



**Columbus Residence**  
**FALL and WINTER MENU 2023/2024**

**WEEK 1**

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	Oct 29	Oct 30	Oct 31	Nov 1	Nov 2	Nov 3	Nov 4
	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1	Dec 2
	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29	Dec 30
	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25	Jan 26	Jan 27
	Feb 18	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24
	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23
	Apr 14	Apr 15	Apr 16	Apr 17	Apr 18	Apr 19	Apr 20
<b>BREAKFAST</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>
	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>
	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>
	<b>Cheese Scone</b>	<b>Bran Muffin</b>	<b>Scrambled Eggs</b>	<b>Raisin Toast</b>	<b>Poached Egg</b>	<b>Boiled Egg</b>	<b>Raisin Scone</b>
<b>LUNCH</b>	<b>Minestrone</b>	<b>Beef Barley Soup</b>	<b>New England Clam Chowder</b>	<b>Chicken Noodle Soup</b>	<b>Red Lentil Soup</b>	<b>Italian Vegetable Soup</b>	<b>Tomato Rice Soup</b>
	<b>Tuna Noodle Casserole</b>	<b>Chicken Fingers</b> with dipping sauce	<b>Potato &amp; Cheese Perogies</b> with bacon, onions & sour cream	<b>Pulled Pork Sandwich</b> with fries and coleslaw	<b>Tuna Salad Sandwich</b>	<b>Vegetarian Dahl served with Rice</b>	<b>Roast Beef Sandwich</b>
	<b>Tossed Salad</b>	<b>Macaroni Salad</b>			<b>Pickled Beets</b>	<b>Spring Salad</b>	<b>Caesar Salad</b>
	<b>Diced Peaches</b>	<b>Fruited Jello</b>	<b>Fruit Cocktail</b>	<b>Vanilla Ice Cream</b>	<b>Diced Pears</b>	<b>Applesauce</b>	<b>Fruited Yogurt</b>
<b>DINNER</b>	<b>Roast Beef</b> with gravy	<b>Pork Chop</b> with gravy and applesauce	<b>Cabbage Rolls</b> with tomato sauce and sour cream	<b>Soya Chicken Drumsticks</b>	<b>Swiss Steak</b>	<b>Breaded Sole</b> with Hollandaise sauce	<b>Pork Sausages</b> with gravy
	<b>Yorkshire Pudding</b>	<b>Boiled Potatoes</b>	<b>Mashed Potatoes</b>	<b>Rice</b>	<b>Mashed Potatoes</b>	<b>Parslied Potatoes</b>	<b>Mashed Potatoes</b>
	<b>Mixed Vegetables</b>	<b>Broccoli Florets</b>	<b>Green Beans</b>	<b>Squash</b>	<b>California Mixed Vegetables</b>	<b>Carrot Coins</b>	<b>Green Peas</b>
	<b>Banana Cream Pie</b>	<b>Pumpkin Tart</b>	<b>Pineapple Bavarian</b>	<b>Lemon Tart</b>	<b>Crunchy Top Ginger Cake</b>	<b>Bread Pudding</b>	<b>Cherry Crisp</b>



Columbus Residence  
**FALL and WINTER MENU 2023/24**

**WEEK 2**

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	Nov 5	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10	Nov 11
	Dec 3	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8	Dec 9
	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6
	Jan 28	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2	Feb 3
	Feb 25	Feb 26	Feb 27	Feb 28	Feb 29	Mar 1	Mar 2
	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30
	Apr 21	Apr 22	Apr 23	Apr 24	Apr 25	Apr 26	Apr 27
<b>BREAKFAST</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>
	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>
	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>
	<b>Poached Egg</b>		<b>Scrambled Eggs</b>	<b>Raisin Toast</b>	<b>Cranberry Scone</b>	<b>Bran Muffin</b>	<b>Scrambled Egg</b>
<b>LUNCH</b>	<b>Navy Bean Soup</b>	<b>Chicken Vegetable Soup</b>	<b>Cream of Mushroom Soup</b>	<b>Beef Vegetable Soup</b>	<b>Mulligatawny Soup</b>	<b>Chicken Veg Soup</b>	<b>Seafood Chowder</b>
	<b>Baked Macaroni &amp; Cheese</b>	<b>Hamburger</b> with lettuce & sliced tomato	<b>Shrimp Fried Rice</b>	<b>Egg Salad Sandwich</b>	<b>Chicken Pot Pie</b> with gravy	<b>Broccoli &amp; Onion Quiche</b>	<b>French Toast</b> with sausages, syrup, and butter
	<b>Tossed Salad</b>			<b>Apple &amp; Zucchini Slaw</b>	<b>Caesar Salad</b>	<b>Tossed Salad</b>	
	<b>Tropical Fruit Cocktail</b>	<b>Fruit Jello</b>	<b>Chocolate Ice Cream</b>	<b>Sliced Peaches</b>	<b>Jello Cubes</b>	<b>Assorted Canned Fruit</b>	<b>Strawberry Mousse</b>
<b>DINNER</b>	<b>Butter Chicken</b>	<b>Sweet &amp; Sour Pork</b>	<b>Beef Casserole</b> with sour cream	<b>Teriyaki Chicken</b>	<b>Salisbury Steak</b>	<b>Seafood Newburg</b>	<b>Spaghetti &amp; Meatballs</b>
	<b>Basmati Rice</b>	<b>Steamed Rice</b>	<b>Noodles &amp; Cabbage</b>	<b>Mashed Potatoes</b>	<b>Scalloped Potatoes</b>	<b>Rice</b>	<b>Broccoli florets</b>
	<b>Broccoli Florets</b>	<b>Oriental Mixed Vegetables</b>	<b>Strawberry Rhubarb</b> with custard sauce	<b>Green Beans</b>	<b>Julienne Carrots</b>	<b>Mixed Vegetables</b>	<b>Garlic Bread</b>
	<b>Marble Cake</b>	<b>Vanilla Pudding</b>		<b>Princess Cake</b>	<b>Blueberry Crisp</b>	<b>Cheesecake</b>	<b>Apple Dutch Cake</b>

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.



**Columbus Residence**  
**FALL and WINTER MENU 2023/24**

**WEEK 3**

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17	Nov 18
	Dec 10	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15	Dec 16
	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12	Jan 13
	Feb 4	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9	Feb 10
	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9
	Mar 31	Apr 1	Apr 2	Apr 3	Apr 4	Apr 5	Apr 6
	Apr 28	Apr 29	Apr 30	May 1	May 2	May 3	May 4
<b>BREAKFAST</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>
	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>
	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>
	<b>Blueberry Muffin</b>	<b>Raisin Toast</b>	<b>Steamed Egg</b>	<b>Cheese Scone</b>	<b>French Toast</b>	<b>Scrambled Egg</b>	<b>Pumpkin Muffin</b>
<b>LUNCH</b>	<b>Vegetable Noodle Soup</b>	<b>Potato Chowder</b>	<b>Beef Barley Soup</b>	<b>Chicken Veg Soup</b>	<b>Minestrone</b>	<b>Green Pea Soup</b>	<b>Cream of Carrot</b>
	<b>Chicken Nuggets with fries</b>	<b>Hot Turkey Sandwich with gravy</b>	<b>Fish Burger</b> with lettuce, tomato & tartar sauce	<b>Spinach &amp; Cheese Quiche</b>	<b>Sausage Roll</b> with gravy	<b>Cottage Cheese and Fruit Cocktail</b>	<b>Chicken Salad Sandwich</b>
	<b>Fries and Coleslaw</b>	<b>Caesar Salad</b>	<b>Pickled Beets</b>	<b>Tossed Salad</b>	<b>Hash Browns</b>	<b>Muffin</b>	<b>Coleslaw</b>
	<b>Coconut Pudding</b>	<b>Fruit Jello</b>	<b>Applesauce</b>	<b>Vanilla Yogurt</b> with Fruit	<b>Peach Jello</b>	<b>Vanilla Ice Cream</b>	<b>Butterscotch Pudding</b>
<b>DINNER</b>	<b>Pork Adobo</b> with sauce	<b>Beef Burgundy</b>	<b>BBQ Chicken</b>	<b>Meatballs</b> with gravy	<b>Chicken A La King</b>	<b>Fish Creole</b>	<b>Barbecued Ribs</b>
	<b>Rice</b>	<b>Butter Noodles</b>	<b>Scalloped Potatoes</b>	<b>O'Brian Potatoes</b>	<b>Rice</b>	<b>Mashed Potatoes</b>	<b>Boiled Potatoes</b>
	<b>Green Peas</b>	<b>Green Beans</b>	<b>Mixed Vegetables</b>	<b>Cauliflower</b>	<b>Peas &amp; Carrots</b>	<b>Broccoli</b>	<b>Turnips</b>
	<b>Lemon Meringue Pie</b>	<b>Carrot Cake</b>	<b>Lime Fluff</b>	<b>Iced Apple Spice Cake</b>	<b>Cauliflower</b>	<b>Mixed Fruit Crisp</b>	<b>Iced Chocolate Cake</b>

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Columbus Residence  
**FALL and WINTER MENU 2023/2024**

**WEEK 4**



	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24	Nov 25
	Dec 17	Dec 18	Dec 19	Dec 20	Dec 21	Dec 22	Dec 23
	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20
	Feb 11	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17
	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16
	Apr 7	Apr 8	Apr 9	Apr 10	Apr 11	Apr 12	Apr 13
	May 5	May 6	May 7	May 8	May 9	May 10	May 11
<b>BREAKFAST</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>	<b>Apple Juice</b>	<b>Cranberry Juice</b>
	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>	<b>Oatmeal/Cereal</b>
	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>	<b>Toast and Jam</b>
	<b>Poached Eggs</b>	<b>Scrambled Eggs</b>	<b>Peach Bran Muffin</b>		<b>Boiled Egg</b>	<b>Raisin Toast</b>	<b>Scrambled Egg</b>
<b>LUNCH</b>	<b>Scotch Broth Soup</b>	<b>Wonton Soup</b>	<b>Chicken Noodle</b>	<b>Tomato Rice Soup</b>	<b>Corn Chowder</b>	<b>Cream of Cauliflower Soup</b>	<b>Beef Veg Soup</b>
	<b>Pancakes &amp; Sausages</b>	<b>Chicken Vegetable Chow Mein</b>	<b>Fish &amp; Chips</b> with tartar sauce	<b>Beef Pot Pie</b> with gravy	<b>Chicken Fried Rice</b>	<b>Vegetable Frittata</b> with soft roll	<b>Roast Chicken Sandwich</b>
			<b>Coleslaw</b>	<b>Tossed Salad</b>	<b>Green Salad</b>	<b>Apple &amp; Zucchini Slaw</b>	<b>Pickled Beets</b>
	<b>Fruit Medley</b> with whipped topping	<b>Fruit Jello</b>	<b>Diced Mango</b>	<b>Ice Cream</b>	<b>Diced Peaches</b>	<b>Jello Jewels</b>	<b>Diced Pears</b>
<b>DINNER</b>	<b>Roast Turkey</b> with gravy	<b>Pepper Steak</b> with gravy	<b>Braised Pork Cutlet</b> with mushroom gravy	<b>Roast Chicken Thigh with Alfredo Pasta</b>	<b>Beef and Broccoli</b>	<b>Crispy Perch</b> with lemon dill sauce	<b>O'Brien Sausage</b>
	<b>Mashed Potatoes</b>	<b>Mashed Potatoes</b>	<b>Boiled Potatoes</b>		<b>Rice</b>	<b>Roasted Potatoes</b>	<b>Mashed Potatoes</b>
	<b>Diced Squash</b>	<b>Turnips</b>	<b>Broccoli &amp; Cauliflower</b>	<b>Green Beans</b>	<b>Turnips</b>	<b>Green Peas</b>	<b>Carrots</b>
	<b>Sponge Cake</b> with strawberry sauce	<b>Carrot Cake</b> with cream cheese icing	<b>Cherry Crisp</b>	<b>Tapioca Pudding</b>	<b>Apple Crumble</b>	<b>Ambrosia</b>	<b>Crème Caramel</b>

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