

Sample One-Week Regular Menu

Sample Menu		Site Name:			Week: One		Menu: Fall/Winter 2022		
Meal	Category	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	Beverage	Coffee/tea and water	Coffee/tea and water	Coffee/tea and water	Coffee/tea and water	Coffee/tea and water	Coffee/tea and water	Coffee/tea and water	
	Vegetable/Fruit and/or 100% Juice	Apple juice	Orange juice	Peach juice	Apple juice	Orange juice	Cranberry juice	Peach juice	
		Banana	Melon slices	Pear	Banana	Stewed prunes	Fruit cocktail	Grapes	
	Grain Product(s)	Bran cereal with raisins	Oatmeal	Oat ring cereal	Wheat squares	Cream of wheat	Bran cereal	Oatmeal	
		Whole grain toast	English muffin	Multigrain toast	Whole grain toast	12 grain toast	Pancakes	Blueberry bran muffin	
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Raspberry yogurt smoothie	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	
			Yogurt		Swiss cheese slice		Cheese slice		
Protein Foods (Meat & Alternatives)	Peanut butter	Poached egg	Peanut butter	Omelet with mushrooms and green peppers	Peanut butter	Scrambled egg	Boiled egg		
		Ham slice				Turkey sausage			
Lunch	Beverage	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	
	Soup	Beef barley	Butternut squash	Split pea	Chicken noodle	Cream of broccoli	Corn chowder	Lentil soup	
	Protein Foods (Meat & Alternatives-Entrée)	Turkey sandwich wrap on pita bread	Baked beans in tomato sauce	Roast beef sandwich on rye bread	Macaroni, cheese and hamburger casserole	Beef burger on whole wheat bun	Tuna melt sandwich on 12 grain bread	Vegetarian lasagna	
			Whole grain bun						
	Grain Product(s)	Crackers (for soup)	Crackers (for soup)	Crackers (for soup)	Crackers (for soup)	Crackers (for soup)	Crackers (for soup)	Crackers (for soup)	
		Vegetables/Salad	Lettuce/tomato in wrap	Mixed green salad	Marinated corn salad	Cooked green beans	Cucumber and tomato slices	Carrot and raisin salad	Marinated vegetable salad
			Carrot sticks		Sugar snap peas	Spinach salad	Coleslaw	Spring mix salad	Steamed baby carrots
		Tossed salad							
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	
				(Cheese in casserole)		(Cheddar cheese slice)	(Cheese in lasagna)		
Fruit/Dessert	Grapes	Apple sauce	Sliced mango	Cantaloupe	Fresh fruit salad	Honeydew	Fruit cocktail		
Afternoon Snack	Beverage	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea		
		Orange	Assorted fresh fruit	Sliced strawberries	Fruit cocktail	Orange muffin	Apple		
		Oatmeal cookie	Banana bread	Flax raisin cookie	Peanut butter cookie	Boiled egg	Lemon loaf		
Supper	Beverage	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea		
	Protein Foods (Meat & Alternatives-Entrée)	Meatloaf	Baked salmon filet with dill sauce	Ground turkey meat sauce on whole wheat pasta	Vegetarian chili (with beans and vegetables)	Baked lemon chicken	Beef vegetable stew	Roasted turkey breast	
		Grain Product	Whole grain tray bun	Rye bread		Brown rice	Whole grain tray bun	Whole wheat crusty roll	
	Long grain rice			Garlic toast					
	Vegetables/Salad	Baked potato	Yellow wax beans	Waldorf salad	Tossed salad	Roasted potato wedges	Caesar salad with romaine	Mashed potatoes	
		Green beans	Asparagus	Brussels sprouts		Steamed vegetable medley		Green peas	
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	Milk/ Fortified soy beverage	
	Fruit/Dessert	Vanilla pudding		Chocolate mousse	Applesauce	Canned peaches	Fresh fruit salad	Baked berry crisp	
Baked apple with cinnamon		Fresh fruit salad	Fruit ambrosia salad	Date square	Strawberry frozen yogurt	Chocolate ice cream	Canned mandarin oranges		
Evening Snack	Beverage	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea	Water and coffee/tea		
		1/2 Salmon salad sandwich	Cheddar cheese slice	Hummus	1/2 Tuna sandwich	Cottage cheese	Whole wheat crackers		
			Raisin bran muffin	Carrot sticks		Whole wheat toast	Mandarin orange		
						1/2 Egg salad sandwich			

Notes: 1. Appropriate condiments and garnishes are provided with all meals and snacks. 2. Alternate cereal choices are available on resident request.

Regular Menu Sample, Day 1

Day: <i>Monday</i>		Menu: <i>Fall/Winter 2022</i>		
Meal	Category	Menu Item	Serving Size	
Breakfast	Beverage	Coffee/tea and water	1 cup/ 250 mL	
	Vegetable/Fruit and/or 100% Juice	100% Apple juice	½ cup/ 125 mL	
		Banana	1 medium	
	Grain Product(s)	Bran cereal with raisins	¾ cup/ 175 mL	
		Whole grain toast	2 (1 oz/ 35g)	
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL	
Protein Foods (Meat & Alternatives)	Peanut butter	1 package (1 Tbsp/ 15 mL)		
Lunch	Beverage	Water and coffee/tea	1 cup/ 250 mL	
	Soup	Beef barley	1 cup/ 250 mL	
	Protein Foods (Meat & Alternatives-Entrée)	Turkey sandwich wrap on whole grain pita bread	2½ oz/ 75 g lean turkey breast	
			1 pita (2 oz/ 70g)	
	Grain Products	Crackers, saltines	1 package (2 each)	
	Vegetables/Salad	Lettuce/tomato in wrap	1 piece of romaine, 2 slices of tomato	
			Carrot sticks	5-6 pieces (3 inches/ 7 ½ cm long)
			Tossed salad	½ cup/ 125 mL
Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL		
Fruit/Dessert	Grapes	½ cup/ 125 mL		
Afternoon Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL	
		Orange	1 medium	
		Oatmeal cookie	2 small cookies (1-1 ½ oz/ 30-38 g total)	
Supper	Beverage	Water and coffee/tea	1 cup/ 250 mL	
	Protein Foods (Meat & Alternatives-Entrée)	Meatloaf	1 slice (approx 2 x 4 x ½ inch/ 5 x 10 x 1 ½ cm slice)	
	Grain Product	Whole grain tray bun	1 (1 oz/ 35 g)	
	Vegetables/Salad	Baked potato	1 medium	
		Green beans	½ cup/ 125 mL	
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL	
	Fruit/Dessert	Vanilla pudding	½ cup/ 125 mL	
Baked apple with cinnamon		1 medium		
Evening Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL	
		Salmon salad sandwich on whole wheat bread	1/2 sandwich (1-1 ½ oz/ 30-45 g tuna salad)	
			1 (1 oz/ 35g)	

Regular Menu Sample, Day 2

Day: <i>Tuesday</i>		Menu: <i>Fall/Winter 2022</i>	
Meal	Category	Menu Item	Serving Size
Breakfast	Beverage	Coffee/tea and water	1 cup/ 250 mL
	Vegetable/Fruit and/or 100% Juice	Orange juice	½ cup/ 125 mL
		Melon slices	½ cup/ 125 mL
	Grain Product(s)	Oatmeal	¾ cup/ 175 mL
		English muffin	½ (1 oz/ 35 g)
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives)	Poached egg	1 large
Ham slice		1 oz/ 30 g	
Lunch	Beverage	Water and coffee/tea	1 cup/ 250 mL
	Soup	Butternut squash	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives-Entrée)	Baked beans in tomato sauce	½ cup/ 125 mL
	Grain Products	Whole grain bun	1 (1 oz/ 35 g)
		Crackers, saltines	1 package (2 each)
	Vegetables/Salad	Mixed green salad	½ cup/ 125 mL
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
Fruit/Dessert	Apple sauce	½ cup/ 125 mL	
Afternoon Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL
		Assorted fresh fruit	1 medium
		Banana bread	½ slice (1 inch/ 2 ½ cm thick)
Supper	Beverage	Water and coffee/tea	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives-Entrée)	Baked salmon filet with dill sauce	2-3 oz / 60-90 g
	Grain Product	Rye bread	1 (1 oz/ 35 g)
		Long grain rice	½ cup/ 125 mL
	Vegetables/Salad	Yellow wax beans	½ cup/ 125 mL
		Asparagus	½ cup/ 125 mL
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
Fruit/Dessert	Fresh fruit salad	½ cup/ 125 mL	
Evening Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL
		Peanut butter	1 tbsp/15 mL (1 pkg)
		Raisin bran muffin	1 small (2 ½ oz/ 70 g)

Regular Menu Sample, Day 3

Day:	Wednesday	Menu:	Fall/Winter 2022
Meal	Category	Menu Item	Serving Size
Breakfast	Beverage	Coffee/tea and water	1 cup/ 250 mL
	Vegetable/Fruit and/or 100% Juice	Peach juice	½ cup/ 125 mL
		Pear	1 medium
	Grain Product(s)	Oat ring cereal	¾ cup/ 175 mL
		Multi grain toast	2 (1 oz/ 35g each)
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
		Yogurt	½ cup/ 125 mL
Protein Foods (Meat & Alternatives)	Peanut butter	1 package (1 Tbsp/ 15 mL)	
Lunch	Beverage	Water and coffee/tea	1 cup/ 250 mL
	Soup	Split pea	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives-Entrée)	Roast beef sandwich on rye bread	2 ½ oz/ 75 g
			2 (1 oz/ 35 g each)
	Grain Products	Crackers, saltines	1 package (2 each)
		Vegetables/Salad	Marinated corn salad
	Sugar snap peas		½ cup/ 125 mL
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
Fruit/Dessert	Sliced mango	½ cup/ 125 mL	
Afternoon Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL
		Sliced strawberries	½ cup/ 125 mL
		Flax raisin cookie	2 small cookies (1-1 ½ oz/ 30-38 g total)
Supper	Beverage	Water and coffee/tea	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives-Entrée)	Ground turkey meat sauce	½ cup/ 125 mL
	Grain Product	Whole wheat pasta	½ cup/ 125 mL
		Garlic toast	1 (1 oz/ 35 g)
	Vegetables/Salad	Waldorf salad	½ cup/ 125 mL
		Brussels sprouts	½ cup/ 125 mL
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
	Fruit/Dessert	Chocolate mousse	½ cup/ 125 mL
Fruit ambrosia salad		½ cup/ 125 mL	
Evening Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL
		Hummus	¼ cup/ 60 mL
		Carrot sticks	5-6 pieces (3 inches/ 7½ cm long)

Regular Menu Sample, Day 4

Day:		Menu:		Fall/Winter 2022
Meal	Category	Menu Item	Serving Size	
Breakfast	Beverage	Coffee/tea and water	1 cup/ 250 mL	
	Vegetable/Fruit and/or 100% Juice	Apple juice	½ cup/ 125 mL	
		Banana	1 medium	
	Grain Product(s)	Wheat squares	¾ cup/ 175 mL	
		Whole grain toast	2 (1 oz/ 35 g each)	
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL	
Protein Foods (Meat & Alternatives)	Omelet with mushrooms and peppers	2 large eggs		
		¼ cup/ 60 mL		
Lunch	Beverage	Water and coffee/tea	1 cup/ 250 mL	
	Soup	Hearty chicken noodle	1 cup/ 250 mL	
	Protein Foods (Meat & Alternatives-Entrée)	Macaroni, cheese and hamburger casserole	1 cup/ 250 mL	
	Grain Products	Crackers, saltines	1 package (2 each)	
		Cooked pasta in casserole	½ cup/ 125 mL	
	Vegetables/Salad	Spinach salad	½ cup/ 125 mL	
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL	
		Grated cheese in casserole	1 ½ oz/ 50 g	
Fruit/Dessert	Cantaloupe	½ cup/ 125 mL		
Afternoon Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL	
		Fruit cocktail	½ cup/ 125 mL	
		Peanut butter cookie	2 small cookies (1-1 ½ oz/ 30-38 g total)	
Supper	Beverage	Water and coffee/tea	1 cup/ 250 mL	
	Protein Foods (Meat & Alternatives - Entrée)	Vegetarian chili	1 cup/ 250 mL	
	Grain Product	Brown rice	½ cup/ 125 mL	
	Vegetables/Salad	Tossed salad	½ cup/ 125 mL	
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL	
	Fruit/Dessert	Applesauce	½ cup/ 125 mL	
Date square		1 square (2 x 2 x 1 inch/ 5 x 5 x 2 ½ cm)		
Evening Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL	
		Tuna sandwich on whole wheat bread	1/2 sandwich (1-1 ½ oz/ 30-45 g tuna salad)	
1 (1 oz/ 35 g)				

Regular Menu Sample, Day 5

Day:	Friday	Menu:	Fall/Winter 2022
Meal	Category	Menu Item	Serving Size
Breakfast	Beverage	Coffee/tea and water	1 cup/ 250 mL
	Vegetable/Fruit and/or 100% Juice	Orange juice	½ cup/ 125 mL
		Stewed prunes	¼ cup/ 60 mL
	Grain Product(s)	Cream of wheat	¾ cup/ 175 mL
		12 grain toast	2 (1 oz/ 35 g each)
	Protein Foods (Milk & Alternatives)	Raspberry yogurt smoothie	1 cup/ 250 mL
Swiss cheese slice		1-2 Slices (1 oz/ 30 g)	
Protein Foods (Meat & Alternatives)	Peanut butter	1 package (1 Tbsp/ 15 mL)	
Lunch	Beverage	Water and coffee/tea	1 cup/ 250 mL
	Soup	Cream of broccoli	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives-Entrée)	Beef burger on	1 patty (2-3 oz/ 60-90 g)
		whole wheat hamburger bun	1 bun (1 oz/ 35 g)
	Grain Products	Crackers, saltines	1 package (2 each)
		Vegetables/Salad	Cucumber slices + tomato slices
	Coleslaw		½ cup/ 125 mL
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
Fruit/Dessert	Fresh fruit salad	½ cup/ 125 mL	
Afternoon Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL
		Orange muffin	1 small (2 oz/ 70 g)
		Boiled egg	1 large
Supper	Beverage	Water and coffee/tea	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives-Entrée)	Baked lemon chicken	2-3 oz/ 60-90 g
	Grain Product	Whole grain tray bun	1 bun (1 oz/ 35 g)
	Vegetables/Salad	Roasted potato wedges	3-4 each (3 oz/ 90 g)
		Steamed vegetable medley (broccoli and cauliflower)	½ cup/ 125 mL
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
	Fruit/Dessert	Canned peaches	½ cup/ 125 mL
Strawberry frozen yogurt		½ cup/ 125 mL	
Evening Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL
		Cottage cheese	½ cup/ 125 mL
		Whole wheat toast	1 (1 oz/ 35g)

Regular Menu Sample, Day 6

Day: <i>Saturday</i>		Menu: <i>Fall/Winter 2022</i>	
Meal	Category	Menu Item	Serving Size
Breakfast	Beverage	Coffee/tea and water	1 cup/ 250 mL
	Vegetable/Fruit and/or 100% Juice	Cranberry juice	½ cup/ 125 mL
		Fruit cocktail	½ cup/ 125 mL
	Grain Product(s)	Bran cereal	¾ cup/ 175 mL
		Pancakes	2 (4 inches/ 10 cm each)
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives)	Scrambled egg	¼ cup/ 60 mL
Turkey sausage		2 links (½ oz/ 15 g each)	
Lunch	Beverage	Water and coffee/tea	1 cup/ 250 mL
	Soup	Corn chowder	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives-Entrée)	Tuna melt sandwich on 12 grain bread	2 ½ oz / 75 g tuna
			2 (1 oz/ 35 g each)
	Grain Products	Crackers (saltines)	1 package (2 each)
	Vegetables/Salad	Carrot and raisin salad	½ cup/ 125 mL
			Spring mix salad
	Protein Foods (Milk & Alternatives)	Cheddar cheese slice (for tuna melt)	1-2 slices (1 oz/ 30 g)
	Milk/ Fortified soy beverage	1 cup/ 250 mL	
Fruit/Dessert	Honeydew	½ cup/ 125 mL	
Afternoon Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL
		Apple	1 medium
		Lemon loaf	½ slice (1 inch/ 2 ½ cm thick)
Supper	Beverage	Water and coffee/tea	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives-Entrée)	Beef vegetable stew	1 cup/ 250 mL
	Grain Product	Whole wheat crusty roll	1 (1 oz/ 35 g)
	Vegetables/Salad	Caesar salad with romaine lettuce	½ cup/ 125 mL
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
	Fruit/Dessert	Fresh fruit salad	½ cup/ 125 mL
		Chocolate ice cream	1 cup/ 250 mL
Evening Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL
		Whole wheat crackers	1 oz/ 30 g
		Mandarin orange	1 medium

Regular Menu Sample, Day 7

Day: <i>Sunday</i>		Menu: <i>Fall/Winter 2022</i>	
Meal	Category	Menu Item	Serving Size
Breakfast	Beverage	Coffee/tea and water	1 cup/ 250 mL
	Vegetable/Fruit and/or 100% Juice	Peach juice	½ cup/ 125 mL
		Grapes	½ cup/ 125 mL
	Grain Product(s)	Oatmeal	¾ cup/ 175 mL
		Blueberry bran muffin	1 small (2 ½ oz/ 70 g)
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
		Cheese slice	1-2 slices (1 oz/ 30 g)
Protein Foods (Meat & Alternatives)	Boiled egg	1 large	
Lunch	Beverage	Water and coffee/tea	1 cup/ 250 mL
	Soup	Lentil soup	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives-Entrée)	Vegetarian lasagna	1 cup/250 mL
	Grain Products	Lasagna noodles in entrée	½ cup/ 125 mL
	Grain Products	Crackers, saltines	1 package (2 each)
	Vegetables/Salad	Marinated vegetable salad	½ cup/ 125 mL
		Steamed baby carrots	½ cup/ 125 mL
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
Fruit/Dessert	Fruit cocktail	½ cup/ 125 mL	
Afternoon Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL
		Blueberry bran muffin	1 small (2 ½ oz/ 70 g)
		Peanut butter	1 package (1 Tbsp/ 15 mL)
Supper	Beverage	Water and coffee/tea	1 cup/ 250 mL
	Protein Foods (Meat & Alternatives-Entrée)	Roasted turkey breast	2-3 oz/ 60-90 g
	Grain Product	Bread stuffing	¼ cup/ 60 mL
	Vegetables/Salad	Mashed potatoes	½ cup/ 125 mL
		Green peas	½ cup/ 125 mL
	Protein Foods (Milk & Alternatives)	Milk/ Fortified soy beverage	1 cup/ 250 mL
	Fruit/Dessert	Baked berry crisp	½ cup/ 125 mL
Canned mandarin oranges		½ cup/ 125 mL	
Evening Snack	Beverage	Water and coffee/tea	1 cup/ 250 mL
		½ Egg salad sandwich	½ whole (incl. 1 large egg)
		Whole wheat bread	1 (1 oz/ 35g)