

Extendicare Medex Summer Menu - Week 1						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Fruit Juice Fresh Grapes - Green	Assorted Fruit Juice Pineapple (can)	Assorted Fruit Juice Mixed Berries (frz)	Assorted Fruit Juice Mango (frz)	Assorted Fruit Juice Fresh Grapes - Red	Assorted Fruit Juice Fresh Orange Wedges	Assorted Fruit Juice Blueberries (frz)
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Assorted Cold Cereal Oatmeal Cream of Wheat	Assorted Cold Cereal Oatmeal Cream of Wheat	Assorted Cold Cereal Oatmeal Cream of Wheat	Assorted Cold Cereal Oatmeal Cream of Wheat	Assorted Cold Cereal Oatmeal Cream of Wheat	Assorted Cold Cereal Oatmeal Cream of Wheat	Assorted Cold Cereal Oatmeal Cream of Wheat
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Scrambled Eggs Hard Boiled Egg Poached Eggs	Scrambled Eggs Hard Boiled Egg Poached Eggs	Scrambled Eggs Hard Boiled Egg Poached Eggs	Scrambled Eggs Hard Boiled Egg Poached Eggs	Scrambled Eggs Hard Boiled Egg Poached Eggs	Scrambled Eggs Hard Boiled Egg Poached Eggs	Scrambled Eggs Hard Boiled Egg Poached Eggs
Pork Bacon	Cottage Cheese	Pork Baked Beans	Fruit Yogurt	Turkey Bacon	Cheddar Cheese	Greek Yogurt
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Whole Wheat Toast White Toast Raisin Toast Banana Muffin Mini Croissant	Whole Wheat Toast White Toast Raisin Toast Carrot Muffin Mini Croissant	Whole Wheat Toast White Toast Raisin Toast Raspberry Yogurt Muffin Mini Croissant	Whole Wheat Toast White Toast Raisin Toast Corn Muffin Mini Croissant	Whole Wheat Toast White Toast Raisin Toast Blueberry Muffin Mini Croissant	Whole Wheat Toast White Toast Raisin Toast Apple Spice Muffin Mini Croissant	Whole Wheat Toast White Toast Raisin Toast Cranberry Lemon Muffin Mini Croissant
LUNCH						
Minestrone Soup LK Chicken & Rice Soup (bulk can)	Chicken Noodle Soup V Cream of Mushroom Soup (bulk	Cream of Tomato Soup LK Cream of Celeri Soup (bulk can)	Vegetable & Beef Barley Soup V Cream of Tomato (ind can)	Lentil & Vegetable Soup	Cream of Potato Leek	French Canadian Pea Soup V Cream of Tomato Soup (ind can)
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Italian Sandwich Tomato & Cucumber Salad with Italian Dressing LK No Tomato	Beef & Tomato Macaroni Casserole California Mixed Vegetable	Pulled Jerk Chicken Sandwich on a Ciabata Bun Chef's Salad	Cobb Salad Garlic Toast	Hamburger on a Bun Chef's Salad or Dog on a Bun	Turkey w Lettuce on Whole Wheat Tossed Ranch Salad	Country Sausage Pancakes Strawberries & Rhubarb Stew
or	or	or	or	House Coleslaw	or	or
Lime & Pepper Shrimp Quinoa Pilaf Roasted Zucchini	Vegetarian Salad Plate (Beans Salad, Beets Salad, Pasta Salad)	Quiche Florentine French Cut Green Beans	English Style Fish Tartar Sauce French Fries Cooked Carrots	or Egg Salad on Croissant* Potato Salad	Cheese Tortellini Basil Pesto Roasted Cauliflower & Red Peppers	Salmon & Potato Salad Plate Baked Bun
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Fresh Grapes - Green	Pineapple (can)	Mixed Berries (frz)	Mango (frz)	Fresh Honeydew	Mandarin Oranges (can) LK Chilled Diced Peaches (can)	Blueberries (frz)
or	or	or	or	or	or	or
Butterscotch Ice Cream	Blonde Bar	Crème Caramel	Strawberry Mousse	Vanilla Ice Cream	Black Forest Pudding	Vanilla Chocolate Ice Cream Bar LK Sherbet - Orange
DINNER						
Lemon Za'atar Chicken Basmati Rice Roasted Root Vegetable	Honey Garlic Ribs Mashed Potatoes Buttered Corn	Seasoned Cowboy Steak Mashed Potatoes Broccoli Florets	Turkey Cacciatore Mashed Potatoes Parslied Cauliflower	Sweet & Sour Pork White Rice Asian Mixed Vegetables	Veal Cutlet Mushroom Gravy Roasted Potatoes Italian Mixed Veg	Roast Turkey Poultry Gravy Herbed Potatoes Sunrise Vegetables
or	or	or	or	or	or	or
Lentil Stew Naan Bread Cabbage Salad	Falafel withYogurt Sauce Couscous Sliced Tomato & Cucumber	Eggplant Parmigiana Garlic Toast	Chickpea Curry Basmati Rice Peas	Vegetarian Cheese & Artichoke Flat Bread Spring Salad w Balsamic Dressing	Potato Crusted Cod Mashed Potatoes Asparagus	Roasted Vegetable Lasagna Mixed Green Salad served with Herb Dressing Garlic Toast
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Brownie LK Sponge Cake	Chocolate Cheesecake LK French Cream Cake	Strawberry Shortcake	Citrus Orange Cake	Lemon Bar	Red Velvet Cake LK Sponge Cake	Apple Pie
or	or	or	or	or	or	or
Papaya (frz)	Sliced Strawberries (frz)	Chilled Diced Peaches (can)	Sour Cherries (frz)	Apricot Halves (can)	Cardamom Peach Bake (frz)	Fruit Cocktail (can)

Also Available Breakfast Menu: Cheddar Cheese, Cottage Cheese, Creamy Fruit & Vanilla Yogurt, Activia Yogurt, Greek Yogurt
Also Available Lunch & Dinner Menu: Tomato Soup, Chicken Noodle Soup, Assorted Sandwiches (Egg, Cheese, Ham, Turkey, Beef, Pastrami, Peanut Butter) Chef's Salad with Dressings, White Rice, Creamy Fruit & Vanilla Yogurt, Actevia Yogurt, Greek Yogurt. Jello, Pudding (Vanilla, Chocolate, Always Available Menu: Fruit Juice (Apple, Cranberry Cocktail, Orange, Pineapple, Tomato), Milk including Lactose Reduced Milk, Chocolate Milk, including Lactose Reduced Chocolate Milk, Tea & Coffee.

Interventions:
Reduced Potassium - LK: Do not Serve: Banana, Beets, Bran, Wheat, Chocolate, Orange, Potato, Prunes, Raisin or any Dried Fluits & Tomato Products.

Extendicare Medex Summer Menu - Week 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Fruit Juice Fresh Grapes - Green ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Eggs Pork Bacon ~ Whole Wheat Toast White Toast Raisin Toast Banana Muffin Mini Croissant	Assorted Fruit Juice Pineapple (can) ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Eggs Cottage Cheese ~ Whole Wheat Toast White Toast Raisin Toast Carrot Muffin Mini Croissant	Assorted Fruit Juice Mixed Berries (frz) ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Eggs Cuban Style Black Beans ~ Whole Wheat Toast White Toast Raisin Toast Raspberry Yogurt Muffin Mini Croissant	Assorted Fruit Juice Mango (frz) ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Eggs Fruit Yogurt ~ Whole Wheat Toast White Toast Raisin Toast Corn Muffin Mini Croissant	Assorted Fruit Juice Fresh Grapes - Red ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Eggs Turkey Bacon ~ Whole Wheat Toast White Toast Raisin Toast Blueberry Muffin Mini Croissant	Assorted Fruit Juice Fresh Orange Wedges ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Eggs Cheddar Cheese ~ Whole Wheat Toast White Toast Raisin Toast Apple Spice Muffin Mini Croissant	Assorted Fruit Juice Raspberries (frz) ~ Assorted Cold Cereal Oatmeal Assorted Cold Cereal ~ Scrambled Eggs Hard Boiled Eggs Poached Eggs Greek Yogurt ~ Whole Wheat Toast White Toast Raisin Toast Cranberry Lemon Muffin Mini Croissant
LUNCH						
Cream of Carrot Soup ~ Pastrami Sandwich on Rye Sliced Dill Pickle Roasted Sweet Potato Salad or Swiss & Parmesan Cheese Quiche Sauteed Spinach ~ Fresh Grapes - Green or Date Square	Cream of Tomato & Basil Soup LK Chicken Noodle Soup (bulk can) ~ Deli & Pasta Plate or Captain Burger Tartar Sauce Pick of the Day Vegetable ~ Pineapple (can) or Butter Tart	Cream of Celery Soup ~ Chicken Strips w Plum Sauce French Fries Roasted Cauliflower or Egg Salad Plate ~ Mixed Berries (frz) or Maple Avalanche Cake	Turkey Vegetable Soup V Cream of Mushroom Soup (bulk) ~ Pepperoni Pizza on Flat Bread Roasted Vegetable or Cottage Fruit Plate ~ Mango (frz) or Crème Caramel	Chicken & Corn Chowder Soup V Cream of Tomato Soup (ind can) ~ Hamburger on a Bun Chef's Salad or Dog on a Bun House Coleslaw or Cheese & Tomato Croissant Pasta Salad ~ Cantaloupe or Strawberry Ice Cream	Italian Wedding Soup V Cream of Celery (bulk can) ~ Roast Pork Sandwich Marinated Vegetable Salad or Four Cheese Penne Pasta Kale Vegetable Blend Garlic Toast ~ Mandarin Oranges (can) LK Chilled Diced Peaches (can) or Pudding Butterscotch w Super Oatmeal	Cream of Mushroom Soup (Can) ~ Country Style Chicken Herbed Potatoes Carrots or Tuna Salad Sandwich Spring Mix Salad ~ Raspberries (frz) or Ice Cream Pistachio Chocolate Bar LK Strawberry Ice Cream
DINNER						
Salisbury Steak w Gravy Baked Potato Montego Mixed Vegetable or Lentil Loaf & Gravy Mashed Potatoes Green & Yellow Beans ~ Mousse Chocolate LK Butterscotch Pudding or Papaya (frz)	Turkey a la King Mashed Potatoes Peas or Grilled Halloumi Quinoa Salad Roasted Carrot Salad ~ French Cream Cake or Sliced Strawberries (frz)	Hawaiian Ham Scalloped Potatoes Brussels Sprouts or Lemon Pepper Cod Mashed Potatoes Chef's Salad ~ Rice Pudding or Chilled Diced Peaches (can)	Beef Shepherd's Pie Florentine Vegetable Mix or Chef's Choice ~ Nanaimo Bar LK Sponge Cake or Sour Cherries (frz)	Turkey Meatloaf Mashed Potatoes Grilled Peppers & Onion or Mediterranean Glazed Haddock White Rice Broccoli ~ Cake Chocolate Tripple Fudge LK Blonde Bar or Apricot Halves (can)	Butter Chicken Basmati Rice Peas & Carrot or Vegetarian Meatballs & Gravy Mashed Potatoes Baked Beets ~ Coconut Cream Pie or Roasted Pineapple w Cinnamon (frz)	Roast Beef w Gravy Yorkshire Pudding Mashed Potatoes Roasted Butternut Squash ~ Ravioli w/Rose Sauce Italian Mixed Vegetable ~ Iced Brownie LK Sponge Cake or Fruit Cocktail (can)

Also Available Breakfast Menu: Cheddar Cheese, Cottage Cheese, Creamy Fruit & Vanilla Yogurt, Activia Yogurt, Greek Yogurt
Also Available Lunch & Dinner Menu: Tomato Soup, Chicken Noodle Soup, Assorted Sandwiches (Egg, Cheese, Ham, Turkey, Beef, Pastrami, Peanut Butter) Chef's Salad with Dressings, White Rice, Creamy Fruit & Vanilla Yogurt, Actevia Yogurt, Greek Yogurt. Jello, Pudding (Vanilla, Chocolate, Always Available Menu: Fruit Juice (Apple, Cranberry Cocktail, Orange, Pineapple, Tomato), Milk including Lactose Reduced Milk, Chocolate Milk, including Lactose Reduced Chocolate Milk, Tea & Coffee.

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Extendicare Medex Summer Menu - Week 3						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Assorted Fruit Juice Fresh Grapes - Green ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Egg Bacon Strips ~ Whole Wheat Toast White Toast Raisin Toast Banana Muffin Mini Croissant	Assorted Fruit Juice Pineapple (can) ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Egg Cottage Cheese ~ Whole Wheat Toast White Toast Raisin Toast Carrot Muffin Mini Croissant	Assorted Fruit Juice Mixed Berries (frz) ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Egg Vegetarian Baked Beans ~ Whole Wheat Toast White Toast Raisin Toast Raspberry Yogurt Muffin Mini Croissant	Assorted Fruit Juice Mango (frz) ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Egg Fruit Yogurt ~ Whole Wheat Toast White Toast Raisin Toast Corn Muffin Mini Croissant	Assorted Fruit Juice Fresh Grapes - Red ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Hard Boiled Egg Poached Egg Turkey Bacon Strips ~ Whole Wheat Toast White Toast Raisin Toast Blueberry Muffin Mini Croissant	Assorted Fruit Juice Orange Wedges ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Poached Eggs Hard Boiled Egg Cheddar Cheese ~ Whole Wheat Toast White Toast Raisin Toast Apple Spice Muffin Mini Croissant	Assorted Fruit Juice Strawberries (frz) ~ Assorted Cold Cereal Oatmeal Cream of Wheat ~ Scrambled Eggs Poached Eggs Hard Boiled Egg Greek Yogurt ~ Whole Wheat Toast White Toast Raisin Toast Lemon Cranberry Muffin Mini Croissant
LUNCH						
Beef & Barley Soup V Cream of Tomato Soup (ind can) ~ Turkey Burger Greek Salad or Lentil Stew Basmati Rice Steames Carrots ~ Fresh Grapes - Green or Cranberry Oatmeal Bar	Cream of Cauliflower Soup ~ Spaghetti & Meatballs Italian Mixed Vegetables or Greek Yogurt Plate ~ Pineapple (can) or Vanilla Pudding	Tomato Garden Vegetable Soup LK Chicken & Rice Soup (bulk can) ~ Chicken Salad Sandwich on Croissant Green Salad or Chef's Fritata Mini Brioche Bun Asparagus ~ Mixed Berries (frz) or Lemon Tart	Cream of Mushroom Soup ~ Pulled Pork & Beans Bistro Vegetable Mix or Grilled Cheese Roasted Vegetable ~ Mango (frz) or Date Square	Cream of Broccoli Soup ~ Hamburger on a Bun Chef's Salad or Dog on a Bun House Coleslaw or Brie Cranberry Sandwich Red Beet Citrus Salad ~ Fresh Grape - Red or Chocolate Ice Cream LK Sherbet - Raspberry	Chicken with Rice V Cream of Celeri (bulk can) ~ Sliced Ham Plate or Black Beans Burger Sweet Potato Fries ~ Mandarin Oranges LK Chilled Diced Peaches or Vanilla Pudding w Super Oatmeal	Cream Tomato Soup LK Chicken Noodle Soup (bulk can) ~ Meat Lasagna Caesar Salad or Egg Fried Rice Bok Choy ~ Strawberries (frz) or Lemon Buttermilk Cake
DINNER						
Teriyaki Pork Loin Shanghai Noodle Snap Peas or White Fish Served on Brusheta Salad Garlic Toast ~ Apple Crumble Cake or Papaya (frz)	Baked Chicken with Chalet Sauce Mashed Potatoes Peas or Black Beans Stew White Rice Cabbage Salad ~ Key Lime Pie or Sliced Strawberries (frz)	Korean Beef Short Ribs Jasmine Rice Asian Mixed Vegetable or Vegetarian Chili Rosemary Bread Roasted Cauliflower ~ Triple Layer Chocolate Cake LK Vanilla Cake or Chilled Diced Peaches (can)	Tandoori Chicken Naan Bread Green Salad or Vegetarian Sloppy Joe Sunrise Vegetable ~ Vanilla Caramel Swirl Cake or Sour Cherries (frz)	Pork Medalion Roasted Potatoes Sunrise Mixed Vegetables or Fish n' Chip ~ Carrot Cake or Apricot Halves (can)	Beef Shepherd's Pie Florentine Vegetable Mix or Tofu Stir Fry Chow Mein Noodle ~ Sticky Toffee Coffee Cake or Cinnamon Apple Bake (frz)	Pork Roast w Gravy Garlic Mashed Potatoes Parsley Carrots or ~ Strawberry Rhubarb Pie or Fruit Cocktail (can)

Also Available Breakfast Menu: Cheddar Cheese, Cottage Cheese, Creamy Fruit & Vanilla Yogurt, Activia Yogurt, Greek Yogurt
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Extendicare Medex Also Available Summer Menu	
Breakfast	
<p>Juice - in addition to apple, cranberry & orange - choice of:</p> <p>Pineapple Juice</p> <p>Tomato Juice</p> <p>Fruit - in addition to the fruit of the day - choice of:</p> <p>Banana</p> <p>Prunes</p> <p>Apple Sauce</p> <p>Cheese - choice of:</p> <p>Cheddar Mild</p> <p>Cheddar Medium</p> <p>Gouda</p> <p>Cottage Cheese - choice of:</p> <p>Plain</p> <p>Lemon Smooth</p> <p>Vanilla Smooth</p> <p>Yogurts - choice of:</p> <p>Creamy Smooth - Vanilla & Fruit</p> <p>Activia - Reduced Lactose</p> <p>Greek (Strawberry, Mango & Peach or Vanilla)</p> <p>Juice - Choice of:</p> <p>Pineapple Juice</p> <p>Tomato Juice</p>	
Lunch & Dinner	
<p>Juice - Choice of:</p> <p>Apple Juice</p> <p>Cranberry Juice</p> <p>Orange Juice</p> <p>Pineapple Juice</p> <p>Tomato Juice</p> <p>Soup Campbell's individuals- choice of:</p> <p>Tomato Soup</p> <p>Chicken Noodle Soup</p> <p>Beef & Vegetable Soup</p> <p>Sandwiches - choice of:</p> <p>Deviled Egg Salad Sandwich</p> <p>Ham Salad Sandwich</p> <p>Sliced Ham Sandwich</p> <p>Sliced Pastrami Sandwich</p> <p>Sliced Roast Beef Sandwich</p> <p>Sliced Turkey Sandwich</p> <p>Sliced Cheese Sandwich</p> <p>Peanut Butter Sandwich</p> <p>Peanut Butter & Jelly Sandwich</p> <p>Canned Sardines</p> <p>Salads - choice of:</p> <p>Chef's Salad</p> <p>Potato Salad</p> <p>Cheese, Cottage Cheese & Yogurts as mentioned in the Breakfast Also Available Menu</p> <p>Desserts - choice of:</p> <p>Pudding Cup (Vanilla, Butterscotch, Chocolate)</p> <p>Ice Cream Cup (Vanilla, Strawberry, Chocolate)</p> <p>Ice Cream Sandwich</p> <p>Gelatin (jell-o) assorted flavours</p>	