

# St. Joseph's at Fleming

## LONG TERM CARE MENU SPRING/SUMMER 2026

W1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juices Hot Oatmeal Boiled Egg Buttered Toast  <b>Alternate Choice</b> Assorted Cold Cereal	Assorted Juices Oatmeal Scrambled Egg Buttered Toast  <b>Alternate Choice</b> Assorted Cold Cereal	Assorted Juices Hot Oatmeal Assorted Yogurt Muffin  <b>Alternate Choice</b> Assorted Cold Cereal	Assorted Juices Oatmeal Poached Egg Buttered Toast  <b>Alternate Choice</b> Assorted Cold Cereal	Assorted Juices Hot Oatmeal Bagel with Cream Cheese  <b>Alternate Choice</b> Assorted Cold Cereal	Assorted Juices Oatmeal Boiled Egg Buttered Toast  <b>Alternate Choice</b> Assorted Cold Cereal	Assorted Juices Hot Oatmeal Scrambled Eggs with cheese Buttered Toast  <b>Alternate Choice</b> Assorted Cold Cereal
LIGHT MEAL	Tomato Soup  Cheesy Pasta Shells Stewed Tomatoes Pineapple Tidbits  <b>Alternate Choice</b>  Turkey Sandwich with mozzarella and pesto mayo Corn Salad  Chocolate Pudding	Beef Barley Soup  Chicken Caesar Salad with Garlic Bread  Tropical Fruit Salad <b>Alternate Choice</b>  Pastrami Sandwich with mustard Broccoli Slaw  Warm Double Chocolate Cookie	Broccoli Soup □ Greek Veggie Omelet  Buttered Toast Points Peas Mandarin Oranges  <b>Alternate Choice</b>  Mini Subs Veggie sticks & dip Ice Cream on a stick	Creamy Garden Vegetable Soup  Tuna and Mixed Green Salad with a roll  Sliced Peaches  <b>Alternate Choice</b>  Bacon Lettuce & Tomato Sandwich Pick of the Day Salad Strawberry Mousse	Cream of Chicken Soup  Beans & Weiners Wax Beans  Jello with whip cream <b>Alternate Choice</b>  Toasted Western Sandwich Carrot Raisin Salad  Blueberries	Cream of Mushroom Soup  Ham Pasta Salad with Creamy Cucumber Salad  Diced Mango <b>Alternate Choice</b>  Toasted Cheese Sandwich Tossed Salad Warm Chocolate Chip Cookie	Chicken Noodle Soup  Pancakes with Syrup Breakfast Sausage Baked Apple Slices Diced Pears <b>Alternate Choice</b>  Salami Sandwich with pickles Romaine Salad Neopolitan Ice Cream
MAIN MEAL	BBQ Sausage with salsa Herbed Carrots Hash Brown Potatoes  Butter Tarts  <b>Alternate Choice</b>  Hot Hamburger Open Sandwich with Mushroom Gravy Niagara Blend Vegetables Cherries	Perogy Lasagna Mixed Green Salad Vanilla Caramel Swirl Cake  <b>Alternate Choice</b> Herbed Tiliapia with tartar sauce  Mashed Potatoes Whipped Squash Fresh Fruit Salad with Whip Cream	Battered Chicken Balls with Sweet & Sour Sauce Veggie Fried Rice Green Beans  Banana Chocolate Loaf  <b>Alternate Choice</b>  Veal Parmesan Mashed Potatoes Glazed Parsnips Diced Melon	Turkey a la King Stew Mashed Potato  Florentine Vegetables  Icebox Cherry Cookies  <b>Alternate Choice</b>  Creamy Meatballs with Mushrooms Buttered Egg Noodles Montego Vegetables Fruit Cocktail	Fried Chicken Oil & Vinagrette Coleslaw Potato Salad Popsicles  <b>Alternate Choice</b>  Pork Souvlaki with Tziatiki  Mashed Potato Parslied Cauliflower Key Lime Greek Yogurt	Beef Cheeseburger Pie Sunrise Vegetable Apricot Halves  <b>Alternate Choice</b>  Chicken Kiev Mashed Potatoes Brussel Sprouts Bread Pudding	Roast Beef with Horseradish Yorkshire Pudding & Gravy New England Vegetables  Trifle  <b>Alternate Choice</b>  Krunchie Perch with tartar sauce Rice Pearl Harvest Vegetables 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 2026  
PROPERTY OF COMPLETE PURCHASING SERVICES INC./GESPRO  
PROPRIETARY AND CONFIDENTIAL  
\*\*Snack notes 125ml milk or tea offered as an alternate for all nourishments

# St. Joseph's at Fleming

## LONG TERM CARE MENU SPRING/SUMMER 2026

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

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

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# St. Joseph's at Fleming

## LONG TERM CARE MENU SPRING/SUMMER 2026

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

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WEEK 3 SPRING/SUMMER 2026  
PROPERTY OF COMPLETE PURCHASING SERVICES INC./GESPPRA  
PROPRIETARY AND CONFIDENTIAL  
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