

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Orange Juice Red River Cereal Boiled Egg Raising Toast OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Cranberry Juice Cream of Wheat Cereal Scrambled Eggs Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Toasted English Muffin	Apple Juice Oatbran Cereal Poached Egg Whole Wheat Toast OR Variety of Cold Cereals Peanut Butter Oatmeal Muffin	Orange Juice Oatmeal Cereal Waffles with Syrup Yogurt OR Variety of Cold Cereals Boiled Egg Whole Wheat Toast	Resident Choice Dinner Cranberry Juice Red River Cereal Scrambled Eggs Marble Rye Toast OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast	Apple Juice Oatbran Cereal Cheddar Cheese Raisin Bran Muffin OR Variety of Cold Cereals Poached Egg Whole Wheat Toast	Orange Juice Cream of Wheat Cereal Scrambled Eggs Sliced Bacon English Muffin OR Variety of Cold Cereals Peanut Butter Whole Wheat Toast
AM	Raspberry Juice	Grape Juice	Peach Juice	Cranapple Juice	Apricot Juice	Citrus 5 Juice	Pineapple Juice
LUNCH	Garden Vegetable Soup Pork Tourtiere Pork Gravy Mexican Corn Peaches OR Veggie Sweet & Sour Stir Fry Steamed Rice Oriental Mixed Vegetables Creme Caramel	Cream of Tomato Soup Macaroni & Cheese Broccoli Florets Pears OR Veal Cutlet in Herb Sauce Oven Baked Diced Potato Romaine Salad Chocolate Mousse	Vegetable Barley Soup Hot Sliced Turkey Sandwich Poultry Gravy Peas & Pearl Onion Raspberries OR Breaded Pollock Fillet Potato Dollar Chips Creamy Coleslaw Vanilla Ice Cream	Golden Autumn Carrot Soup Mushroom Omelet Hash Brown Patty Italian Mixed Vegetables Plums OR Deli Cold Plate Tomato & Cucumber Salad Whole Wheat Dinner Roll Butterscotch Pudding	Vegetable Florentine Soup Lazy Cabbage Roll Casserole PEI Vegetable Medley Pineapple Tidbits OR Monte Cristo Sandwich Mixed Green Salad Wild Cherry Jello Vanilla Whipped Topping	Cream of Potato Soup Egg Salad on a Croissant Pickled Beet Salad Mango OR Crispy Chicken Breast Plum Sauce Marinated Vegetable Medley Salad Strawberry Frozen Yogurt	Plantation Vegetable Soup Salmon Burger on a Bun Garden Salad Watermelon OR Spinach & Cheese Manicotti with Alfredo Sauce Garlic Dinner Roll Parmesan Baked Tomato Cinnamon Coffee Cake
PM	Cherry Fruit Juice Assorted Mini Donuts	Orange Mango Juice Vanilla Wafers	Fruit Punch Juice Mini Carrot Muffins	White Grape Juice Banana Fruit Bread	Apple Cider Juice Maple Leaf Cream Cookie	Cranberry Peach Juice Mini Lemon Tart	Raspberry Lemonade Mini Brownies
DINNER	Tomato Juice Beef Tips in Red Wine Gravy Fine Buttered Egg Noodles Glazed Carrots Blueberry Crumble Cake OR Mediterranean Glazed Haddock Pan Roasted Potatoes Asparagus Spears Hollandaise Sauce Apricots	White Grape Juice Cranberry Glazed Chicken Savoury Potato Wedges Mashed Turnip Butter Tart Bar OR Rosemary Lamb Roast Whipped Potatoes Green Beans Baked Apple Slices	V8 Juice Sliced Pork Roast Pork Gravy Mashed Sweet Potatoes Scandinavian Blend Vegetables Banana Cream Pie OR Homemade Shepherds Pie Beef Gravy Brussel Sprouts Papaya	Apple Juice Braised Liver with Onions Beef Gravy Garlic Mashed Potatoes Winter Blend Vegetables Angel Food Cake w. Fruit Sauce OR Rotisserie Chicken Leg Chalet Dipping Sauce Boiled Potatoes Parsnips with Pimento Mandarin Orange Sections	RESIDENT'S CHOICE DINNER	White Grape Juice Apple Baked Pork Chop Mashed Potatoes Spinach w. Lemon & Nutmeg Bread Pudding, Custard Sauce OR Slow Cooked Pot Roast Beef Gravy Baby Roasted Potatoes Peas with Mushrooms Grapes	V8 Juice Roast Turkey with Gravy Stuffing Mashed Potatoes Butternut Squash Pumpkin Pie OR Veal Scallopini Onion Gravy Parslied Potatoes Sauteed Mixed Peppers Four Berry Mix
HS	Cheese & Crackers 2% Milk	Ham Salad Sandwich 2% Milk	Cherry Loaf w. Cream Cheese 2% Milk	Scone with Jam 2% Milk	Cheese Sandwich 2% Milk	Peanut Butter Sandwich 2% Milk	Raisin Bread w. Marmalade 2% Milk

All seasonal menus are pre-approved by a Registered Dietician to ensure that all meals are well balanced ensuring optimal nutrition. A main course and alternative are presented at each meal offering a variety of nutritious foods to choose from. Royal Terrace is happy to accommodate specialized diets.

Further, each resident is able to have two meal guests each week for lunch or supper at no cost. Meal times are a daily highlight for many people.

Having loved ones visit for lunch or supper is a special treat and helps make the dining experience that much more enjoyable!

Our themed Smorgasbord is a monthly feature and again, family and friends are welcome to join us. We kindly ask for 24 hours' notice for regularly scheduled meals and one week's notice for Smorgasbord guests due to limited seating. **See you in the Dining Room!**



Royal Terrace

Long Term and Residential Care
www.royalterracepalmerston.ca

SAMPLE MENU