Fall Menu - Week 3(2)

November 2nd - November 8th, 2026

MEAL	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7	SUNDAY 8
BREAKFAST - 7:30 AM - 9:30 AM							
DAILY CHOICES	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes	Toast, Milk, Coffee & Juice Oatmeal, Dry Cereal, Yogurt & Prunes
HOT CHOICE	Poached Eggs	Fried Eggs Bacon	Scrambled Eggs	French Toast Berry Sauce	Poached Eggs Sausage	Scrambled Eggs	Hard Boiled Eggs
LUNCH - 11:00 AM - 1:00 PM							
SOUP	Beef Vegetable (GF-DF)	Creamy Potato & Cheddar (GF)	Red Cabbage Borscht (GF-DF)	Roasted Parsnip (GF-DF)	Tomato & Basil (GF-DF)	French Onion (GF-DF)	Lemon Chicken (GF-DF)
OPTION 1	Whistle Dog *Bacon, Cheese, Relish* Oven-Roasted Potato Wedges	Crispy Shrimp Sandwich *Lettuce, Mayo, Tomato, White Roll* Cucumber Salad	Toasted Tomato & Havarti Cheese Sandwich *Mayo, Tomato, Havarti* Three Bean Salad	Western Breakfast Wrap Fried Hashbrowns Fresh Tomato Slices	Chicken Salad Croissant *Lettuce, Fresh Baked Croissant* Broccoli Salad	Pulled Pork on a Bun Coleslaw Steamed Green Beans	Hot Turkey Sandwich *Turkey Gravy* Sweet Potato Fries
OPTION 2	MKC Cold Plate	Egg Salad Sandwich	MKC Cold Plate	Toasted Bagel & Fruit Plate *Bagel, Cream Cheese, Fresh Fruit, Cottage Cheese*	MKC Cold Plate	Tuna Salad Sandwich	MKC Cold Plate
DESSERT	Chef's Choice	Fruit Salad	Blueberries & Cream	Tapioca Pudding	Mandarin Yogurt Parfait w/ Granola	Apple-Pumpkin Oat Loaf	Mint Nanaimo Bar
SUPPER - 4:00 PM - 6:00 PM							
OPTION 1	Spaghetti & Marinara Sauce Side Caesar Salad Garlic Bread (Gluten free pasta available)	Roasted Chicken Breast (GF-DF) Mango Salsa Yellow Beans Scalloped Potato	Beef Bourguignons (GF-DF) Roasted Carrots Mashed Potato	Roasted Pork Loin (GF-DF) Creamed Corn Cheesy Hashbrown Casserole Brown Gravy	Fish & Chips (DF) Creamy Coleslaw Tartar Sauce, Lemon Wedge (Gluten free fish available)	Chicken Schnitzel (GF) Peas & Carrots Boiled Potato Chicken Gravy	BBQ Pork Ribs (DF) Baked Pork & Beans Corn on the Cob Baked Potato Sour Cream
OPTION 2	Roast Pork Tenderloin & Citrus Salad *Mixed Greens, Peas, Cucumber, Radish, Asparagus, Orange, Pork Cutlet & Balsamic Dressing* Garlic bread	Sweet Cream Cheese Filled French Crepes *Strawberry Sauce, Whip Cream* Diced Peaches	Seafood Cioppino (GF-DF) *Mussels, Prawns, Pickerel & Salmon in a Tomato Broth* Fresh Baked Focaccia Bread	Stuffed Beef Flank Steak (DF) Creamed Corn Cheesy Hashbrown Casserole Brown Gravy	Veggie Burrito Bowl (GF) *Rice, Black Bean & Corn Salad, Cheese, Peppers, Green Onion* Salsa, Sour Cream	Soy Shrimp Spring Rolls (DF) Peas & Carrots Boiled Potato Plum Sauce	
DESSERT	Pear Custard Cobbler	Strawberry Cream Pie	Rhubarb Crisp	Lemon Cake	Baked Apples & Vanilla Ice Cream	Warm Berry Bread Pudding	Blueberry Pie

Roll and tomato juice are served at supper - Starter salads are available at any meal - Apples, oranges and bananas are available as a dessert substitute - Menu may change due to availability - (GF = Gluten Free - DF = Dairy Free)