

Foyer Maillard Fall & Winter Menu Week 1

		MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		REGULAR	Oatmeal Whole Wheat Toast Scrambled Egg Bacon Banana	Oatmeal Scrambled Egg Raisin Toast Orange	Cream of Wheat Poached Egg Whole Wheat Toast Banana	Oatmeal Sliced Cheese Assorted Muffins Orange	Oatmeal Boiled Egg Whole Wheat Toast Banana	Oatmeal Western Omelet Whole Wheat Toast Orange	Cream of Wheat Scrambled Egg Pancakes/Syrup Banana
		ALTERNATE	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Scrambled Egg	Cold Cereal, PB, Cheese	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	Cream of Tomato Soup Grilled Cheddar Cheese Sandwich Coleslaw Marble Cake	Cream of Vegetable Soup Beer Battered Fish Fries Green Peas Jello	Mediterranean Chickpea Soup Butternut Squash Ravioli with Parmesan Cream Sauce Caesar Salad Fruit Cup	Carrot and Ginger Soup Turkey Sandwich with Cranberry sauce Chickpea Salad Mango Tart	Beef Barley Soup Chicken Burger Fries Ketchup & Mayo Lettuce & Tomato Chocolate Cake	Lentil Soup Macaroni and Cheese Tossed Salad Diced Pears	Potato Leek Soup BBQ Pulled Pork on Bun Coleslaw Lemon Delight
		ALTERNATE	Chicken	Pork	Fish	Chicken	Pork	Sausage	Turkey
		2 PM Snack	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
		REGULAR	Apple & Onion Pork Chops Roasted Potatoes PEI Mixed Vegetables Assorted Pies	Ham, Cheese & Onion Quiche Pasta Salad Peach Crisp	Baked Chicken Parslied Potato Sunrise Mixed Vegetables Bread Pudding	Pork Stir Fry with Noodles & Vegetables Fruit Cobbler	Beef Meatloaf Mashed Potato Roasted Carrots with Garlic & Herbs Mandarin Oranges	Baked Basa Lemon Butter Sauce Rice Pilaf Green Beans Stewed Rhubarb & Strawberries	Chicken Pancit & Vegetable Stir Fry Soft Dinner Roll Chocolate Cream Pie
DINNER		ALTERNATE	Meatballs	Chicken	Sausage	Meatballs	Chicken	Meatballs	Beef
		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

Diabetic Diet: Offer sweeteners instead of 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
Note: 125ml water, 125ml Milk, 180ml Coffee/Tea are offered at each meal
Unsalted crackers served with soup at lunch

Foyer Maillard Fall & Winter Menu Week 2

		MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		REGULAR	Oatmeal Boiled Egg Whole Wheat Toast Bacon Oranges	Oatmeal Scrambled Egg Raisin Toast Banana	Cream of Wheat Poached Egg Whole Wheat Toast Oranges	Oatmeal Sliced Cheese Apple Cinnamon Muffin Banana	Oatmeal Scrambled Egg Whole Wheat Toast Oranges	Oatmeal Western Omelet Whole Wheat Toast Banana	Cream of Wheat Scrambled Egg French Toast with Syrup Oranges
		ALTERNATE	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Scrambled Egg	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	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	Chicken & Barley Soup Perogies & Pork Sausage Sour Cream & Fried Onions Ice Cream	Harvest Carrot Soup Grilled Turkey & Cheese Sandwich Quinoa Salad Blueberry Cobbler	Cream of Spinach Soup Chicken Chunks Yam Fries Tossed Salad Chocolate Pudding	Hearty Beef Vegetable Soup Cheesy Rotini Pasta Bake Steamed Broccoli Rice Pudding	Thai Lentil Soup Crab Salad on a Croissant Cucumber Salad Cinnamon Apple Slices	Cream of Mushroom Soup Chili Con Carne Sour Cream Cheddar Cheese Corn Bread Fruit Cocktail	Vegetable Quinoa Soup BBQ Chicken Salad Sandwich Caesar Salad Chocolate Cake
		ALTERNATE	Meatballs	Sausage	Meatballs	Chicken	Pork	Chicken	Fish
		2 PM	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
DINNER		REGULAR	Baked Salmon Lemon & Dill Sauce Fluffy Jasmine Rice Carrots & Peas Trifle	Ham & Scalloped Potato Casserole with Bacon & Cheese Topping Green Beans Diced Peaches	Beef Bourguignon Egg Noodles Mixed Vegetables Strawberry Rhubarb Pie	Chef & Residents Choice Carrot Cake	Sweet & Sour Chicken Steamed Rice Old Fashioned Mix Vegetable Assorted Desserts	Baked Basa With Tarragon Sauce Mashed Potato Sunrise Mixed Veg Egg Tart	Turkey Meatloaf Gravy Roasted Potatoes Butternut Squash Bread Pudding
		ALTERNATE	Chicken	Chicken	Pork	Beef	Breaded Fish	Meatball	Pork
		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

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Foyer Maillard Fall & Winter Menu Week 3

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	REGULAR	Oatmeal Boiled Egg Whole Wheat Toast Bacon Banana	Oatmeal Scrambled Egg Raisin Toast Orange	Cream of Wheat Poached Egg Whole Wheat Toast Banana	Oatmeal Sliced Cheese Triple Berry Muffin Orange	Oatmeal Scrambled Egg Whole Wheat Toast Banana	Oatmeal Cheese Omelet Whole Wheat Toast Orange	Cream of Wheat Scrambled Egg Pancakes/ Syrup Banana
	ALTERNATE	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Scrambled Egg	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	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	Cream of Celery Soup Cheese Tortellini Garlic Bread Green Peas Date Square	Chicken Rice Soup Battered Fish Potato Wedges Coleslaw Coffee Cake	Navy Bean Soup Egg Salad Sandwich on a Croissant Caesar Salad Orange Cake	Split Pea Soup Vegetarian Chilli Corn Bread Ambrosia	Borscht Roast Pork Roasted Potatoes Sunrise Mixed Vegetables Mandarin Oranges	Tomato Bisque Beef Burger Fries Cheese, Lett & Tom House Salad Carrot Cake	Cream of Spinach Soup Sweet & Sour Pork Steamed Jasmine Rice Stir Fry Vegetables Lemon Tart
	ALTERNATE	Fish	Meatloaf	Chicken	Pork	Beef	Veggie Patty	Beef
DINNER	PM	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
	REGULAR	Beef Pot Pie Gravy Mashed Potato Diced Rutabaga and Carrots Ice Cream	Chicken Parmigiana with Spaghetti Mix Salad Banana Cream Pie	Baked Salmon Lemon Dill Sauce Roasted Potatoes Green Beans Diced Pears	Turkey Cutlet Cranberry Sauce Scalloped Potatoes Garden Peas Apple Tart	Quiche Lorraine Carrot Raisin Salad Chocolate Pudding	Tuna Casserole with Pasta Broccoli Bread Pudding with Raspberry Sauce	Louisiana Chicken With Tomato Sauce Roasted Potatoes Green Beans Assorted Desserts
	ALTERNATE	Chicken	Turkey	Meatball	Beef	Chicken	Meatballs	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

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Foyer Maillard Fall & Winter Menu Week 4

		MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		REGULAR	Oatmeal Boiled Egg Whole Wheat Toast Bacon Oranges	Oatmeal Scrambled Egg Raisin Toast Banana	Cream of Wheat Poached Egg Whole Wheat Toast Oranges	Oatmeal Sliced Cheese Blueberry Bran Muffin Banana	Oatmeal Scrambled Egg Whole Wheat Toast Oranges	Oatmeal Western Omelet Whole Wheat Toast Banana	Cream of Wheat Scrambled Egg French Toast with Syrup Oranges
		ALTERNATE	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese
		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
LUNCH		REGULAR	Chicken Noodle Soup Fish Nuggets Tartar Sauce Sweet Potato Fries Hawaiian Coleslaw Vanilla Pudding	Mediterranean Tomato Soup Cheese Tortellini Dinner Roll Grilled Zucchini Baked Cinnamon Apple Slices	Beef Barley Soup Chicken Chunks Dipping Sauces Potato Wedges House Salad Éclair Cake	Cream of Mushroom Soup Roast Beef Gravy Mashed Potato Crinkle cut carrots Muesli	Vegetable Quinoa Soup Turkey a La King Buttered Biscuit Peas Ice Cream	Carrot and Ginger Soup Pasta with Rosé Sauce Parmesan Cheese Caesar Salad Pineapple Upside Down Cake	Split Pea Soup BBQ Chicken Roasted Potato Broccoli & Peppers Creamy Mango Dessert
		ALTERNATE	Chicken	Meatballs	Pork	Chicken	Pork	Sausage	Breaded Fish
		2 PM	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
DINNER		REGULAR	Salisbury Steak with Caramelized Onion, Gravy Mashed Potatoes Mixed Vegetables Lemon Pound Cake	Chicken Souvlaki Tzatziki Sauce Rice Pilaf, Pita Bread Greek Salad Fruit Cup	Ham & Cheese Sandwich Broccoli Slaw Salad Diced Peaches	Baked Salmon Lemon Dill Sauce Roasted Potatoes Green Beans Cupcake	Grilled Sausages Scalloped Potato Braised Red and Green Cabbage Banana Cream Pie	Seafood Newburg Steamed Rice Crinkle Cut Carrots Apple Crisp	Shepherd’s Pie Gravy Soft Dinner Roll Parisian Mix Vegetables Mandarin Oranges
		ALTERNATE	Pork	Breaded Fish	Chicken	Meatball	Beef	Chicken	Ham
		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

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