

REGULAR WEEK AT A GLANCE
ST JOSEPH'S AT FLEMING
FALL/WINTER 2025-2026

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Oatmeal Assorted Yogurt Muffins Toast and Jam/Peanut Butter <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Hot Oatmeal Bagels with Cream Cheese Peanut Butter/Jam Buttered Toast <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Oatmeal Poached Eggs Buttered Toast Peanut Butter/Jam <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Hot Oatmeal Boiled Eggs Buttered Toast Peanut Butter/Jam <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Oatmeal Cheddar Cheese Peanut Butter/Jam <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Hot Oatmeal Scrambled Egg Buttered Toast Peanut Butter/Jam <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Oatmeal Scrambled Eggs Supreme with Cheese Buttered Toast <u>Alternate Choices</u> Assorted Cold Cereal Peanut Butter/Jam
	Vegetable Soup <u>RESIDENT CHOICE</u> Beans & Weiners Toast Hot Buttered Carrots Brownies <u>Alternate Choices</u> Hummus with Breton Crackers Cheese Slices Peppers & Cherry Tomatoes Blueberries	Chicken Noodle Soup <u>RESIDENT CHOICE</u> Bacon, Lettuce, Tomato Sandwich Greek Salad Diced Pears <u>Alternate Choices</u> Western Frittata Hot Mixed Vegetables Strawberry Shortcake	Beef Barley Soup <u>RESIDENT CHOICE</u> Chicken Caesar Salad Garlic Bread <u>Alternate Choices</u> Deli Salami Sandwich Vinegar & Salted Cucumber Slice Donut Holes with Vanilla Glaze	Cream of Broccoli Soup <u>Alternate Choices</u> Macaroni & Cheese New England Vegetables Diced Melon <u>Alternate Choices</u> Bologna Sandwich with Dijon Mustard Green Salad Peanut Butter Cookie	Tomato Soup <u>Alternate Choices</u> Chicken Strips with Plum Sauce Bistro Vegetables Potato Pancakes Raspberry Mousse <u>Alternate Choices</u> Egg Salad Sandwich Carrots & Peppers with dip Bananas	Turkey Noodle Soup <u>Alternate Choices</u> Beef Pot Pie with <i>Gravy</i> Sunrise Mixed Vegetables Fresh Fruit Cup <u>Alternate Choices</u> Tuna Plate with Dill Potato Salad Sliced Tomatoes & Pickle Chocolate Pudding	Cream of Mushroom Soup <u>Alternate Choices</u> Turkey Club Sandwich Carrot Raisin Salad Strawberries and Cream <u>Alternate Choices</u> Beef Chili with Cornbread Florentine Vegetables Rice Pudding
	Garlic Herb Pork with Tzatiki Scalloped Potatoes Classic Veg Chocolate Ice Cream <u>Alternative Choices</u> Turkey Rotini Noodle Casserole Green Beans Fall Root Vegetables Mashed Potato Apricot Halves	Shepherd's Pie with <i>Gravy</i> Seasoned Turnip Maple Pudding Cake <u>Alternative Choices</u> Glazed Salmon Mashed Potato Green Peas Cherries	Teriyaki Pork Seasoned Rice Stir Fry Vegetables Triple Chocolate Fudge Cake <u>Alternative Choices</u> Veal Cutlet with gravy Whipped Squash Mashed Potatoes Fruit Cocktail	Beef Cheeseburger Pie Hash Browns Side Salad Orange Cream Cheesecake <u>Alternative Choices</u> Battered Pollack with Tartar Sauce Mashed Potatoes Montego Vegetables Mixed Berries	Hot Turkey Sandwich with Gravy, Cranberry Sauce Wax Bean Apple Cinnamon Cake with Caramel Sauce <u>Alternative Choices</u> Meatballs with BBQ Sauce Mashed Potatoes Cauliflower Diced Mango	Hearty Pork Stew Baked Potato with sour cream Mashed Turnip Cherry Pie <u>Alternative Choices</u> Honey Garlic Chicken Thighs Mashed Potatoes Brussel Sprouts Mandarin Oranges	
	Grilled Chicken Breast Tomato, onion, garlic sauce Penne Pasta Steamed Italian Veggies Nanaimo Bars <u>Alternative Choices</u> Beef Stew Fall Root Vegetables Mashed Potato Apricot Halves	Teriyaki Pork Seasoned Rice Stir Fry Vegetables Triple Chocolate Fudge Cake <u>Alternative Choices</u> Veal Cutlet with gravy Whipped Squash Mashed Potatoes Fruit Cocktail	Beef Cheeseburger Pie Hash Browns Side Salad Orange Cream Cheesecake <u>Alternative Choices</u> Battered Pollack with Tartar Sauce Mashed Potatoes Montego Vegetables Mixed Berries	Hot Turkey Sandwich with Gravy, Cranberry Sauce Wax Bean Apple Cinnamon Cake with Caramel Sauce <u>Alternative Choices</u> Meatballs with BBQ Sauce Mashed Potatoes Cauliflower Diced Mango	Hearty Pork Stew Baked Potato with sour cream Mashed Turnip Cherry Pie <u>Alternative Choices</u> Honey Garlic Chicken Thighs Mashed Potatoes Brussel Sprouts Mandarin Oranges		
	250 ml Milk is offered at Breakfast, 125 ml Milk is offered at Lunch and Dinner. Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.						
	Meal Notes: Fruit Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. 250 ml Milk is offered at Breakfast, 125 ml Milk is offered at Lunch and Dinner. Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.						
	WEEK 1 FALL/WINTER 2025						

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W2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Hot Oatmeal Boiled Egg Buttered Toast Peanut Butter/Jam <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Oatmeal Scrambled Eggs Buttered Toast Peanut Butter/Jam <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Hot Oatmeal Assorted Yogurt Morning Glory Muffin Toast Peanut Butter/Jam <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Hot Oatmeal Bagel with Cream Cheese Buttered Toast Peanut Butter/Jam <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Hot Oatmeal Scrambled Eggs Buttered Toast Peanut Butter/Jam <u>Alternate Choices</u> Assorted Cold Cereal	Assorted Juice Oatmeal Boiled Eggs Buttered Toast Peanut Butter/Jams <u>Alternate Choices</u> Assorted Cold Cereal Fresh Fruit	Assorted Juice Hot Oatmeal Pancakes & Bacon Syrup <u>Alternate Choices</u> Assorted Cold Cereal Buttered Toast Peanut Butter/Jams
	Italian Wedding Soup Ham Salad Sandwich Red Cabbage Salad Applesauce <u>Alternate Choices</u> Cheese Beef Dog Peppers & Cherry Tomatoes Warm Chocolate Chunk Cookies	Homemade Vegetable Soup Chicken Pot Pie with Gravy Green Peas Banana <u>Alternate Choices</u> Cream Cheese, Fresh Fruit Salad Plate Toasted English Muffin Maple Sugar Twist Ice Cream	Tomato Macaroni Soup <u>RESIDENT CHOICE</u> Cobb Salad with ham and egg Garlic Toast Rice Pudding <u>Alternate Choices</u> Salmon Salad Sandwich Creamy Cucumber Salad Apricots	Cream of Potato and Bacon Soup Spinach Red Pepper Frittata Carrot Sticks Shortbread Cookies <u>Alternate Choices</u> Roast Beef & Cheddar Melt Vegetable Medley Slaw Diced Peaches	Homemade Chicken Noodle Sliced Turkey Sandwich Carrot Raisin Salad Diced Pears <u>Alternate Choices</u> Cod Nuggets with Tartar Sauce Hash Browns New England Hot Vegetables Rice Krispie Squares	Beef Barley Soup Swedish Meatballs Herbed Rice Peas & Carrots Fruit Cocktail <u>Alternate Choices</u> Toasted Tomato & Cheese Sandwich Green Salad Butter Tart	Cream of Broccoli Soup Cheesy Pasta with spinach and mushrooms Stewed Tomatoes Pineapple Tidbits <u>Alternate Choices</u> Pastrami Sandwich & Pickle Chopped Vegetable Salad Vanilla Bean Flake Ice Cream
	Salisbury Steak with onions and mushrooms Mashed Potatoes Sliced Carrots Maple Mania Cake <u>Alternate Choices</u> Haddock Loin with <i>Lemon Dill Sauce</i> Herbed Rice Pearl Harvest Vegetables Tropical Fruit Cocktail	Orange Ginger Pork Chops Mashed Potatoes Corn Niblets Citrus Cake <u>Alternate Choices</u> Beef Stroganoff Egg Noodles San Fran Vegetables Cinnamon Apple Slices	RESIDENT CHOICE Spaghetti with Meat Sauce Dinner Roll Caesar Salad Bread Pudding <u>Alternate Choices</u> Oktoberfest Sausage Sauerkraut Baked Potato with Sour Cream Fall Medley Vegetables Raspberries	Fried Chicken Garlic Mashed Potatoes Paradiso Vegetables Frozen Strawberry Yogurt <u>Alternate Choices</u> Korean BBQ Pork Stew Seasoned Rice Sunrise Vegetables Stewed Rhubarb	French Onion Chicken Pasta Bake PEI Vegetables Diced Melon <u>Alternate Choices</u> Black Forest Ham Mashed Potatoes Herb Buttered Brussel Sprouts Date Square	Pork Tenderloin Mashed Potatoes California Vegetables Trifle <u>Alternate Choices</u> Cabbage Roll Casserole Niagara Vegetables Mandarin Oranges	Chicken Kiev Mashed Potatoes Whipped Butternut Squash Apple Pie <u>Alternate Choices</u> Garlic & Herb Tiliapia Roast Potatoes Bistro Vegetables Mixed Berries and Whip Cream

Meal Notes: Fruit Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter.

250 ml Milk is offered at Breakfast, 125 ml Milk is offered at Lunch and Dinner.

Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.

WEEK 2 FALL/WINTER 2025

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W3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Hot Oatmeal Assorted Yogurt Muffin Toast	Assorted Juice Oatmeal Boiled Eggs Buttered Toast Peanut Butter/Jam	Assorted Juice Hot Oatmeal Marbled Cheese Buttered Toast Peanut Butter/Jam	Assorted Juice Oatmeal Poached Eggs Buttered Toast Peanut Butter/Jams	Assorted Juice Hot Oatmeal Scrambled Eggs Buttered Toast Peanut Butter/Jams	Assorted Juice Oatmeal Bagels with Cream Cheese Peanut Butter/Jam	Assorted Juice Hot Oatmeal French Toast Bacon Peanut Butter/Jam
	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>
	Assorted Cold Cereal Fresh Fruit	Assorted Cold Cereal	Assorted Cold Cereal Fresh Fruit	Assorted Cold Cereal Fresh Fruit	Assorted Cold Cereal Fresh Fruit	Assorted Cold Cereal Fresh Fruit	Assorted Cold Cereal Fresh Fruit
LIGHT MEAL	Tomato Soup Mini Assorted Sub (salami & bologna) Carrot Sticks & Cucumber Mandarin Oranges	Minestrone Soup Chicken Pot Pie with Gravy Peas Winter Fruit Cup	Chicken and Rice Soup RESIDENT CHOICE Pancakes with syrup Breakfast Sausage Warm Apple Slices Pineapple Tidbits Alternate Choices	Broccoli Soup Beefy Pasta Bake Green Beans Diced Melon Alternate Choices	Vegetable Soup RESIDENT CHOICE Hamburger with lettuce, tomato, pickle & onion French Fries Diced Peaches Alternate Choices	Cream of Chicken Soup Cod Nuggets with tartar sauce Peas & Carrots French Fries Diced Peaches Alternate Choices	Mushroom Soup Vegetable Frittata Montego Vegetables Mango Alternate Choices
	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>
	Greek Vegetable Omelet with Olives, Roasted Peppers Green Salad Eclairs	Ham & Cheese on a croissant Creamy Coleslaw Butterscotch Pudding	Roasted Red Pepper Basil Frittata Sunrise Vegetable Nanaimo Bar	Tuna Salad Sandwiches Bistro Vegetables Tossed Salad Banana Loaf	Vegetable Lasagna Bistro Vegetables Ice Cream Bar	Egg Salad Sandwiches Oil & Vinagrette Coleslaw Rainbow Jell-O Jewels	Smoked Chicken Salad Sandwich Beet & Onion Salad Peanut Butter Cookie
MAIN MEAL	Chicken Burgers with mayo, lettuce & tomato Hash Brown Casserole Broccoli Raspberries	Beef Chili with cheese Classic Vegetables Garlic Toast Fruit Crisp	Boneless Chicken Thighs with gravy Mashed Potatoes San Francisco Vegetables Black Cherry Ice Cream	Orange Ginger Pork Seasoned rice Stir Fry Vegetables Key Lime Pie	Krunchie Perch <i>Tartar Sauce</i> Winter Vegetable Blend Mashed Potatoes Iced Chocolate Cake	Beef Meatloaf Mashed Potatoes Cauliflower with Cheese Sauce Carrot Cake	Turkey Schnitzel Gravy and Cranberry Sauce Scalloped Potatoes Wax Beans Strawberry Rhubarb Pie
	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>	<u>Alternate Choices</u>
	Ham, Broccoli Rice Casserole California Vegetables Pound Cake with Berry Sauce	Fish Sticks with tartar sauce and lemon slice Hash Brown Potatoes Montego Vegetables Greek Yogurt	Beef Stew Cocktail Mixed Vegetables Roast Potatoes Tropical Fruit Cocktail	Liver & Onions PEI Vegetables Mashed Potatoes Stewed Rhubarb	Sausage on a bun with salsa and cheese Pick of the Day Vegetables Fresh Fruit Salad	Chicken Balls with Sweet & Sour Sauce Niagara Vegetables Rice Cherries	Hot Roast Beef Sandwich Mashed Potatoes Diced Turnip Mandarin Oranges

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WEEK 3 FALL/WINTER 2025