

**Week 1**

**Foyer Maillard Spring/Summer Menu 2026**

	<b>MEAL</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
BREAKFAST	<b>REGULAR</b>	Oatmeal Scrambled Egg + Bacon Whole Wheat Toast Banana	Oatmeal Boiled Egg Raisin Toast Banana	Oatmeal Poached Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Cheesy Scrambled Eggs Triple Berry Muffin Banana	Oatmeal Boiled Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Cheese Omelet Whole Wheat Toast Banana	Oatmeal Scrambled Egg French Toast/Syrup Orange/Watermelon
	<b>ALTERNATE</b>	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	<b>10AM Snack</b>	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
	<b>REGULAR</b>	Chicken & Rice Soup  Mushroom Ravioli with Parmesan Cream Sauce Garlic Bread Mixed Green Salad Blueberry Pie w/ Whipped Cream	Vegetable Noodle Soup  Teriyaki Salmon Lemon Dill Rice Pilaf  Vegetable Medley  Sorbet	Mulligatawny Soup  Butter Chicken Basmati Rice Naan Bread Green Peas  Creamy Mango Dessert	Corn Chowder  Fish & Chips Tartar Sauce, Ketchup  Coleslaw  Ice Cream	Minestrone Soup  BBQ Ribs Baked Potato with Sour Cream Macedonia Mix Veg  Matcha Yogurt Cake	Lentil Quinoa Soup  Stuffed Baked Basa with Tarragon Sauce Lemon Dill Rice Peas and Carrots  Summer Fruit Parfait	Chinese Noodle Soup  Teriyaki Beef Jasmine Rice  Steamed Bok choy  Lemon Cake
	<b>ALTERNATE</b>	Meatballs	Veg Strips	Beef	Chicken	Veg Burger	Beef	Fish
	<b>2 PM Snack</b>	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
DINNER	<b>REGULAR</b>	Roast Pork w/ Dijon Sauce  Mashed Potatoes Carrots & Corn  Layered Jello	Ruben Sandwich on Marble Rye Bread  Watermelon & Beets Salad w/ Feta Cheese Chocolate Cake	Pasta w/ Chorizo & Pesto Cream Sauce  Garlic Toast Caesar Salad  Strawberry Pudding	Chef & Residents Choice    Assorted Desserts	Fried Rice Supreme (w/ Ham & Shrimp)  Vegetarian Spring Roll Stir-Fried Vegetables  Egg Tart	Chicken Strips with Dipping Sauce  Roasted Potatoes w/ Mushroom Tossed Salad Fruit Jell-O w/ Whipped Cream	Hot Dog in Bun with Chopped Onions  Ket, Mus, Relish Potato Chips Baked Beans Chocolate Mousse
	<b>ALTERNATE</b>	Chicken	Chicken	Breaded Fish	Beef	Chicken	Pork	Chicken
	<b>HS Snack</b>	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

Congee available at Lunch everyday

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 2026**

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<b>REGULAR</b>	Oatmeal Scrambled Egg + Bacon Whole Wheat Toast Banana	Oatmeal Boiled Egg Raisin Toast Seasonal Fresh Fruit	Oatmeal Poached Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Scrambled Egg Blueberry Muffin Banana	Oatmeal Boiled Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Cheese Omelet Whole Wheat Toast Banana	Oatmeal Scrambled Egg French Toast with Berry Sauce Orange/Watermelon
	<b>ALTERNATE</b>	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
	<b>10AM</b>	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
LUNCH	<b>REGULAR</b>	Cream of Spinach Soup  Pork Sausage  Perogies with Golden Fried Onions Sour Cream Sunrise Mix Vegetables  Strawberry Cake	Butternut Squash  KFC Chicken  Golden French Fries  Coleslaw  Sorbet	Beef Vegetable Soup  Coconut Crusted Tilapia Lemon Wedge Roasted Tri-Color Potatoes  Peas & Carrots  Tapioca Pudding	Cream of Tomato Basil Soup Grilled Cheese Sandwich Chickpea Salad with Lemon Vinaigrette and Feta  Carrot Cake	Jamaican Carrot Soup Cajun Shrimp & Rice  Grilled Zucchini & Peppers Layered Jello	Italian Vegetable & Bean Soup Fish and Chips  Tartar Sauce & Lemon Wedge  Cucumber & Radish Salad Fruit Crisp w/ Whipped Cream	Lentil Soup  Chicken Curry  Basmati Rice, Naan  Feta & Chickpea Salad  Iced Banana Cake
	<b>ALTERNATE</b>	Breaded Fish	Ham	Beef	Chicken	Meatballs	Sausage	Meatballs
	<b>2 PM</b>	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
DINNER	<b>REGULAR</b>	Pot Roast with Red Wine Gravy  Mashed Potato  Mixed Vegetables  Apple Pie	Vegetable Lasagna  Garlic Bread  Caesar Salad  Cheesecake with Fruit Sauce	Chicken Souvlaki w/ Tzatziki Sauce  Lemon Rice  Greek Salad  Seasonal Fresh Fruit	Sweet & Sour Pork  Chow Mein  Oriental Vegetables  Custard	Classic Meatloaf, Gravy  Mashed Potatoes  Green Beans with Bell Peppers Fruit & Yogurt Parfait	Turkey Ala King  Egg Noodles  Roasted Carrots  Lemon Loaf	Salisbury Steak  Mashed Potato  Oven Roasted Summer Veg  Ice Cream
	<b>ALTERNATE</b>	Chicken	Beef	Pork	Fish	Chicken	Beef	Chicken
	<b>HS</b>	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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Unsalted crackers served with soup at lunch

Peanut Butter & Assorted jam available at Breakfast

**Week 3**

**Foyer Maillard Spring/Summer Menu 2026**

	<b>MEAL</b>	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>BREAKFAST</b>	<b>REGULAR</b>	Oatmeal Scrambled Egg + Bacon Whole Wheat Toast Banana	Oatmeal Boiled Egg Raisin Toast Seasonal Fresh Fruit	Oatmeal Poached Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Scrambled Egg Apple Muffin Banana	Oatmeal Boiled Egg Whole Wheat Toast Orange/Watermelon	Oatmeal Cheese Omelet Whole Wheat Toast Banana	Oatmeal Scrambled Egg French Toast with Berry Sauce Orange/Watermelon
	<b>ALTERNATE</b>	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
	<b>10AM</b>	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
<b>LUNCH</b>	<b>REGULAR</b>	Cream of Celery Soup  Cheesy Tortellini w/ Mushroom & White Cream Sauce Homemade Bread Sticks Grilled Vegetables  Mixed Fresh Fruits	Chicken Gumbo Soup  Honey Garlic Pork  Fried Rice  Stir Fried Vegetables  Chocolate Mousse w/ Whipped Cream	Cream of Vegetable Soup  Chicken Cacciatore  Roast Potatoes  Steamed Broccoli & Cauliflower Ice Cream	Split Pea Soup  Teriyaki Veg Strips  Garlic Butter Rice  Grilled Mix Vegetables  Jellied Fruit	Spiced Yam Soup  Chicken Karaage  Pom Pom Potatoes  Asian Chopped Salad  Coconut Cake	Minestrone Soup  Baked Salmon with Hollandaise Sauce Roasted Herbed Potatoes Green Beans with Sundried Tomatoes  Brownies	Cream of Cauliflower Soup  Sweet and Sour Pork  Fried Rice  Stir-fry Oriental Vegetable  Strawberry Delight
	<b>ALTERNATE</b>	Chicken	Veg Strips	Pork	Chicken	Pork	Sausage	Veg Burger
	<b>2 PM</b>	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
<b>DINNER</b>	<b>REGULAR</b>	BBQ Chicken Thighs  Baked Potato w/ Sour Cream Macedonia Mix Vegetables  Trifle	Seafood Newburg  Tri Color Noodles  Spinach & Mandarin Salad  Creamy Mango Dessert	Beef Lasagna  Garlic Bread  Caesar Salad  Assorted Desserts	Jambalaya   California Mix Vegetables  Bread Pudding with Whipped Cream	Garden Vegetable Frittata  Dinner Roll  Creamy Orzo Pasta Salad  Fruit Salad	Roast Beef Sandwich   Watermelon & Beets Salad with Feta Cheese  Coffee Jello	Fish Nuggets Tartar Sauce Sweet Potato Fries  Broccoli Slaw with Tangerine & Cranberry  Sorbet
	<b>ALTERNATE</b>	Breaded Fish	Sausage	Chicken	Breaded Fish	Beef	Chicken	Beef
	<b>HS</b>	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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**Week 4**

**Foyer Maillard Spring/Summer Menu 2026**

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<b>REGULAR</b>	Oatmeal Scrambled Egg + Bacon Whole Wheat Toast PB/ Assorted Jams Banana	Oatmeal Boiled Egg Raisin Toast PB/Assorted Jams Banana	Oatmeal Poached Egg Whole Wheat Toast PB/ Assorted Jams Orange/Watermelon	Oatmeal Scrambled Egg Assorted 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	Oatmeal Scrambled Egg French Toast with Berry Sauce PB/ Assorted Jams Orange/Watermelon
	<b>ALTERNATE</b>	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	<b>10AM</b>	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
	<b>REGULAR</b>	Borscht with Sour Cream Herbed Chicken w/ Lemon Sauce Roasted Potato  Macedonia Vegetables  Fruit Cup	Cream of Broccoli Soup  Pork Stir Fry  Chow Mein  Spring Roll  Strawberry Mousse	Vegetable Lentil Soup  Chicken Souvlaki Tzatziki, Pita Bread Garlic Potatoes  Greek Salad  Vanilla Custard	Chicken Noodle Soup  Fish Curry  Jasmine Rice  Ancient Grain Salad  Bread Pudding with Whipping Cream	Cream of Asparagus Soup Beef Bourguignon  Egg Noodles  Buttered Peas  Apple Crisp	Vegetable Barley Soup  Chicken & Vegetable Pancit  Spring Roll with Plum Sauce  Ice Cream	Mediterranean Chickpea Soup Grilled Festive Ham w/ Honey Mustard Sauce Roasted Potatoes  Macedonia Vegetables  Fruit Cup
	<b>ALTERNATE</b>	Meatballs	Chicken	Fish	Beef	Chicken	Sausage	Fish
	<b>2 PM</b>	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Watermelon/Fresh Fruit	Yogurt Cantaloupe	Yogurt Orange Wedges	Yogurt Pineapple/Banana	Yogurt Honeydew
DINNER	<b>REGULAR</b>	Pasta Primavera with White Wine Sauce Garlic Bread  Tossed Salad  Cupcakes	Assorted Sandwiches  Mediterranean Chickpea & Feta Salad  Mandarin Oranges	Sweet & Sour Veg Meatballs Rice Pilaf  Green Beans with Sundried Tomatoes  Fruit Tart	Veg Lasagna  Garlic Bread  Caesar Salad  Rice Pudding w/ Coconut	Crab Salad Croissant  Tomato & Cucumber Salad  Peaches and Pears	Fish Nuggets Tartar Sauce Sweet Potato Fries  Waldorf Salad  Carrot & Cranberry Cake	Chicken Burger w/ Lettuce & Tomato Fries  Coleslaw  Mango
	<b>ALTERNATE</b>	Breaded Fish	Beef	Pork	Ham	Meatballs	Pork	Beef
	<b>HS</b>	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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