

Mountainview Village, Kelowna

- One week of a 4 week rotation Fall/Winter menu
- All Meals include Coffee, Tea, water, juice or milk

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	Hot Oatmeal Toast Hard Boiled Eggs Bacon Yogurt Cold Cereal	Hot Oatmeal Toast Scrambled Eggs Yogurt Cold Cereal	Hot Oatmeal Toast Hard Boiled Eggs Yogurt Cold Cereal	Hot Oatmeal Raisin Toast Poached Egg Yogurt Cold Cereal	Hot Oatmeal Toast Scrambled Eggs Yogurt Cold Cereal	Hot Oatmeal Toast Hard Boiled Eggs Yogurt Cold Cereal	Hot Oatmeal Toast Poached Eggs Yogurt Cold Cereal
LUNCH	Low Sodium French Onion Soup Turkey Salad Sandwich on Whole Wheat Ranch Potato Salad Pineapple Tidbits	Low Sodium Veg Rice Soup Sloppy Joe on a Bun Spinach Salad Chocolate Cheesecake	Potato Leek Soup Chicken Strips Plum Sauce Sweet Potato Fries Caramel Swirl Cake	Pumpkin Harvest Soup Turkey and Cranberry Sandwich on Multigrain Spinach Salad Stewed Rhubarb	Low Sodium Turkey Veg Soup Pork Tourtiere Seasoned Green Peas Mandarin Oranges	Low Sodium Cream of Spinach Soup Fish N' Chips Creamy Coleslaw Blonde Bars	Low Sodium Veg Soup Cheese Ravioli & Sauce Mixed Green Salad Toasted Garlic Bread Fresh Fruit
DINNER	Pork Roast or Steamed Salmon in Dill Sauce Citrus Beet Salad Mashed Sweet Potatoes Asparagus Butterscotch Square	Chicken Drumsticks in Brown Gravy or Beef Pot Pie Mixed Lettuce Salad Whipped Potatoes Peas & Carrots Tropical Fruit	Beef Stroganoff or Veal Cutlet Carrot Raisin Salad Seasoned Egg Noodles Broccoli Florets Chilled Pear Halves	Seafood Newburg or Southern Fried Chicken Ranch Potato Salad Rice Pilaf Prince Edward Vegetables Peanut Butter Bar	BBQ Chicken or Crunchy Perch Spring Salad Roasted Potatoes Parsley Carrots Banana Pudding	Breaded Pork Cutlet or Beef Fajitas Chopped Salad Herb Mashed Potatoes Buttered Brussel Sprouts Warm Peach Compote	Beef & Mushrooms or Pork with Dijon Sauce Citrus Beet Salad Mashed Potatoes Seasoned Green Beans Ice Cream