

St. Joseph's at Fleming

LONG TERM CARE MENU
SPRING/SUMMER 2025

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juices Hot Oatmeal Boiled Egg Buttered Toast	Assorted Juices Cream of Wheat Scrambled Egg Buttered Toast	Assorted Juices Hot Oatmeal Assorted Yogurt Muffin	Assorted Juices Cream of Wheat Poached Egg Buttered Toast	Assorted Juices Hot Oatmeal Bagel with Cream Cheese	Assorted Juices Cream of Wheat Boiled Egg Buttered Toast	Assorted Juices Hot Oatmeal Scrambled Eggs with cheese Buttered Toast
	Alternate Choice	Alternate Choice	Alternate Choice	Alternate Choice	Alternate Choice	Alternate Choice	Alternate Choice
	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
LIGHT MEAL	Tomato Soup	Beef Barley Soup	Broccoli Soup	Creamy Garden Vegetable Soup	Cream of Chicken Soup	Cream of Mushroom Soup	Chicken Noodle Soup
		Chicken Caesar Salad	Greek Veggie Omelet				
	Cheesy Pasta Shells	with Garlic Bread	Buttered Toast Points	Tuna and Mixed Green Salad with a roll	Beans & Weiners	Ham Pasta Salad with Creamy Cucumber Salad	Pancakes with Syrup
	Stewed Tomatoes	Tropical Fruit Salad	Peas		Wax Beans		Breakfast Sausage
	Pineapple Tidbits	Alternate Choice	Mandarin Oranges	Sliced Peaches	Jello with whip cream	Diced Mango	Baked Apple Slices
	Alternate Choice	Pastrami on Rye	Alternate Choice	Alternate Choice	Alternate Choice	Alternate Choice	Diced Pears
	Turkey Sandwich with cranberry mayo	Mustard	Mini Subs	Bacon Lettuce & Tomato Sandwich	Toasted Western Sandwich	Toasted Cheese Sandwich	Salami Sandwich with pickles
	Corn Salad	Broccoli Slaw	Veggie sticks & dip	Pick of the Day Salad	Carrot Raisin Salad	Tossed Salad	Romaine Salad
	Chocolate Pudding	Warm Double Chocolate Cookie	Mini Ice Cream Sandwich	Strawberry Mousse	Blueberries	Warm Chocolate Chip Cookie	Neopolitan Ice Cream
MAIN MEAL	BBQ Sausage with salsa	Perogy Lasagna	Battered Chicken Balls with Sweet & Sour Sauce	Turkey Vegetable Pie	Fried Chicken	Hamburger Stroganoff	Roast Beef
	Herbed Carrots	Mixed Green Salad	Veggie Fried Rice	Mashed Potato and Gravy	Oil & Vinagrette Coleslaw	Sunrise Vegetable	with Horseradish
	Hash Brown Potatoes	Vanilla Caramel Swirl Cake	Green Beans		Potato Salad	Apricot Halves	Mashed Potatoes & Gravy
	Butter Tarts		Banana Chocolate Loaf	Florentine Vegetables	Popsicles		New England Vegetables
		Alternate Choice		Icebox Cherry Cookies			Trifle
	Alternate Choice	Herbed Tiliapia with tartar sauce	Alternate Choice	Alternate Choice	Alternate Choice	Alternate Choice	Alternate Choice
	Hot Hamburger Open Sandwich	Mashed Potatoes	Veal Parmesan	Creamy Meatballs with Mushrooms	Pork Souvlaki with Tziatiki	Chicken Kiev	Krunchie Perch with tartar sauce
	with Mushroom Gravy	Whipped Squash	Mashed Potatoes	Buttered Egg Noodles	Mashed Potato	Mashed Potatoes	Rice
	Niagara Blend Vegetables	Fresh Fruit Salad with Whip Cream	Glazed Parsnips	Montego Vegetables	Parslied Cauliflower	Brussel Sprouts	Pearl Harvest Vegetables
	Cherries		Diced Melon	Fruit Cocktail	Key Lime Greek Yogurt	Bread Pudding	Strawberries with Cream

Whole Wheat Bread offered everyday at Lunch and Dinner. Two Crackers served everyday at Lunch with Soup.
125 ml Fruit Yogurt is offered as an alternative to egg, cheese, peanut butter. Banana's offered everyday at Breakfast
Minimum 125ml water is offered at every meal. Coffee, tea offered at every meal. 125 ml Assorted Juices are offered everyday at Lunch & Dinner
250 ml Milk is offered everyday at Breakfast, 125 ml Milk is offered everyday at Lunch & Dinner. Option of having both vegetable choices at Lunch & Dinner

WEEK 1 SPRING/SUMMER 2025
PROPERTY OF COMPLETE PURCHASING SERVICES INC./GESPRE
PROPRIETARY AND CONFIDENTIAL
**Snack notes 125ml milk or tea offered as an alternate for all nourishments

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LONG TERM CARE MENU
SPRING/SUMMER 2025

W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juices Cream of Wheat Boiled Egg Buttered Toast Alternate Choice Assorted Cold Cereal	Assorted Juices Hot Oatmeal Scrambled Eggs Buttered Toast Alternate Choice Assorted Cold Cereal	Assorted Juices Cream of Wheat Cheddar Cheese Buttered Toast Alternate Choice Assorted Cold Cereal	Assorted Juices Hot Oatmeal Assorted Yogurt Muffin Alternate Choice Assorted Cold Cereal	Assorted Juices Cream of Wheat Scrambled Egg Buttered Toast Alternate Choice Assorted Cold Cereal	Assorted Juices Hot Oatmeal Bagel with Cream Cheese Alternate Choice Assorted Cold Cereal	Assorted Juices Cream of Wheat French Toast with Syrup Breakfast Sausage Buttered Toast Alternate Choice Assorted Cold Cereal
LIGHT MEAL	Broccoli Soup Ham, tomato, lettuce on a croissant with dijon mayo Garden Salad Lemon Burst Cookies Alternate Choice Cheddar Cheese, Scone, Pear Halves and Jello Cherries	Beef Barley Soup Turkey Cold Plate with cranberry lemon loaf Green Salad Tropical Fruit Salad Alternate Choice Sausage & Pepper Penne Casserole Cauliflower & Broccoli Chocolate Mint Ice Cream	Potato Bacon Soup Tuna Salad Sandwich Beet & Onion Salad Diced Peaches Alternate Choice Chicken Cobb Salad Garlic Bread Rice Krispie Squares	Homemade Chicken Noodle Soup Spinach & Roasted Red Pepper Frittata Chef's Salad Mixed Berries Alternate Choice Hamburger with Lettuce, Onion Potato Salad Butter Tarts	Tomato Soup Chicken Fingers w Plum Sauce Fries Carrot & Cucumber Salad Rainbow Sherbet Alternate Choice Toasted Cheese & Tomato with Mayo & Pickle Mediterranean Salad Pineapple Tidbits	Homemade Vegetable Soup Cabbage Roll Casserole Glazed Carrots Lemon Mousse Alternate Choice Egg Salad Sandwich Raw Veggies and Dip Banana	Mushroom Soup Salmon Salad Sandwich Sunshine Salad Greek Yogurt Alternate Choice Pasta Primavera Broccoli Ice Cream on a stick
MAIN MEAL	Battered Chicken Mashed Potato Kalebanzo Veg Blend Apple Cake Alternate Choice Salisbury Steak with mushroom gravy Mashed Potatoes Green Beans Fruit Cocktail	Port Cutlet with applesauce Roast Potatoes Montego Blend Vegetables Diced Pears Alternate Choice Spanish Beef Mashed Potatoes Mashed Root Vegetables Triple Chunk Brownies	Honey Lime Chicken Thigh Mashed Potatoes Green Peas Lemonlicious Bar Alternate Choice Spaghetti with Meat Sauce Caesar Salad Mandarin Oranges	Orange Ginger Pork Chop Mashed Potatoes Florentine Vegetables Carrot Cake Alternate Choice Turkey Chili Cornbread Muffin Brussels Sprouts Apricot Halves	Residents' Choice Farmer's Sausage with Gravy Mashed Potatoes Bistro Vegetables Popsicles Alternate Choice Garlic Herb Tilapia Boiled Potatoes Harvard Beets Fruit Compote	BBQ Pork Ribette Baked Potato with sour cream Corn Niblets Ambrosia Alternate Choice Garden Vegetable Lasagna Mixed Greens Salad Diced Melon	Meatloaf & Yorkshire Pudding with sliced onions Mashed Potatoes & Gravy New England Vegetables Blueberry Pie Alternate Choice Greek Chicken with Tziatiki White Rice Vegetable Medley Sliced Peaches

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W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juices Hot Oatmeal Cheddar Cheese Buttered Toast Alternate Choice Assorted Cold Cereal	Assorted Juices Cream of Wheat Scrambled Egg Buttered Toast Alternate Choice Assorted Cold Cereal	Assorted Juices Hot Oatmeal Boiled Egg Buttered Toast Alternate Choice Assorted Cold Cereal	Assorted Juices Cream of Wheat Assorted Yogurt Muffin Alternate Choice Assorted Cold Cereal	Assorted Juices Hot Oatmeal Bagel with Cream Cheese Alternate Choice Assorted Cold Cereal	Assorted Juices Cream of Wheat Poached Egg Buttered Toast Alternate Choice Assorted Cold Cereal	Assorted Juices Hot Oatmeal Pancakes with Syrup Bacon Buttered Toast Alternate Choice Assorted Cold Cereal
LIGHT MEAL	Chicken Vegetable Soup Fish Burger Potato Pancakes Broccoli Slaw Apricot Slices Alternate Choice Spinach & Mushroom Frittatta Tossed Salad Chocolate Mousse	Tomato Soup Beef burger with lettuce, onion and condiments Romaine Salad Frozen Strawberry Yogurt Alternate Choice Bologna Sandwich with pickles Red Beet Citrus Salad Mango	Vegetable Soup Bacon Chicken Ranch Pasta Salad Sliced tomato and pickle Pineapple Tidbits Alternate Choice Toasted Cheese, Ham & Mayo Sandwich Summer Rainbow Vegetable Salad Salted Caramel Ice Cream	Broccoli Soup BBQ Hot Dog with condiments Pea Salad Diced Melon Alternate Choice Egg Salad Sandwiches Veggies with Ranch dip Tiger Brownie	Creamy Turkey Vegetable Soup Pulled Pork on a bun Red Cabbage Coleslaw Blueberries Alternate Choice Chicken Salad Sandwiches Greek Salad Popsicles	Cream of Mushroom Soup Salmon Salad Sandwich Cucumber Salad Sliced Peaches Alternate Choice Cottage Cheese, Tea Biscuit & Fruit Salad Plate Black Cherry Ice Cream	Chicken & Rice Soup Roast Beef & Cheddar Sandwich Mixed Green Salad Fruit Cocktail Alternate Choice Chicken Burger Lettuce & Mayonnaise Carrot Salad Butterscotch Pudding
MAIN MEAL	Hot Chicken Sandwich Mashed Potatoes Brussels Sprouts Chocolate Caramel Cookie Alternate Choice Veal Parmigiana Fettucine w Tomato Sauce Sautéed Peppers & Onions Diced Pears	Honey BBQ Pork Chop Applesauce Mashed Potatoes Gingered Carrot Coins Fruit Cobbler Alternate Choice Chicken Rice Casserole Sunrise Vegetables Tropical Fruit Salad	Residents' Choice French Onion Salisbury Steak Potato Salad Glazed Parsnips Pudding Cake Alternate Choice Mediterranean Glazed Salmon Herbed Rice Niagara Vegetables Mandarin Oranges	Shepherd's Pie with Gravy Classic Vegetables Milk Chocolate Chunk Cookie Alternate Choice Cheese Manicotti Green Beans Mixed Berries with Cream	Corned Beef with Mustard Rye Bread & Sauerkraut California Vegetables Bread Pudding Alternate Choice Fish Sticks with tartar sauce Hash Browns Pearl Harvest Vegetables Strawberries with Whipped Topping	Turkey Cacciatore Mashed Potatoes PEI Blend Vegetables Jello with whip cream Alternate Choice Pork Cutlet Roast Potato Whipped Squash Apricot Halves	Baked Ham with applesauce Scalloped Potatoes Seasoned Turnip Peach Pie Alternate Choice Hamburger Stroganoff San Fran Mixed Vegetables Stewed Rhubarb

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