Spring Mix Salad	Potato Leek Soup Spinach Pear and Dried Cranberry Salad	Chicken Noodle Soup	RESIDENTS CHOICE MEAL	Cream of Celery Soup Pickle Chefs salad with Catalina Dressing
Grilled Chicken sandwich on bun	Corned Beef on Rye	Crispy Chicken Fingers	Grilled ham & Cheese	Egg Salad Sandwich on croissant		Tuna Salad sandwich brown
Spinach, sliced apples	yellow mustard	Plum Sauce		lettuce		
OR	OR	OR	OR	OR		OR
Turkey Kielbasa	Fish Tacos	Braised Beef over roasted rosemary potatoes	Broccoli Cheddar Quiche	Chicken Quesadillas		Summer Sausage Sandwich on brown
Veggies and Ranch Dipping sauce						mayo, lettuce
Perogies	Heritage Blend Lettuce Salad	Spring Mix Salad	Spinach Pear and Dried Cranberry Salad			Chefs Salad with Catalina Dressing
Tiramisu Mousse	Cupcakes	Vanilla Pudding with Strawberries	Lemon Squares	Pineapple Dream Dessert	Hello Dolly Bar	Ice Cream