

Week 1 Fall/Winter 2025
Golden Crest Nursing Centre

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Breakfast	Choice of Juice & Cereal Scrambled or Boiled Eggs Banana Bread	Choice of Juice & Cereal Scrambled or Boiled Eggs White Toast	Choice of Juice & Cereal Cheese Omelet or Scrambled Eggs Wheat Toast	Choice of Juice & Cereal Pancakes w/ Syrup Sausage Patty	Choice of Juice & Cereal Scrambled or Boiled Eggs Raisin Toast	Choice of Juice & Cereal French Toast w/ Syrup Bacon	Choice of Juice & Cereal Scrambled or Boiled Eggs White Toast
Soup of the Day	BEEF ORZO SOUP	CHICKEN NOODLE	ONION SOUP	ITALIAN WEDDING SOUP	SAUSAGE POTATO CHOWDER	RED CLAM CHOWDER	HEARTY VEGETABLE SOUP
Lunch	Roast Turkey Mashed Potato Bread Stuffing Butternut Squash <i>Pie of the Day</i>	Chicken Parmesan W/ Pasta Garlic Bread <i>Strudel of the Day</i>	American Chop Suey Mixed Vegetables <i>Brownie</i>	Sweet n' Sour Chicken White Rice Spring Roll <i>Blueberry Square</i>	Swedish Meatballs w/ Egg Noodles Mixed Vegetable <i>Cookie of the Day</i>	Lemon Pepper Fish Au Gratin Potato Broccoli <i>Strawberry Shortcake</i>	Chili Cornbread <i>Cherry Cobbler</i>
Alternate	<i>Roast Beef Sweet Potato Green Beans</i>	<i>Roast Pork Mashed Potato Wax Beans</i>	<i>Beef Patty Mashed Potato Spinach</i>	<i>Roast Turkey Mashed Potato Peas</i>	<i>Chicken Thigh Mashed Potato Corn</i>	<i>Salisbury Steak Mashed Potato Carrots</i>	<i>Roast Pork Mashed Potatoes Peas</i>
Dinner	Egg Salad on a Croissant Pickled Beets <i>Vanilla Pudding w/ Topping</i>	Shepherd's Pie w/ Corn Buttermilk Biscuit <i>Fruit Cocktail</i>	Pulled Pork on a Bun Coleslaw <i>Pineapple Tidbits</i>	Eggplant Parm Sandwich French Fries <i>Peaches</i>	Chicken Pot Pie over a Biscuit <i>Tapioca Pudding w/ Topping</i>	Tuna Salad w/ Roll Potato Salad <i>Pears</i>	Hamburger on a Bun Tater Tots Pickles <i>Butterscotch Pudding w/ Topping</i>
Alternate	<i>Salisbury Steak Mashed Potato Carrots</i>	<i>Baked Fish Mashed Potato Carrots</i>	<i>Lemon Chicken Mashed Potato Carrots</i>	<i>Meatloaf Mashed Potato Green Beans</i>	<i>Macaroni n cheese Broccoli</i>	<i>Baked Ham Mashed Potato Corn</i>	<i>Hot Dog Mashed Potato Carrots</i>

Additional items are available at meals from our always offered menu.

Please indicate if you would like soup or salad with your meal: Lunch _____ Dinner _____

Meals are served with milk and hot beverage, juice at breakfast: Please indicate alternative beverage preferences: _____