

REGULAR WEEK AT A GLANCE
AGCCC - FW 2023-2024

Fall/Winter 23

Week1: January 22 to January 28

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|---|---|
| BREAKFAST | | | | | | |
| <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> |
| Cereal, Oatmeal Egg, Omelet Cheese Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind | Cereal, Cream of Wheat Egg, Scrambled Waffles OS 1 Each Syrup, Table | Cereal, Oat Bran Egg Patty Bacon Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind | Cereal, Oatmeal Egg, Boiled Pancakes Syrup, Table 30 mL | Cereal, Oatmeal Egg, Poached 1 Each Sausage, Breakfast Pork Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind | Cereal, Oat Bran Egg, Scrambled Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind | Cereal, Oatmeal Egg, Boiled Bacon Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind |
| Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Bread, Whole Wheat Toast Buttered Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual |
| LUNCH | | | | | | |
| <i>*Soup, Butternut Squash</i> | <i>*Soup, Vegetable Beef</i> | <i>*Soup, Tomato bean</i> | <i>*Soup, Lentil</i> | <i>*Soup, Chicken Wild Rice</i> | <i>*Soup, Beef Barley</i> | <i>*Soup, Cream of Asparagus</i> |
| Fish, Salmon Parmesan Crusted OS Salad, Greek Sauce, Tartar Individual OS Bread Pudding, Banana OS | Sandwich, Reuben Apple, Sauté Salad, Coleslaw Creamy | Beef, Cheeseburger Salad, Tossed with Dressing Dessert, Strawberry and Yogurt | Ham and Mushroom quiche Salad, Beet Citrus Fruit, Tropical Salad | , Grilled Cheddar Cheese on Rye Bread Salad, Waldorf Orange Jello | Salad, Cobb Chicken Bread, Dinner Roll White Rhubarb Strawberry Stewed | Sandwich, Sloppy Joe Salad, Potato Pudding, Butterscotch Fortified |
| Choice, Sandwich Salad, Greek Bread Pudding, Banana OS | Choice, Sandwich Apple, Sauté Salad, Coleslaw | Choice, Sandwich Dessert, Strawberry and Yogurt Salad, Tossed with Dressing | Choice, Sandwich Salad, Beet Citrus Fruit, Tropical Salad | Choice, Sandwich Salad, Waldorf Orange Jello | Choice, Sandwich Salad, Garden Rhubarb Strawberry Stewed | Choice, Sandwich Salad, Potato Pudding, Butterscotch Fortified |
| DINNER | | | | | | |
| <i>*Salad, Chef's</i> | <i>*Salad, Chef's</i> | <i>*Salad, Chef's</i> | <i>*Salad, Chef's</i> | <i>*Salad, Chef's</i> | <i>*Salad, Chef's</i> | <i>*Salad, Chef's</i> |
| Beef, Goulash Vegetable Potato, Mashed Mixed Vegetables-Italian Blend Cake, Orange Iced OS | Pork Chop with lemon grass Gravy, Brown Potato, Mashed Garlic Four way vegetable Cake, Chocolate Iced | Chicken, Breast Baked Gravy, Beef Peas, Buttered Pudding, Caramel Fortified Potato, Citrus Roasted | Fish, Salmon Greek Quinoa, Pilaf Vegetables, Mediterranean Roasted Root Angel fruit cake | Beef, Salisbury Steak Mushroom Onion Gravy Potato, Whipped Mixed Vegetables-Montego Blend Pie, Strawberry | Pork, Medallion Bacon Wrapped Potato, Garlic Herb Roasted Mashed Margarine, Individual Broccoli, Cauliflower Square, Nanaimo Bar OS | Turkey, Meatballs with Sweet and Sour Rice, White OS Mixed Vegetables-Fall Medley Lemon Loaf |
| Fish, Sole Almondine Potato, Mashed Mixed Vegetables-Italian Blend Sauce, Tartar Individual OS Cake, Orange Iced OS | Casserole, Chicken a la King Potato, Mashed Garlic Four way vegetable Cake, Chocolate Iced | Beef cannelloni Peas, Green Potato, Roasted Rosemary Pudding, Caramel Fortified Bread, Garlic | Sausage, Bratwurst with pierogis Quinoa, Pilaf Gravy, Brown Mixed Vegetables-Root Blend Roasted Angel fruit cake | Chicken, Breast Baked capers and Lemon Butter Sauce Potato, Whipped Mixed Vegetables-Montego Blend Pie, Strawberry | Veal, Cutlet Mushroom Paprika Sauce Potato, Garlic Herb Roasted Mashed Broccoli, Cauliflower Square, Nanaimo Bar OS | Casserole, Seafood Newburg Rice, Plain White Mixed Vegetables-Fall Medley Lemon Poppy seed |
| Dal Makkani | Potato Cauliflower Masala | Chick Pea Masala | Dal Fry | Veggie Meat Ball Curry | Aloo Mutter / Peas and Potato Curry | Dal Patak (spinach and Lentil) |
| AM SNACK | | | | | | |
| <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> |
| PM SNACK | | | | | | |
| Coffee/Tea Milkette Sugar, White Granulated Ind Hospitality, Snack 2 Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Hospitality, Snack 2 Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Muffin |
| Milk, 1% 125 mL Turn over apple | Milk, 1% 125 mL Pudding, Rice Creamy | Milk, 1% 125 mL Mandarin Orange, Sections | Milk, 1% 125 mL Banana, Fresh | Milk, 1% 125 mL Pear, Diced | Milk, 1% 125 mL Grapes, Green Seedless | Milk, 1% 125 mL Home Made Pudding with Protein Powder |
| EVENING SNACK | | | | | | |
| <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Fruit, Fresh Cup</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Dip, Hummus</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Pudding, Tapioca Individual OS</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Cheese & Crackers</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Home Made Pudding with Protein Powder</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Cottage Cheese & Crackers</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Apple, Wedges</i> |

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast, 125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.
Snack Notes: 125 ml Milk is offered daily at PM and HS snacks and is available at AM snack. 180 ml Coffee or Tea is available every day at all snacks. 180 ml Hot Chocolate is available every day at evening snack. Minimum 125 ml Water is available at every snack.

Note: *I indicates standard menu items that are offered with all choices
 BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
 MENU PERSONALIZED BY: Allen Gray Continuing Care Centre

REGULAR WEEK AT A GLANCE
AGCCC - FW 2023-2024

Fall/Winter 23

Week2: January 29 to February 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|---|---|---|
| BREAKFAST | | | | | | |
| <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> |
| Cereal, Oatmeal Egg, Omelet Cheese Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind | Cereal, Cream of Wheat Egg, Scrambled French Toast Syrup, Table | Cereal, Oat Bran Egg Bites Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind Bacon | Cereal, Oatmeal Egg, Boiled Pancakes Syrup, Table | Cereal, Cream of Wheat Egg, Omelet Plain Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind | Cereal, Oat Bran Egg, Scrambled Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind | Cereal, Cream of Wheat Egg, Boiled Sausage, Beef Jam |
| Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual |
| LUNCH | | | | | | |
| <i>*Turkey Vegetable Soup</i> | <i>*Soup, Borscht</i> | <i>*Soup, Clam Chowder</i> | <i>*Soup, Broccoli Cheddar</i> | <i>*Soup, Potato and Leek</i> | <i>*Soup, Cream of Mushroom</i> | <i>*Soup, Minestrone</i> |
| Casserole, Cabbage Roll Bread, Garlic Salad, Coleslaw Pineapple Mandarin Orange, Sections | Chicken Penne with Tomato sauce Salad, Caesar Pudding, Butterscotch Fortified | Potato, Pancakes OS Salad, Marinated Tomato and Onion Choice, Fruit Fresh | Fish, Krunchie Perch OS Salad, Cucumber Creamy Peach, Slices | Casserole, Macaroni and Cheese Spinach with Feta and orange salad Pudding, Strawberry | Pie, Tourtiere Salad, Broccoli and Feta Mousse, Chocolate Diet OS Dry Mix | Sandwich, Grilled Turkey and Swiss on Rye Salad, Potato Cantaloupe, Diced |
| Choice, Sandwich Salad, Coleslaw Pineapple Mandarin Orange, Sections | Choice, Sandwich Pudding, Butterscotch Fortified Salad, Caesar | Choice, Sandwich Salad, Marinated Tomato and Onion Choice, Fruit Fresh | Choice, Sandwich Salad, Cucumber Creamy Peach, Diced | Choice, Sandwich Spinach with Feta and orange salad Pudding, Strawberry | Choice, Sandwich Salad, Broccoli and Feta Mousse, Chocolate Diet OS Dry Mix | Choice, Sandwich Salad, Potato Cantaloupe, Diced |
| DINNER | | | | | | |
| Pork, Cutlet Mushroom soup Potato, Mashed Mixed Vegetables-Oriental Mix Pie, Apple | Beef, Stroganoff Pasta, Egg Noodles Four way vegetable Strawberries, Fresh | Ground Lamb Stew Potato, Mashed Corn, Buttered Mousse, Tangerine OS Dry Mix | Chicken, Breaded Potato, Roasted Baby Red Margarine, Individual Beans, Yellow and Green Cake, Vanilla Iced | Salmon Baked Lemon Butter sauce Potato, Whipped Carrots, Sliced Apple Crumble cake | Boneless pork wings with Honey Garlic Sauce Rice, Jasmine Peas, Green Creme Brulee, Cappuccino | Beef, Roast Gravy, Poultry Potato, Baked Brussels Sprouts Cheesecake, Plain |
| Chicken, Drumstick BBQ Potato, Mashed Mixed Vegetables-Oriental Mix Pie, Apple | Pork, Ribs Sweet and Spicy BBQ Potato, Mashed Four way vegetable Strawberries, Fresh | Beef, Swiss Steak Potato, Mashed Corn, Buttered Mousse, Tangerine OS Dry Mix | Baked Basa with pesto Potato, Roasted Baby Red Beans, Yellow and Green Cake, Vanilla Iced | Vegetable Stew Potato, Whipped Apple Crumble cake | Trout Herb Baked Rice, Jasmine Peas, Green Creme Brulee, Cappuccino | Lasagna, Vegetable Whole Wheat OS Cheesecake, Plain Bread, Garlic |
| Dal Makkani | Potato Cauliflower Masala | Chick Pea Masala | Dal Fry | Veggie Meat Ball Curry | Aloo Mutter / Peas and Potato Curry | Dal Palak(spinach and Lentil) |
| AM SNACK | | | | | | |
| <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> |
| PM SNACK | | | | | | |
| Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Muffin |
| Milk, 1% 125 mL Cookie, Apple Turnover OS | Milk, 1% 125 mL Pudding, Rice Creamy | Milk, 1% 125 mL Mandarin Orange, Sections | Milk, 1% 125 mL Banana, Fresh | Milk, 1% 125 mL Pear, Diced | Milk, 1% 125 mL Grapes, Green Seedless | Milk, 1% 125 mL Home Made Pudding with Protein Powder |
| EVENING SNACK | | | | | | |
| <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Fruit, Cup OS</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Dip, Hummus</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Pudding, Tapioca Orange OS Dry Mix</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Cheese & Crackers</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Home Made Pudding with Protein Powder</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Cottage Cheese & Crackers</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Apple, Wedges</i> |

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast, 125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.
Snack Notes: 125 ml Milk is offered daily at PM and HS snacks and is available at AM snack. 180 ml Coffee or Tea is available every day at all snacks. 180 ml Hot Chocolate is available every day at evening snack. Minimum 125 ml Water is available at every snack.

Note: * Indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: Allen Gray Continuing Care Centre

REGULAR WEEK AT A GLANCE
AGCCC - FW 2023-2024

Fall/Winter 23

Week3: February 5 to February 11

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|---|---|
| BREAKFAST | | | | | | |
| <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> | <i>*Choice, Fruit Fresh</i> |
| Cereal, Oatmeal Egg, Omelet Cheese Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind | Cereal, Cream of Wheat Egg, Scrambled Waffles OS 1 Each Syrup, Table 30 mL | Cereal, Oat Bran Egg Patty Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind Bacon | Cereal, Oatmeal Egg, Boiled Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind | Cereal, Cream of Wheat Egg, Poached Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind Sausage, Breakfast Pork | Cereal, Oat Bran Egg, Scrambled Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind | Cereal, Cream of Wheat Egg, Boiled OS Sausage, Beef Bread, Whole Wheat Toast Buttered Jam, Strawberry Ind |
| Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold with Bran Peanut Butter Individual Bread, Whole Wheat | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual | Choice, Cereal Cold Peanut Butter Individual |
| LUNCH | | | | | | |
| <i>*Soup, Vegetable Beef</i> | <i>*Soup, Chicken Noodle</i> | <i>*Soup, Cream of Cauliflower</i> | <i>*Soup, Carrot Ginger</i> | <i>*Soup, Cream of Mushroom</i> | <i>*Soup, Split Pea</i> | <i>*Meat ball Tomato soup</i> |
| Chicken brie Salad, Garden Fruit, Cocktail | Fish, Burger Potato, Sweet Fries Salad, Chick Pea and Feta Mousse, Tiramisu OS Dry Mix | Turkey Nuggets OS Salad, Corn Peach and Mango Delight | Prime rib Slider Salad, Romaine quinoa Square, Banana Bread | Chili, Beef Salad, Couscous Grapes, Green Seedless Bread, Corn | Chicken, Breast Grilled w/ Chasseur Sauce Salad, Caesar Mousse, Cappuccino | Sandwich, Beef Pulled Salad, Garden Gelatin, Cherry |
| Choice, Sandwich Salad, Garden Fruit, Cocktail | Choice, Sandwich Salad, Chick Pea and Feta Mousse, Tiramisu OS Dry Mix | Choice, Sandwich Salad, Corn Peach and Mango Delight | Choice, Sandwich Salad, Quinoa Square, Banana Bread | Choice, Sandwich Grapes, Green Seedless Salad, Couscous | Choice, Sandwich Salad, Caesar Mousse, Cappuccino | Choice, Sandwich Salad, Garden Gelatin, Cherry |
| DINNER | | | | | | |
| Fish, Haddock Grilled Rice, Basmati Broccoli Cake, Lemon Buttermilk OS | Beef, Braised Shepherd's Pie Gravy, Beef Bread, Dinner Roll White Buttered AppleLoaf Cauliflower, Roasted | Pork, Seasoned Roast Potato, Lyonnaise Peas and Carrots Pudding, Coconut | Veal, Parmesan Gravy, Poultry Potato, Mashed Mixed Vegetables-Oriental Mix Pie, Pumpkin | Chicken, Curry Rice, Jasmine Broccoli Cake, Carrot | Pasta, Spaghetti with Meat balls Bread, Garlic Toast Brussels Sprouts Pudding, Rice Creamy | Turkey, Roast Potato, Mashed Four way vegetable Cake, Boston Cream OS |
| Casserole, Beef Macaroni Bread, Garlic Broccoli Cake, Lemon Cream | Chicken, Herb Baked Potato, Mashed Cauliflower, Roasted AppleLoaf | Pasta, Chicken Linguine with Pesto Bread, Garlic Mixed Vegetables-Carrots & Peas Pudding, Coconut | Casserole, Seafood Newburg Mixed Vegetables-Oriental Mix Potato, Mashed Pie, Pumpkin | Fish, Salmon Loin Rice, Plain White Broccoli Cake, Carrot | Pork, Ribs Maple Glazed Potato, Mashed Brussels Sprouts Pudding, Rice Creamy | Lasagna, Beef Bread, Garlic Toast Four way vegetable Cake, Boston Cream OS |
| Dal Makkani | Potato Cauliflower Masala | Chick Pea Masala | Dal Fry | Veggie Meat Ball Curry | Aloo Mutter / Peas and Potato Curry | Dal Palak(spinach and Lentil) |
| AM SNACK | | | | | | |
| <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> | <i>*Choice, Juice</i> |
| PM SNACK | | | | | | |
| Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Cookie | Coffee/Tea Milkette Sugar, White Granulated Ind Choice, Muffin |
| Milk, 1% 125 mL Cookie, Apple Turnover OS | Milk, 1% 125 mL Pudding, Rice Individual OS | Milk, 1% 125 mL Mandarin Orange, Sections | Milk, 1% 125 mL Banana, Fresh | Milk, 1% 125 mL Pear, Diced | Milk, 1% 125 mL Grapes, Green Seedless | Milk, 1% 125 mL Home Made Pudding with Protein Powder |
| EVENING SNACK | | | | | | |
| <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Fruit, Fresh Cup</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Dip, Hummus</i> <i>*Garnish, Cucumber Slices</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Pudding, Tapioca Individual OS</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Cheese & Crackers</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Home Made Pudding with Protein Powder</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Cottage Cheese & Crackers</i> | <i>*Milk, 1% 125 mL</i> <i>*Choice, Sandwich Half</i> <i>*Apple, Wedges</i> |

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast, 125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.
Snack Notes: 125 ml Milk is offered daily at PM and HS snacks and is available at AM snack. 180 ml Coffee or Tea is available every day at all snacks. 180 ml Hot Chocolate is available every day at evening snack. Minimum 125 ml Water is available at every snack.

Note: *I indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: Allen Gray Continuing Care Centre

REGULAR WEEK AT A GLANCE
AGCCC - FW 2023-2024

Fall/Winter 23

Week4: February 12 to February 18

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|--|--|
| BREAKFAST | | | | | | |
| *Choice,Fruit, Cup OS | *Fruit,Cup OS | *Choice,Fruit, Cup OS | *Choice,Fruit, Cup OS | *Choice,Fruit, Cup OS | *Fruit,Cup OS | *Fruit,Cup OS |
| Cereal,Oatmeal Egg,Omelet Cheese Bread,Whole Wheat Toast Buttered Jam | Cereal,Cream of Wheat Egg,Scrambled French Crepe Cheese,Cottage | Cereal,Oat Bran Egg Bites Bread,Whole Wheat Toast Buttered Jam Bacon | Cereal,Oatmeal Egg,Boiled Pancakes Syrup,Individual OS | Cereal,Cream of Wheat Egg,Omelet Cheese Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind Sausage,Breakfast Pork | Cereal,Oat Bran Egg,Scrambled Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind | Cereal,Cream of Wheat Sausage,Beef Bread,Whole Wheat Jam Egg,Boiled |
| Choice,Cereal Cold Peanut Butter Individual | Choice,Cereal Cold Peanut Butter Individual Bread,Whole Wheat Toast Buttered | Choice,Cereal Cold Peanut Butter Individual | Choice,Cereal Cold Peanut Butter Individual Bread,Whole Wheat | Choice,Cereal Cold Peanut Butter Individual | Choice,Cereal Cold Peanut Butter Individual | Choice,Cereal Cold Peanut Butter Individual |
| LUNCH | | | | | | |
| *Soup,Corn Chowder | *Thai Style Shrimp Soup | *Mushroom Barley soup | *Soup,Navy Bean | *Soup,Cream of Chicken | *Soup,Cauliflower and Potato | *Scotch Broth Soup |
| Chicken,Pot Pie Mango Coleslaw Chocolate Bites cake | Sandwich,Grilled Turkey and Swiss on Rye Arugula Apple Salad Pear,Diced | Chicken,Bruschetta Alfredo Salad,Caesar Brownie,Two Bite | Vegetarian,Burger Garden OS Salad,Greek Raspberry,Pink Dessert | Chicken Sandwich Spinach with Feta and Strawberry salad Honeydew,Fresh Diced | Sandwich,Grilled Ham and Cheese Salad,Green with Peas Banana Yogurt | Crab Sandwich on Croissant Salad,Tossed Pudding,Tapioca Orange OS Dry Mix |
| Choice,Sandwich Mango Coleslaw Chocolate Bites cake | Choice,Sandwich Arugula Apple Salad Pear,Diced | Choice,Sandwich Salad,Caesar Brownie,Two Bite | Choice,Sandwich Salad,Caesar Raspberry,Pink Dessert | Choice,Sandwich Spinach with Feta and Strawberry salad Honeydew,Fresh Diced | Choice,Sandwich Banana Yogurt Salad,Green with Peas | Choice,Sandwich Salad,Tossed Pudding,Tapioca Orange OS Dry Mix |
| DINNER | | | | | | |
| Shrimp Curry with Bell pepper Rice,Spanish Style Mixed Vegetables-Fall Medley Cake,Pumpkin | Veal Roulade Potato,Whipped Mixed Vegetables-California Blend Almond Tart | Pork,Szechwan Marinated Broccoli Rice,Jasmine Pie,Blueberry | Chicken,Teriyaki Potato,Mashed Peas,Green Pudding,Butterscotch OS Dry Mix | Fish,Baked with Mango salsa Potato,Red Smashed with Garlic Cauliflower Trifle,Fruit | Sauerbraten Potato,Herb Oven Roasted Cabbage,Braised Red Cake,Chocolate German OS | pork,Loaf Potato,Mashed Garlic Carrots,Baby Mango Bites Cake |
| Beef,Meat Loaf Potato,Mashed Mixed Vegetables-Fall Medley Cake,Pumpkin | Chicken Katsu Mixed Vegetables-California Blend Almond Tart Potato,Whipped | Basa Almandine Rice,Jasmine Broccoli Pie,Blueberry | Beef,Tips Potato,Mashed Peas,Green Pudding,Butterscotch OS Dry Mix | Chicken,Herb Baked Potato,Red Smashed with Garlic Cauliflower,Buttered Trifle,Fruit | Popcorn shrimp Potato,Herb Oven Roasted Cabbage,Red Buttered Cake,Chocolate German OS | Lasagna,Vegetable Whole Wheat OS Bread,Garlic Carrots,Baby Mango Bites Cake |
| Dal Makkani | Potato Cauliflower Masala | Chick Pea Masala | Dal Fry | Veggie Meat Ball Curry | Aloo Mutter / Peas and Potato Curry | Dal Palak(spinach and Lentil) |
| AM SNACK | | | | | | |
| *Choice,Juice | *Choice,Juice | *Choice,Juice | *Choice,Juice | *Choice,Juice | *Choice,Juice | *Choice,Juice |
| PM SNACK | | | | | | |
| Coffee/Tea Milkette Sugar,White Granulated Ind Choice,Cookie | Coffee/Tea Milkette Sugar,White Granulated Ind Choice,Cookie | Coffee/Tea Milkette Sugar,White Granulated Ind Choice,Cookie | Coffee/Tea Milkette Sugar,White Granulated Ind Choice,Cookie | Coffee/Tea Milkette Sugar,White Granulated Ind Choice,Cookie | Coffee/Tea Milkette Sugar,White Granulated Ind Choice,Cookie | Coffee/Tea Milkette Sugar,White Granulated Ind Choice,Muffin |
| Milk,1% 125 mL Cookie,Apple Turnover OS | Milk,1% 125 mL Pudding,Rice Individual OS | Milk,1% 125 mL Mandarin Orange,Sections | Milk,1% 125 mL Banana,Fresh | Milk,1% 125 mL Pear,Diced | Milk,1% 125 mL Grapes,Green Seedless | Milk,1% 125 mL Home Made Pudding with Protein Powder |
| EVENING SNACK | | | | | | |
| *Milk,1% 125 mL *Choice,Sandwich Half *Fruit,Fresh Cup | *Milk,1% 125 mL *Choice,Sandwich Half *Dip,Hummus *Garnish,Cucumber Slices | *Milk,1% 125 mL *Choice,Sandwich Half *Peach,Diced | *Milk,1% 125 mL *Choice,Sandwich Half *Cheese & Crackers | *Milk,1% 125 mL *Choice,Sandwich Half *Home Made Pudding with Protein Powder | *Milk,1% 125 mL *Choice,Sandwich Half *Cottage Cheese & Crackers | *Milk,1% 125 mL *Choice,Sandwich Half *Apple,Wedges |

Meal Notes: Two Crackers are served every day at Lunch with Soup. 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.
Snack Notes: 125 ml Milk is offered daily at PM and HS snacks and is available at AM snack. 180 ml Coffee or Tea is available every day at all snacks. 180 ml Hot Chocolate is available every day at evening snack. Minimum 125 ml Water is available at every snack.

Note: *I Indicates standard menu items that are offered with all choices
 BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
 MENU PERSONALIZED BY: Allen Gray Continuing Care Centre