



Columbus Residence
FALL and WINTER MENU 2018/2019

WEEK 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sep 9	Sep 10	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15
	Oct 7	Oct 8	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
	Nov 4	Nov 5	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
	Dec 2	Dec 3	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8
	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5
	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2
	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28	Mar 1	Mar 2
BREAKFAST	Orange Juice Oatmeal/Cereal Toast and Jam French Toast	Cranberry Juice Oatmeal/Cereal Toast and Jam Bran Muffin	Apple Juice Oatmeal/Cereal Toast and Jam Scrambled Eggs	Orange Juice Oatmeal/Cereal Toast and Jam Raisin Toast	Cranberry Juice Oatmeal/Cereal Toast and Jam Poached Eggs	Apple Juice Oatmeal/Cereal Toast and Jam	Orange Juice Oatmeal/Cereal Toast and Jam Raisin Scone
LUNCH	Minestrone Spinach Quiche Mixed Green Salad Diced Peaches	Beef Barley Soup Chicken Fingers with dipping sauce Tater Tots Caesar Salad Fruited Jello	New England Clam Chowder Turkey Salad Sandwich Carrot & Raisin Slaw Fruit Cocktail	Chicken Noodle Soup Fish Burger Apple & Zucchini Slaw Vanilla Ice Cream	Red Lentil Soup Potato & Cheese Perogies with bacon, onions & sour cream Pickled Beets Diced Pears	Italian Vegetable Soup Crab Salad Sandwich Tossed Salad Applesauce	Tomato Rice Soup Roast Beef Sandwich Caesar Salad Fruited Yogurt
DINNER	Roast Beef with gravy Yorkshire Pudding Mashed Potatoes Mixed Vegetables Pumpkin Tart	Pork Chop with gravy Boiled Potatoes Broccoli Florets Pineapple Bavarian	Cabbage Rolls with sour cream Mashed Potatoes Green Beans Butterscotch Pudding	Shake & Bake Chicken Parslied Potatoes Squash Lemon Tart	Swiss Steak Mashed Potatoes California Mixed Vegetables Crunchy Top Ginger Cake	Breaded Sole with Hollandaise sauce Rice Pilaf Carrot Coins Bread Pudding	Pork Sausages Roasted Potatoes Green Peas Cherry Crisp

NOTE: Milk, juice, coffee and tea offered at all meals and at snack time. Oatmeal made with milk. Soup served with 2 crackers. Bread offered at supper for all diets. * **Holiday Menu**



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WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sep 16	Sep 17	Sep 18	Sep 19	Sep 20	Sep 21	Sep 22
	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20
	Nov 11	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
	Dec 9	Dec 10	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15
	Jan 6	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12
	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9
	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9
BREAKFAST	Cranberry Juice Oatmeal/Cereal Toast and Jam Poached Egg	Apple Juice Oatmeal/Cereal Toast and Jam	Orange Juice Oatmeal/Cereal Toast and Jam Scrambled Eggs	Cranberry Juice Oatmeal/Cereal Toast and Jam Raisin Toast	Apple Juice Oatmeal/Cereal Toast and Jam Cranberry Scone	Orange Juice Oatmeal/Cereal Toast and Jam Bran Muffin	Cranberry Juice Oatmeal/Cereal Toast and Jam Scrambled Egg
LUNCH	Navy Bean Soup Baked Macaroni & Cheese Tossed Salad Fruit Cocktail	Chicken Vegetable Soup Hamburger with lettuce, sliced tomato & pickle Apricots	Cream of Mushroom Soup Roast Turkey Sandwich Apple & Zucchini Slaw Ice Cream	Beef Vegetable Soup Tuna Salad Sandwich Tossed Salad Sliced Peaches	Mulligatawny Soup Chicken Pot Pie with gravy Caesar Salad Jello Cubes	Chicken Rice Soup Broccoli & Onion Quiche Tossed Salad Assorted Canned Fruit	Seafood Chowder Hot Dog with all the trimmings Potato Chips Strawberry Mousse
DINNER	Roast Chicken Boiled Potatoes Broccoli Marble Cake	Sweet & Sour Pork Steamed Rice Oriental Mixed Vegetables Vanilla Pudding	Beef Stroganoff Noodles Cabbage Stewed Rhubarb & Strawberry	Teriyaki Chicken Mashed Potatoes Green Beans Princess Pudding	Salisbury Steak Scalloped Potatoes Julienne Carrots Blueberry Crisp	Seafood Newburg Rice Mixed Vegetables Dutch Apple Cake	Spaghetti & Meatballs Broccoli Garlic Bread Cheesecake with fruit topping

NOTE: Milk, juice, coffee and tea offered at all meals and at snack time. Oatmeal made with milk. Soup served with 2 crackers. Bread offered at supper for all diets. * **Holiday Menu**

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FALL and WINTER MENU 2018/2019

WEEK 3



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sep 23	Sep 24	Sep 25	Sep 26	Sep 27	Sep 28	Sep 29
	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27
	Nov 18	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
	Dec 16	Dec 17	Dec 18	Dec 19	Dec 20	Dec 21	Dec 22
	Jan 13	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19
	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16
	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16
BREAKFAST	Apple Juice Oatmeal/Cereal Toast and Jam Pancakes	Orange Juice Oatmeal/Cereal Toast and Jam Raisin Toast	Cranberry Juice Oatmeal/Cereal Toast and Jam Steamed Egg	Apple Juice Oatmeal/Cereal Toast and Jam Cheese Scone	Orange Juice Oatmeal/Cereal Toast and Jam	Cranberry Juice Oatmeal/Cereal Toast and Jam Scrambled Egg	Apple Juice Oatmeal/Cereal Toast and Jam Pumpkin Muffin
LUNCH	Vegetable Noodle Soup Fish Burger with lettuce, tomato & tartar sauce Fruit Cocktail	Potato Ham Chowder Egg Salad Sandwich Caesar Salad Applesauce	Beef Barley Soup Sausage Roll with gravy Rainbow Slaw Mandarin Oranges	Chicken Vegetable Soup Beef Ravioli Green Salad French Vanilla Yogurt with Fruit	Minestrone Spinach & Cheese Omelet Soft Roll Fruited Jello	Green Pea Soup Cottage Cheese and Fruit Cocktail Muffin Ice Cream	Vegetable Soup Chicken Salad Sandwich Coleslaw Butterscotch Pudding
DINNER	Gourmet Ham with applesauce Scalloped Potatoes Green Peas Lemon Meringue Pie	Beef Burgundy Noodles Green Beans Coconut Pudding	Chicken Curry Rice Pilaf Mixed Vegetables Lime Fluff	Breaded Pork Cutlet with mushroom gravy O'Brien Potatoes Peas & Carrots Iced Apple Spice Cake	Meatballs with gravy Mashed Potatoes Cauliflower Vanilla Tart	Fish Creole Mashed Potatoes Broccoli Mixed Fruit Crisp	Barbecued Ribs Boiled Potatoes Turnips Iced Chocolate Cake

NOTE: Milk, juice, coffee and tea offered at all meals and at snack time. Oatmeal made with milk. Soup served with 2 crackers. Bread offered at supper for all diets. * **Holiday Menu**

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WEEK 4



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sep 30	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6
	Oct 28	Oct 29	Oct 30	Oct 31	Nov 1	Nov 2	Nov 3
	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1
	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29
	Jan 20	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25	Jan 26
	Feb 17	Feb 18	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23
	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23
BREAKFAST	Orange Juice Oatmeal/Cereal Toast and Jam Poached Eggs	Cranberry Juice Oatmeal/Cereal Toast and Jam Scrambled Eggs	Apple Juice Oatmeal/Cereal Toast and Jam Peach Bran Muffin	Orange Juice Oatmeal/Cereal Toast and Jam	Cranberry Juice Oatmeal/Cereal Toast and Jam Boiled Egg	Apple Juice Oatmeal/Cereal Toast and Jam Raisin Toast	Orange Juice Oatmeal/Cereal Toast and Jam Scrambled Egg
LUNCH	Cream of Tomato Soup Grilled Cheese Sandwich Tossed Salad Fruit Medley with whipped topping	Turkey Vegetable Soup Chicken Chow Mein Apricots	Scotch Broth Fish & Chips with tartar sauce Diced Tomatoes Fruit Cocktail	Tomato Rice Soup Beef Pot Pie with gravy Creamy Coleslaw Ice Cream	Corn Chowder Turkey & Swiss Cheese Sandwich Green Salad Diced Peaches	Cheesy Cauliflower Soup Vegetable Frittata with soft roll Apple & Zucchini Slaw Jello Jewels	Beef Vegetable Soup Roast Chicken Sandwich Pickled Beets Diced Pears
DINNER	Roast Turkey with gravy Roasted Potatoes Diced Squash Sponge Cake with strawberry sauce	Beef & Broccoli Stir Fry Rice Carrot Coins Apple Crumble	Braised Pork Cutlet with mushroom gravy Boiled Potatoes Broccoli & Cauliflower Cherry Crisp	Lemon Chicken Buttered Rice Green Beans Tapioca Pudding	Pepper Steak Mashed Potatoes Turnips Carrot Cake with cream cheese icing	Pan Fried Cod with lemon dill sauce Roasted Potatoes Green Peas Fruit Trifle	O'Brien Sausage Mashed Potatoes Carrots Crème Caramel

NOTE: Milk, juice, coffee and tea offered at all meals and at snack time. Oatmeal made with milk. Soup served with 2 crackers. Bread offered at supper for all diets. * **Holiday Menu**