

WEEK 1

DANIA MANOR Fall/Winter Menu 2022-2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6	7
	HOUSE SALAD	GREEN MIX		ROMAINE LETTUCE	HOUSE SALAD	LETTUCE SALAD	BEET AND ORANGE
Lunch	Steamed Cod Fillets with Spinach and White Wine Sauce Scalloped Potatoes Buttered Carrots Chocolate Cake with Raspberry Coulis	BBQ Pork Ribs Spaghetti Carbonara Winter Vegetable Medley Lemon Cheesecake	French Dip Roast Beef Sandwich with Gravy Potatoes Wedges Green Salad Mango Panna Cotta	Chicken A La King Mushroom Rice Pilaf Broccoli Pumpkin Cinnamon Tart	Herb Crusted Fish Filet Mashed Potatoes Root Vegetables Chocolate Chip Brownie	Beef and Vegetables Stew (carrots, peas and potatoes) Steamed Rice Vanilla Baked Custard	Butter Chicken Basmati Rice Green Beans Blueberry Pie
Alternate	<i>Baked Chicken Thigh</i>	<i>Grilled Cheese Sandwich</i>	<i>Herbed Chicken Breast</i>	<i>Beef Meatballs</i>	<i>Maple Pork Sausage</i>	<i>Classic Meatballs in Gravy</i>	<i>Breaded Sole Fillet</i>
Supper	Unsalted Soda Crackers Cream of Broccoli Soup Turkey Bolognese Pasta Caeser Salad Garlic Bread Fresh Fruit	Unsalted Soda Crackers Tomato & Basil Soup served with Multigrain Roll Classic Swedish Meatballs with Gravy Whipped Potatoes Buttered green beans Apple Pie	Unsalted Soda Crackers Vegetable & Barley Soup Smoked Sausage Cheese Perogies w/Caramelized Onion and Sour Cream Sauteed Cabbage Maple Chocolate Cake	Unsalted Soda Crackers Curried Lentil Soup Cheese and Spinach Manicotti with Tomato Sauce Garlic Bread Stick Mixed Green Salad Peach Melba Cake	Unsalted Soda Crackers Creamy Potato Soup w/ Green Onions Cabbage Roll in Tomato Sauce Brioche Roll Roasted Squash Fresh Fruit Cup	Unsalted Soda Crackers Chicken Gumbo Soup Mac'n Cheese Peas and Carrots Steamed Broccoli Strawberry Shortcake	Unsalted Soda Crackers Maple Roasted Yam Soup BBQ Pulled Pork Sandwich Apple & Raisin Coleslaw Mandarin Orange
Alternate	<i>Egg Salad Sandwich</i>	<i>Baked Beans</i>	<i>Roast Beef Sandwich</i>	<i>Honey Roast Ham Sandwich</i>	<i>Cheese & Tomato Sandwich</i>	<i>Chicken Salad Sandwich</i>	<i>Sliced Beef Sandwich</i>

Menu subject to change without notice

Audited by site dietitian
October 2022

Breakfast: 250 ml of milk and 125 ml of juice are offered daily
Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily
Assorted Beverages include: 125 ml of milk/juice/water/tea/coffee
Assorted sandwich is also available upon request at HS

WEEK 2

DANIA MANOR Fall/Winter Menu 2022-2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8	9	10	11	12	13	14
	HOUSE SALAD	LETTUCE MIX	SPINACH	ROMAINE LETTUCE	GREEN MIX	COLESLAW	BEETS AND ORANGE
Lunch	Sole in Herbed Butter Garlic Roasted Potatoes Peas Banana Cake	Cheeseburger Fries Served with Tomato and Lettuce Pumpkin Cinnamon Tart	Baked Ham with Mustard and Borwn Sugar Glaze Nugget Potatoes Grilled Vegetables Apple Crumble	Roast Beef with Yorkshire Pudding w/ Gravy Mashed Potatoes Roasted Winter Vegetables Coconut Pie	Lemon Rosemary Salmon Fettuccine Alfredo Buttered Green Beans with Almonds Fruit Cocktail	Chicken Breast with BBQ Sauce Rice Pilaf Roasted Glazed Beet Salad Strawberry Mousse	Sweet & Sour Pork Fried Noodles Oriental Vegetables Diced Mango
Alternate	<i>Beef Meatballs</i>	<i>Breaded White Fish</i>	<i>Chicken in Tomato Sauce</i>	<i>Turkey Sandwich</i>	<i>Grilled Cheese Sandwich</i>	<i>Pork Loin</i>	<i>Turkey Stroganoff</i>
Supper	Unsalted Soda Crackers Wonton Soup Stir Fry Beef with Vegetables Steamed Rice Garlic Bok Choy Rhubarb Crisp with Cream Chantilly	Unsalted Soda Crackers Split Pea Soup Fusilli Pasta with Roasted Zucchini Garlic Bread Stick Chickpea & Apple Salad Tiramissu Cake	Unsalted Soda Crackers Cream of Mushroom Soup served with Multigrain Roll Chicken Strips Served with Plum Sauce Potato Wedges Caesar Salad Pineapple Upside Down Cake	Unsalted Soda Crackers Roasted Squash & Apple Soup Turkey Stroganoff Rice Steamed Carrots Yogurt with Berries	Unsalted Soda Crackers Corn Chowder Teriyaki Pork Rice Stir Fry Vegetables German Chocolate Cake	Unsalted Soda Crackers Minestrone Soup Garden Vegetable Frittata Brioche Roll Broccoli & Feta Cheese Salad Fresh Fruit Trifle	Unsalted Soda Crackers Potato Leek Soap Meatballs with Gravy Egg Noodles Steamed Broccoli Strawberry Rhubarb Pie
Alternate	<i>Cheese & Tomato Sandwich</i>	<i>Tuna Sandwich</i>	<i>Roast Beef Sandwich</i>	<i>Honey Roast Ham Sandwich</i>	<i>Tuna Salad Sandwich</i>	<i>Baked Beans In Tomato Sauce</i>	<i>Egg salad sandwich</i>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	15	16	17	18	19	20	21
	GREEN MIX	SPRING MIX SALAD		BET AND ORANGE	WALDORF SALAD	ROMAINE LETTUCE	SPINACH
Lunch	Tilapia with Lemon Caper Sauce Buttermilk Whipped Potatoes Steamed Broccoli Citrus Cake with Berry Compote	Classic Meatloaf Maple Glazed Yam Buttered Carrots Banana Cream Pie	Grilled Chicken Breast Basil Fresh Tomato Pasta Spinach Salad Tiramissu	BBQ Pork Ribs Mexican Rice Roasted Vegetables Éclair	Steamed Sole with Parsley and Lemon Sauce Roasted Potatoes Green Beans and Roasted Peppers Carrot Cake	Chicken Parmigiana with Tomato Sauce Spaghetti Garden Vegetables Berry Trifle	Roast Turkey with Stuffing and Gravy w/ Cranberry Sauce Mashed Potatoes Parslied Carrots Apricots
Alternate	<i>Sweet & Sour Meatballs</i>	<i>Breaded Sole Fillet</i>	<i>Mac & Cheese</i>	<i>Curry Dahl / Naan Bread</i>	<i>Beef Meatballs</i>	<i>Maple Pork Sausages</i>	<i>Breaded Sole Fillet</i>
Supper	Unsalted Soda Crackers Italian Wedding Soup Chicken Pesto Steamed Rice Grilled Vegetables Berry Tart	Unsalted Soda Crackers Tomato Soup Three Cheese Macaroni Tomato and Cucumber Salad Tangerine Mousse	Unsalted Soda Crackers Pumpkin Spice Soup Tourtiere Garlic Bread Stick Creamy Coleslaw Baked Apple Slices	Unsalted Soda Crackers Quinoa Vegetable Soup Leek & Roasted Pepper Quiche Mixed Green Salad with Cucumber and Tomatos Apple Pie	Unsalted Soda Crackers Wonton Soup with Bok Choy & Carrots Char Siu Pork Loin Steamed Rice with Green Onions Stir Fry Cauliflower & Peppers Ambrosia	Unsalted Soda Crackers Vegetable Barley Soup Salisbury Steak with Onions and Gravy Rice Pilaf Minted Peas Banana Chocolate Chip Loaf	Unsalted Soda Crackers Leek and Potato Soup Pepperoni Cheese Pizza Garden Salad Citrus Cake
Alternate	<i>Ham & Cheese Sandwich</i>	<i>Vegetarian Sandwich</i>	<i>Chicken Fingers</i>	<i>Cheese & Tomato Sandwich</i>	<i>Chicken Salad Sandwich</i>	<i>Tuna Salad Sandwich</i>	<i>Egg Salad Sandwich</i>

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WEEK 4

DANIA MANOR Fall/Winter Menu 2022-2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	22	23	24	25	26	27	28
	COLESLAW		SPINACH	GREEN MIX	HOUSE SALAD	BEETS AND ORANGE	HOUSE SALAD
Lunch	Fish & Chips Tartar Sauce and Lemon Wedge Buttered Peas Vanilla Caramel Cake	Chicken Souvlaki with Tzatziki Rice Pilaf Greek Salad Egg Tart	Pork with White Wine Sauce Scalloped Potatoes Roasted Zucchini Rocky Road Brownie	Roast Beef with Yorkshire Pudding w/ Gravy Mashed Potatoes Parslied Carrots Apple Danish	Seafood Newburg (shrimp and crab meat) Steamed Rice Sauteed Zucchini and Peppers Rhubarb Strawberry Crisp	Beef Hamburger Potato Wedges Lettuce & Tomato Slices Ice Cream	Honey Garlic Chicken Fried Rice Oriental Mix Vegetables Baked Custard
Alternate	<i>Baked Chicken Thigh</i>	<i>Beef Meatballs with Gravy</i>	<i>Roasted Chicken Breast</i>	<i>Breaded Sole Fillet</i>	<i>Turkey a la King</i>	<i>Maple Pork Sausage</i>	<i>Salmon</i>
Supper	Unsalted Soda Crackers Tomato Basil Soup Beef Chow Mein Veg Stir Fry Chopped Salad with Buttermilk and Poppy Seed Dressing Strawberry Mousse	Unsalted Soda Crackers Chicken Vegetables Soup Vegetarian Lasagna Garlic Bread Caesar Salad Maple Chocolate Cake	Unsalted Soda Crackers Cream of Spinach Turkey a la King Egg Noodles Broccoli Carrot and Cranberry Cake	Unsalted Soda Crackers Roasted Squash & Apple Soup Sweet and Sour Pork Steamed Rice Green and Wax Beans Pineapple Whipped	Unsalted Soda Crackers Broccoli Cheddar Soup Chicken Thigh Spaghetti with Tomato Sauce Cabbage and Chick Pea Salad Lemon Tart with Raspberry Coulis	Unsalted Soda Crackers Cream of Carrot Soup Pork and Vegetables Goulash Corn Bread Apricot Crisp	Unsalted Soda Crackers Cauliflower Bisque Swedish Meatballs Roasted Potatoes Buttered Vegetables Boston Cream Pie
Alternate	<i>Grilled Cheese Sandwich</i>	<i>Ham & Cheese Sandwich</i>	<i>Vegetarian Sandwich</i>	<i>Chicken Salad Sandwich</i>	<i>Roast Beef Sandwich</i>	<i>Egg Salad Sandwich</i>	<i>Asstorted Sandwiches</i>

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