



# Guildford Seniors Village 2020 Summer Menu

## WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Oatmeal <b>Scrambled Egg</b> Whole Wheat Toast Fruit Cocktail	Cream of Wheat <b>Cottage Cheese</b> Whole Wheat Toast Chilled Peach Slices	Oatmeal <b>Vanilla Yogurt</b> Whole Wheat Toast Chilled Diced Pears	Cream of Wheat <b>Poached Egg</b> Chocolate Chip Muffin Hot Spiced Apples	Oatmeal <b>Hard Boiled Egg</b> Raisin Toast Banana Half	Cream of Wheat <b>Cheddar Cheese Slice</b> Fruit Extreme Muffin Fresh Apple Slices	Oatmeal <b>Scrambled Eggs</b> Whole Wheat Toast Sliced Pears
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Butternut Squash Soup <b>Cheese Tortellini &amp; Tomato Sauce</b> Mixed Green Salad Date Square	Minestrone Soup <b>Resident's Choice</b> Tomato Slices Chilled Apricots	Sausage & Vegetable Soup <b>Egg Salad Sandwich</b> Tossed Salad Vanilla Ice Cream	Tomato Basil Soup <b>Ham Pasta Salad</b> Mixed Green Salad Mango & Cream	Golden Lentil Soup <b>Spinach &amp; Swiss Quiche</b> Caesar Salad Fresh Fruit	Cream of Broccoli Soup <b>Beef Pie</b> Carrot Raisin Salad Lemon Pudding	Tomato Soup <b>Eggs Benedict</b> Mushroom Spinach Salad Chocolate Silk Truffle Bar
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
Baked Goods & Fruit	Baked Goods & Fruit	Baked Goods & Fruit	Baked Goods & Fruit	Baked Goods & Fruit	Baked Goods & Fruit	Baked Goods & Fruit
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<b>Butter Chicken</b>  Basmati Rice  Steamed Broccoli  Savory Carrots Lemon Poppy Seed Loaf	<b>Lamb Kebab &amp; Yogurt Sauce</b>  Baked Potato Wedges  Seasoned Zucchini Baked Tomato Half Apple Crisp	<b>BBQ Pork Ribs</b>  Brown Gravy Creamy Mushroom Risotto  Steamed Kale Butternut Squash Lemon Pudding	<b>Resident's Choice</b>  White Sauce Buttered Egg Noodles  Braised Red Cabbage Diced Parsnip Carrot Cake	<b>Sole Florentine</b>  Brown Gravy Parslied Rice  Seasoned Green Peas Diced Carrots Vanilla Ice Cream	<b>Meatloaf</b>  Poultry Gravy Mini Rosemary Roasted Potatoes Wax Beans Green Beans Trifle Cake	<b>Chef's Special</b>  Herb Mashed Potatoes Buttered Brussels Sprouts Steamed Baby Carrots Tripleberry Crumble Bar

Snack	Snack	Snack	Snack	Snack	Snack	Snack
Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches

**Served at each meal:** Juices (apple/orange/cranberry/diet peach/prune), 2% milk, coffee, tea, hot or cold water

**Please ask your server for alternates available at each meal**

- Breakfast: Boiled or scrambled eggs, white or whole wheat toast
- Lunch: Crackers, sandwich selection changes daily
- Dinner: Alternate main entrée, rice, mashed potatoes, buttered bread by advanced request