

Week 1

Foyer Maillard Spring/Summer Menu 2025

		MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		REGULAR	Oatmeal Scrambled Egg + Bacon Whole Wheat Toast Banana	Oatmeal Poached egg Raisin Toast Banana	Cream of Wheat Boiled Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Cheesy Scrambled Eggs Bran Muffin Banana	Oatmeal Boiled Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Cheese Omelet Whole Wheat Toast Banana	Cream of Wheat Poached Egg French Toast/Syrup Orange/Watermelon
		ALTERNATE	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese
LUNCH		10AM Snack	Banana Cake Peanut Butter Cookies	Chocolate Chip Cookies Oatmeal Raisin Cookies	Carrot Cake Orange Cranberry Cookies	Short Bread Cookies Peanut Butter Cookies	Marble Cake Double Chocolate Cookies	Shortbread Cookies Oatmeal Raisin Cookies	Vanilla Cake Chocolate Chip Cookies
		REGULAR	Rice and Vegetable Soup Reuben Sandwich on Marble Rye Bread Watermelon and Beet Salad Blueberry Tart w/ Whipped Cream	Chicken and Vegetable Soup Vegetable Lasagna Garlic Bread Chef’s Salad Sorbet	Lentil Soup Butter Chicken Basmati Rice Naan Bread Steamed Cauliflower Vanilla Pudding	Cream of Mushroom Fish & Chips Tartar Sauce, Ketchup Coleslaw Apple Crisp	Minestrone Soup Pork Riblets Baked Potatoes with Sour Cream Corn Salad Banana Cake	Carrot Soup Stuffed Baked Basa with Tarragon Sauce Rice Pilaf Mixed Vegetables Fruit Parfait	Tomato Soup Roasted Ham with Dijon Mustard Scalloped Potatoes Mixed Vegetables Lemon Cake
		ALTERNATE	Meatballs	Chicken	Breaded Fish	Chicken	Sausage	Beef	Fish
		2 PM Snack	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
DINNER		REGULAR	Teriyaki Salmon Lemon Dill Rice Pilaf Broccoli and Carrots Fruit Jello	Roast Pork Mashed Potatoes Mixed Vegetables Chocolate Cake	Pasta w/ Chorizo & Pesto Cream Sauce Dinner Bun Caesar Salad Fruit Cocktail	Chef & Residents Choice Assorted Desserts	Beef Pot Pie Mixed Veggies Trifle Dessert	Chicken Strips with Dipping Sauce Pom Pom Potatoes Tossed Salad Fruit Jell-O w/ Whipped Cream	Baked Beans and Scone Toss Salad Chocolate Mousse
		ALTERNATE	Chicken	Pork	Sausage	Beef	Chicken	Pork	Chicken
		HS Snack	Peanut Butter/Straw. Jam Sandwich Egg Salad Sandwich	Cheddar Cheese Sandwich Peanut Butter/Straw. Jam Sandwich	Tuna Salad Sandwich Cheddar Cheese	Egg Sandwich Chicken Salad Sandwich	Peanut Butter/Straw. Jam Sandwich Egg Sandwich	Tuna Salad Sandwich Peanut Butter/Straw. Jam Sandwich	Chicken Salad Sandwich Egg Sandwich

Menu subject to change without notice

Audited by Corporate Registered Dietitian

Diabetic Diet: offer sweeteners VS sugars; fruit instead of cookies at snacks, water instead of juices at meals
Modified Texture Diets: Soft bite sized (6), Minced & Moist (5) and Pureed (4) are based on the above menu
Assorted Beverages include: 125 ml of milk/juice/water & 180 ml of tea/coffee offered daily
Unsalted crackers served with soup at lunch
Peanut Butter & Assorted jam available at Breakfast

Week 2

Foyer Maillard Spring/Summer Menu 2025

		MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		REGULAR	Oatmeal Scrambled Egg + Bacon Whole Wheat Toast Banana	Oatmeal Poached egg Raisin Toast Seasonal Fresh Fruit	Cream of Wheat Boiled Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Scrambled Egg Bran Muffin Banana	Oatmeal Boiled Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Cheese Omelet Whole Wheat Toast Banana	Cream of Wheat Poached Egg French Toast with Berry Sauce Orange/Watermelon
		ALTERNATE	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese
LUNCH		10AM	Banana Cake Peanut Butter Cookies	Chocolate Chip Cookies Oatmeal Raisin Cookies	Carrot Cake Orange Cranberry Cookies	Shortbread Cookies Peanut Butter Cookies	Marble Cake Double Chocolate Cookies	Shortbread Cookies Oatmeal Raisin Cookies	Vanilla Cake Chocolate Chip Cookies
		REGULAR	Pea Soup Pork Sausage Perogies with Golden Fried Onions Sour Cream Braised Cabbage Strawberry Cake	Vegetable Soup Crusted Baked Salmon Mashed Potatoes Mixed Vegetables Rice Pudding	Butternut Squash Soup KFC Chicken Golden French Fries Coleslaw Sorbet	Tomato Soup Grilled Cheese Sandwich House Salad Carrot Cake	Jamaican Carrot Soup Cajun Shrimp & Rice Grilled Zucchini & Peppers Bread Pudding	Vegetable Soup Tuna Sandwich Black Beans Quinoa Salad Fruit Crisp w/ Whipped Cream	Chickpea Soup Chicken Curry Basmati Rice, Naan Feta & Chickpea Salad Iced Banana Cake
		ALTERNATE	Ham	Breaded Fish	Beef	Chicken	Meatballs	Sausage	Meatballs
		2 PM	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
DINNER		REGULAR	Chicken Salad Sandwich Pasta Salad Apple Tart	Vegetable Quiche Caesar Salad Cheesecake with Fruit Sauce	Sheperd's Pie Tossed Salad Fruit Cocktail	Pork Souvlaki Rice Greek Salad Fruit Jello	Classic Meatloaf, Gravy Mashed Potatoes Mixed Vegetables White Cake	Pasta Primavera Mixed Salad Lemon Loaf	Beef Burger French Fries Salad Jello
		ALTERNATE	Sausage	Beef	Pork	Fish	Chicken	Beef	Chicken
		HS	Peanut Butter/Straw. Jam Sandwich Egg Salad Sandwich	Cheddar Cheese Sandwich Peanut Butter/Straw. Jam Sandwich	Tuna Salad Sandwich Cheddar Cheese	Egg Sandwich Chicken Salad Sandwich	Peanut Butter/Straw. Jam Sandwich Egg Sandwich	Tuna Salad Sandwich Peanut Butter/Straw. Jam Sandwich	Chicken Salad Sandwich Egg Sandwich

Menu subject to change without notice

Audited by Corporate Registered Dietitian

Diabetic Diet: offer sweeteners VS sugars; fruit instead of cookies at snacks, water instead of juices at meals
Modified Texture Diets: Soft bite sized (6), Minced & Moist (5) and Pureed (4) are based on the above menu
Assorted Beverages include: 125 ml of milk/juice/water & 180 ml of tea/coffee offered daily
Unsalted crackers served with soup at lunch
Peanut Butter & Assorted jam available at Breakfast

Week 3

Foyer Maillard Spring/Summer Menu 2025

		MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		REGULAR	Oatmeal Scrambled Egg + Sausages Whole Wheat Toast Banana	Oatmeal Poached egg Raisin Toast Seasonal Fresh Fruit	Cream of Wheat Boiled Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Scrambled Egg Bran Muffin Banana	Oatmeal Boiled Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Cheese Omelet Whole Wheat Toast Banana	Cream of Wheat Poached Egg French Toast with Berry Sauce Orange/Watermelon
		ALTERNATE	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese
LUNCH		10AM	Banana Cake Peanut Butter Cookies	Chocolate Chip Cookies Oatmeal Raisin Cookies	Carrot Cake Orange Cranberry Cookies	Short Bread Cookies Peanut Butter Cookies	Marble Cake Double Chocolate Cookies	Shortbread Cookies Oatmeal Raisin Cookies	Vanilla Cake Chocolate Chip Cookies
		REGULAR	Vegetable Soup Pork Riblets Baked Potato w/ Sour Cream Mexican Corn Trifle	Mushroom Soup Beef Lasagna Ceasar Salad Rice Pudding	Carrot Soup BBQ Chicken Thighs Roast Potatoes Steamed Vegetables Ice Cream	Lentil Soup Roast Beef Yorkshire Pudding with Gravy Mashed Potato Mixed Vegetables Cupcake	Yam Soup Turkey Sandwich Greek Salad Rice Pudding	Cream of Celery Soup Baked Salmon with Hollandaise Sauce Mashed Potatoes Green Beans with Sundried Tomatoes Brownies	Leek and Potato Soup Chicken Burger French Fries Salad Sorbet
		ALTERNATE	Fish	Meatballs	Pork	Breaded Fish	Sausage	Pork	Chicken
		2 PM	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
		REGULAR	Crusted Salmon Jasmine Rice Spinach and Mandarin Salad Assorted Desserts	Crab Salad on Croissant Bread Green Salad Chocolate Mousse w/ Whipped Cream	Chili con Carne Scone Salad Fruit Cocktail	Jambalaya Mixed Vegetables Bread Pudding with Whipped Cream	Garden Vegetable Frittata Dinner Roll Couscous Salad Fruit Salad	Sweet and Sour Pork Fried Rice Stir-fry Oriental Vegetable Strawberry Delight	Assorted Sandwiches Ceasar Salad Date Square
DINNER		ALTERNATE	Pork	Sausage	Beef	Chicken	Beef	Pork	Fish
		HS	Peanut Butter/Straw. Jam Sandwich Egg Salad Sandwich	Cheddar Cheese Sandwich Peanut Butter/Straw. Jam Sandwich	Tuna Salad Sandwich Cheddar Cheese	Egg Sandwich Chicken Salad Sandwich	Peanut Butter/Straw. Jam Sandwich Egg Sandwich	Tuna Salad Sandwich Peanut Butter/Straw. Jam Sandwich	Chicken Salad Sandwich Egg Sandwich

Menu subject to change without notice

Audited by Corporate Registered Dietitian

Diabetic Diet: offer sweeteners VS sugars; fruit instead of cookies at snacks, water instead of juices at meals
Modified Texture Diets: Soft bite sized (6), Minced & Moist (5) and Pureed (4) are based on the above menu
Assorted Beverages include: 125 ml of milk/juice/water & 180 ml of tea/coffee offered daily
Unsalted crackers served with soup at lunch
Peanut Butter & Assorted jam available at Breakfast

Week 4

Foyer Maillard Spring/Summer Menu 2025

		MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		REGULAR	Oatmeal Scrambled Egg + Sausages Whole Wheat Toast PB/ Assorted Jams Banana	Oatmeal Poached egg Raisin Toast PB/Assorted Jams Banana	Cream of Wheat Boiled Egg Whole Wheat Toast PB/ Assorted Jams Orange/Watermelon	Oatmeal Scrambled Egg Bran Muffin PB/ Assorted Jams Banana	Oatmeal Boiled Egg Whole Wheat Toast PB/ Assorted Jams Orange/Watermelon	Oatmeal Cheese Omelet Whole Wheat Toast PB/ Assorted Jams Banana	Cream of Wheat Poached Egg French Toast with Berry Sauce PB/ Assorted Jams Orange/Watermelon
		ALTERNATE	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese	Assorted Cold Cereal, PB, Cheese
LUNCH		10AM	Banana Cake Peanut Butter Cookies	Chocolate Chip Cookies Oatmeal Raisin Cookies	Carrot Cake Orange Cranberry Cookies	Short Bread Cookies Peanut Butter Cookies	Marble Cake Double Chocolate Cookies	Shortbread Cookies Oatmeal Raisin Cookies	Vanilla Cake Chocolate Chip Cookies
		REGULAR	Borscht with Sour Cream Spaghetti and Meatballs Garlic Bread Casear Salad Fruit Cup	Cream of Broccoli Soup Pork Stir-fry Noodle Sauteed Red Cabbage Rice Pudding	Carrot Ginger Soup Teriyaki Salmon Jasmine Rice Steamed Vegetables Ice Cream	Vegetable Soup Turkey Ala King Egg Noodles Salad Jello	Cream of Cauliflower Soup Beef Bourguignon Spanish Rice Pilaf Steamed Vegetables Vanilla Custard	Vegetable Barley Soup Seafood Newburg Rice Pilaf Ice Cream	Cream of Cauliflower Grilled Festive Ham w/ Honey Mustard Sauce Scalloped Potatoes Macedonia Vegetables Fruit Cup
		ALTERNATE	Meatballs	Beef	Chicken	Beef	Pork	Sausage	Beef
		2 PM	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
DINNER		REGULAR	Breaded Sole Flsh Roasted Potato Tossed Salad Cupcakes	Chicken Souvlaki Tzatziki, Pita Bread Rice Pilaf Greek Salad Tiramisu	Assorted Sandwich Pasta Salad Fruit Tart	BBQ Roast Pork Baked Potato Mixed Vegetables Apple Tart	Chicken Strips Pom Pom Potatoes Chef’s Salad Fruit Cocktail	Vegetable Pancit Carrot Cake	Beef Enchiladas Garlic Bread Salad Mango
		ALTERNATE	Breaded Fish	Fish	Pork	Chicken	Meatballs	Beef	Fish
		HS	Peanut Butter/Straw. Jam Sandwich Egg Salad Sandwich	Cheddar Cheese Sandwich Peanut Butter/Straw. Jam Sandwich	Tuna Salad Sandwich Cheddar Cheese	Egg Sandwich Chicken Salad Sandwich	Peanut Butter/Straw. Jam Sandwich Egg Sandwich	Tuna Salad Sandwich Peanut Butter/Straw. Jam Sandwich	Chicken Salad Sandwich Egg Sandwich

Menu subject to change without notice

Audited by Corporate Registered Dietitian

Diabetic Diet: offer sweeteners VS sugars; fruit instead of cookies at snacks, water instead of juices at meals
Modified Texture Diets: Soft bite sized (6), Minced & Moist (5) and Pureed (4) are based on the above menu
Assorted Beverages include: 125 ml of milk/juice/water & 180 ml of tea/coffee offered daily
Unsalted crackers served with soup at lunch
Peanut Butter & Assorted jam available at Breakfast