

NOVA SERVICES

Sample Menu

Regular/NAS

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Peanut Butter Hot Cereal Banana Toast w/Margarine	Boiled Egg Hot Cereal Banana Toast w/Margarine	Scrambled Eggs Hot Cereal Banana Toast w/Margarine	Poached Egg Hot Cereal Banana Toast w/Margarine	Breakfast Sausage Links Hot Cereal Banana Toast w/Margarine	Boiled Egg Hot Cereal Fresh, Frozen OR Canned Fruit Toast w/Margarine	Poached Egg Bacon Hot Cereal Banana Toast w/Margarine
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cream of Mushroom Soup Deville Egg Plate w/ Dinner Roll Mixed Greens w/Salad Dressing Mandarin Magic	Chicken/Rice Soup Tuna Salad Sandwich Carrot Salad Pineapple	Bean & Bacon Soup Fish Sticks Savoury Diced Potatoes Broccoli Lemon Pudding	Beef Barley Soup Chicken Sandwich Cucumber Coins w/Dip Apricots	Potato Leek Soup Egg Salad Sandwich Spinach Blend Salad Cantaloupe Cubes	Minestrone Soup Pastrami Sandwich Sauerkraut Tropical Fruit Salad	Garden Vegetable Soup Crab Salad Multi Grain Bread Beet & Onion Salad Peaches
Beef Vegetable Stir Fry Rice Date Square	Macaroni & Beef w/Tomatoes Baked Oatmeal Cookie	Mini Turkey Sub Pickled Beets Diced Mango	Ham w/Waffle & Strawberries Vanilla Ice Cream	Tourtiere Wax Beans Rice Pudding	Cottage Chez Biscuit & Peaches Mini Chocolate Eclair	Open Face Hot Pork w/Gravy Carrots Strawberry Ice Cream
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
BBQ Ribs Potato Wedges Corn Berry Applesauce	Herbed Pork Loin Mashed Potatoes Parslied Cauliflower Baked Apple Slices	Corned Beef Scalloped Potatoes Green Cabbage Diced Pears	Salmon Mashed Potatoes Asparagus Fruit Parfait	Diced Turkey w/Gravy Mashed Potatoes Squash Blackberry Crumble	Farmer Sausage w/Gravy Mashed Potatoes Brussel Sprouts Rice Pudding	Roast Beef w/Horseradish Mashed Potatoes Green Beans Cherry Pie
Oven Baked Chicken Mashed Potatoes w/Gravy Scandinavian Vegetables Butterscotch Ice Cream	Vegetable Strata Hashbrowns Stewed Rhubarb & Strawberry	Cheese Tortellini Green Peas Boston Cream Pie	Shepherd's Pie Creamed Corn Chocolate Cake	Battered Fish w/Tartar Sauce French Fries Pacific Garden Vegetable Blend Citrus Fruit Cup	Mandarin Chicken Rice Oriental Vegetables Banana	Vegetable Lasagna Garlic Cheese Bread Tossed Salad w/Dressing Orange Sections

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Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cheddar Cheese Slice Hot Cereal Banana Toast w/Margarine	Boiled Egg Hot Cereal Banana Toast w/Margarine	Poached Egg Hot Cereal Fresh, Frozen OR Canned Fruit Toast w/Margarine	Peanut Butter Hot Cereal Banana Toast w/Margarine	Boiled Egg Hot Cereal Banana Toast w/Margarine	Scrambled Eggs Hot Cereal Banana Toast w/Margarine	Poached Egg Bacon Hot Cereal Banana Toast w/Margarine
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cream of Celery Soup Cod Nuggets w/Tartar Sauce Savory Diced Potatoes Creamy Coleslaw Fruit Medley	Crm of Potato Soup Ham Sandwich Sliced Fresh Tomato Black Cherry Ice Cream	Tomato Soup Cheese Sandwich Green Salad w/Salad Dressing Fruit Cocktail	Chicken Noodle Soup Hamburger w/Condiments Creamy Cucumber Salad Peaches	Smoked Turkey & Rice Soup Tuna Salad Plate Bran Muffin Broccoli Salad Butterscotch Ice Cream	Vegetable Beef Soup Turkey Sandwich Garden Salad w/Dressing Apple Cream Danish Pastry	Italian Wedding Soup Chicken Wingettes Pasta Salad Raw Vegetables w/Dip Pineapple
Turkey Julienne Salad Corn Bread Apple Cranberry Cake	Chicken Pie w/Gravy Green Peas Melon Surprise	Sausage Rolls Four Bean Salad Banana Pudding	Vege Chef Salad Plate Fruit Crisp	Corned Beef Sandwich Coleslaw Vinagrette Fruited Jello	Macaroni & Cheese Herbed Tomato Medley Apricots	Roast Beef Sandwich Greek Salad Ice Cream
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Tangy Citrus Meatballs Buttered Noodles Homestyle Blend Vegetables Blueberry Sensation	Braised Beef Rice Pilaf Broccoli Mandarin Magic	Turkey Schnitzel Baked Potato w/Sour Cream Beets Diced Mango	Pork Chop w/Wild Mushroom Sce Mashed Potatoes Corn Baked Apple Slices	Cottage Roll Mashed Potatoes Parslied Cauliflower Diced Pears	Crispy Breaded Pollock Red Dilled Potatoes Squash Vanilla Pudding	Roast Pork Applesauce Mashed Potatoes Gravy Baby Carrots Lemon Meringue Pie
Omelet Bake Hashbrowns Zucchini Buttertart Bar	Lamb Chop w/Mint Jelly Mashed Potatoes Herbed Turnip Iced Chocolate Cake	Creamy Fish Fillet Mashed Potatoes Scandinavian Vegetables Sponge Cake w/Fruit Topping	Chicken Fried Rice Oriental Vegetables Coconut Cream Pie	Vegetarian Garden Chili Garlic Cheese Bread Green Beans Cherry Cake	Meatloaf w/Gravy Mashed Potatoes 4 Way Mix Vegetables Citrus Fruit Cup	Herbed Fish French Fries Brussel Sprouts Berry Mousse

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Regular/NAS

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Boiled Egg Hot Cereal Banana Toast w/Margarine	Scrambled Eggs Hot Cereal Banana Toast w/Margarine	Poached Egg Hot Cereal Banana Toast w/Margarine	Breakfast Sausage Links Hot Cereal Banana Toast w/Margarine	Boiled Egg Hot Cereal Banana Toast w/Margarine	Scrambled Eggs Hot Cereal Banana Toast w/Margarine	Poached Egg Bacon Hot Cereal Banana Toast w/Margarine
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Beef Barley Soup Cheese Stuffed Shells Mixed Vegetables Chocolate Ice Cream	Potato Leek Soup Hotdog Baked Beans Mango Whip	Pasta Fagioli Soup Salmon Salad Plate Tea Biscuit Coleslaw Vinagrette Mandarin Oranges	Cream of Celery Soup Battercrisp Shrimp Savory Diced Potatoes Lemon Broccoli Raspberries w/Topping	Cream of Broccoli Soup Cottage Cheese French Toast w/Syrup Fruit Medley Jello w/Cookie	Chicken Noodle Soup Assorted Sandwiches Mixed Greens w/Salad Dressing Baked Apple Slices	Tomato Soup Sliced Beef Plate w/ Potato Salad Cauliflower Salad Peaches
Pork Loin Sandwich Pickled Beets Strawberries	Egg Salad Plate w/Bread Cucumber Coins Butterscotch Pudding	Open Face Hamburger w/Gravy Summer Salad w/Dressing Vanilla Ice Cream	Turkey Sandwich Carrot Raisin Salad Baked Choc Chip Cookie	Chicken Caesar Salad Dinner Roll Fresh Fruit	Pizza Fresh Mushrooms & Peppers w/Di Strawberry Ice Cream	Grilled Cheese Sandwich Tossed Salad w/Dressing Tapioca Pudding
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Sliced Turkey Cranberry Sauce Oven Roast Potatoes Herbed Turnip Spiced Applesauce	Bacon Wrapped Pork Medallion Red Dilled Potatoes Pacific Garden Vegetable Blend Fruit Parfait	Baked Glazed Ham Scalloped Potatoes Yellow Beans Tropical Fruit Salad	Spaghetti w/Meat Balls Garlic Bread Green Salad w/Salad Dressing Vanilla Fruit Cup	Roasted Garlic Tilapia Potato Wedges Brussel Sprouts Melon Surprise	Savoury Turkey Casserole Mashed Potatoes Green Beans Fruit Delightful	Oven Baked Chicken Mashed Potatoes w/Gravy Green Peas Resident's Choice Pie
Liver w/Rose Gravy Mashed Potatoes Sauteed Mushrooms & Onions Coffee Bundt Cake	Lemon Chicken Breast Mashed Potatoes w/Gravy Glazed Parsnips Carrot Spice Cake	Veggie Delight w/Sauce Mashed Potatoes Baked Tomato Parmesan Iced White Cake	Egg & Cheese Quiche Homestyle Blend Vegetables Orange Cake	Beef Pot Roast w/Au Jus Mashed Potatoes Corn Banana Cream Pie	Krunchie Perch w/Tartar Sauce French Fries Creamy Coleslaw Cherry Crisp	Sweet & Sour Pork Rice California Blend Vegetables Berry Mousse