

REGULAR WEEK AT A GLANCE
New Vista

Spring/Summer 2019

Week1: April 1 to April 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Poached Small Portion	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Sausage,Breakfast	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled	1/2 Banana Hot and Cold Cereal Raisin Toast Egg,Poached Small Portion	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Cheese Scrambled Egg Bacon	1/2 Banana Hot and Cold Cereal French Toast Syrup,Table
LUNCH						
<i>*Soup,Mushroom Barley Chowder</i>	<i>*Soup,Lentil Rustic</i>	<i>*Soup,Borscht</i> <i>*Sour Cream</i>	<i>*Soup,Cream of Mushroom</i>	<i>*Soup,Clam Chowder Manhattan Style</i>	<i>*Soup,Cream of Broccoli</i>	<i>*Soup,Garden Vegetable</i>
Casserole,Macaroni and Cheese Salad,Orange Beet and Spinach	Beef,Pot Pie Gravy,Beef Salad,Spring Mix with Dressing	Pollock Fish Sticks Sauce,Tartar OS Potato,French Fries Salad,Chick Pea Cucumber and Tomato	Salad,Cobb (Entree) Bread,Dinner Roll Whole Wheat butter	Salad,Chicken Sandwich Salad,Roasted Corn with Peppers	Casserole,Beans & Eggplant Bread,Whole Wheat butter Salad,Romaine with Ranch Dressing	Egg,Quiche Spinach and Squash Salad,Mediterranean Bread,Dinner Roll Whole Wheat butter
Salad,Salmon Sandwich	Salad,Egg on a Croissant	Salad,Chicken Sandwich	Salad,Turkey Sandwich	Cheese and Tomato Sandwich	Sandwich,Corned Beef on Rye	Sandwich,Turkey with Cranberry Spread
<i>*Peach,Slices Unsweetened</i>	<i>*Watermelon,Wedges</i>	<i>*Dessert,Mixed Berries & Yogurt</i>	<i>*Mango Chunks</i>	<i>*Apricot,Halves Unsweetened</i>	<i>*GF Ice Cream,Sandwich</i>	<i>*Pear,Diced Unsweetened</i>
DINNER						
Pork,Schnitzel Gravy,Mushroom Onion Yams,Glazed Cauliflower,Au Gratin	Spinach and Cheese Cannelloni Mixed Vegetables-Italian Blend Bread,Garlic Toast	Beef,Stew Vegetable Barley,Pilaf Mushroom Vegetable Pick of the Day	RESIDENT CHOICE	Almond Crusted Sole Mayonnaise,Salsa Rice,Seasoned Ginger Honey Yellow and Orange Carrots	Chicken,Lemon Rosemary Potato,Mashed Beans,Yellow and Green	Beef,Roast Horseradish Gravy,Beef Potato,Mashed Peas,Buttered
Salad,Salmon Sandwich	Chicken BBQ	Salad,Chicken Sandwich		Pork,Schnitzel Gravy,Brown	Sandwich,Corned Beef Sliced Pickle,Dill	Sandwich,Turkey with Cranberry Spread
<i>*Cake with Strawberries and Cream</i>	<i>*Pudding,Black Forest with Whip Topping and Choc</i>	<i>*Trifle,Fruit</i>		<i>*Pie,Strawberry Rhubarb</i> <i>*Whipped Topping OS 15 mL</i>	<i>*Square,Apple Brown Betty</i>	<i>*Ice Cream,Sundae OS</i>

Meal Notes: Coffee and Tea are offered at every meal. Please refer to the Beverage rotation for juices, milk and water. Two Crackers are served at Lunch with Soup.

Note: *I Indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: New Vista Care Society

REGULAR WEEK AT A GLANCE
New Vista

Spring/Summer 2019

Week2: April 8 to April 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Poached Small Portion	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Sausage,Breakfast	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Poached Small Portion	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled Bacon	1/2 Banana Hot and Cold Cereal Raisin Toast Egg,Poached Small Portion	1/2 Banana Hot and Cold Cereal Egg,Poached Small Portion Waffles Syrup,Table
LUNCH						
<i>*Soup,French Canadian Pea</i>	<i>*Soup,Potato and Leek</i>	<i>*Soup,Clam Chowder Manhattan Style</i>	<i>*Soup,Barley & Vegetable 180 ml</i>		<i>*Soup,Mulligatawny</i>	<i>*Soup,Navy Bean</i>
Salad,Tuna Tomato Country Style Plate Bread,Dinner Roll Whole Wheat butter	Vegetarian,Chana Masala Rice,Basmati Salad,Cucumber Chilled Dill Bread,Naan	Beef,Hot Dog on a Bun Relish,Sweet Green Mustard,Prepared 5 mL Ketchup,Bulk 15 mL Salad,Caesar	Asian Chicken Stir Fry Chow Mein Noodle Mixed Vegetables-Oriental Mix	RESIDENT CHOICE	Sandwich,Corned Beef Sliced Salad,Macaroni Tomato,Slices	Pasta,Tortellini Alfredo w/ Summer Vegetables Salad,Spinach with Dressing Bread,Dinner Roll Whole Wheat
Salad,Ham Sandwich	Salad,Egg Sandwich	Salad,Cottage Cheese and Scone Fruit Plate	Shrimp Salad Sandwich		Turkey and Swiss Sandwich	Sandwich,Beef Sliced
<i>*Cantaloupe,Wedge</i>	<i>*Fruit,Blueberries</i>	<i>*GF Ice Cream,Vanilla Cup</i>	<i>*Fruit,Cocktail Unsweetened</i>		<i>*Mandarin Orange,Sections Unsweetened</i>	<i>*Pear,Diced Unsweetened</i>
DINNER						
Chicken,Baked Crispy Potato,Au Gratin Broccoli,Seasoned	Fish,Pollock Baked Salsa,Cucumber Melon Summer Couscous,Cilantro Mixed Vegetables-PEI Blend	Veal,Cutlet Gravy,Mushroom Onion Pasta,Egg Noodles Buttered Vegetable,Crisp Medley	Pork,Chop Apple Braised Yams,Glazed Mixed Vegetables-California Blend	Baked Hoki Fish Dressing,Lemon Thyme Vinaigrette Rice,Plain White Mixed Vegetables-San Francisco Blend	Chicken,Honey Mustard Baked Potato,Mashed Yellow and Orange Carrots	Ham,Baked Glazed Sauce,Pineapple Glaze Potato,Scalloped OS Squash,Butternut Roasted
Salad,Ham Sandwich Salad,Balsamic Garden	Salad,Egg Sandwich	Salad,Cottage Cheese and Scone Fruit Plate	Pasta,Tortellini Chicken Mushroom and Spinach	RESIDENT CHOICE	Lasagna,Vegetarian Bread,Garlic	Sandwich,Beef Sliced GF Salad,Potato (Homemade)
<i>*Cake,Peach Melba</i>	<i>*Pudding,Chocolate</i>	<i>*Cake,Orange Iced OS</i>	<i>*Jelly,Rhubarb Strawberry</i>	<i>*Square,Nanaimo Bar</i>	<i>*Custard,Baked *Whipped Topping OS *Garnish,Cherry</i>	<i>*Pie,Apple OS *Whipped Topping OS 15 mL</i>

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REGULAR WEEK AT A GLANCE
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Week3: April 15 to April 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY	SATURDAY	SUNDAY
BREAKFAST						
1/2 Banana Hot and Cold Cereal Whole Wheat Toast Sausage,Breakfast	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Poached Small Portion	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled	1/2 Banana Hot and Cold Cereal Raisin Toast Egg,Poached Small Portion	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Cheese Scrambled Egg Bacon	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Poached Small Portion	1/2 Banana Hot and Cold Cereal Egg,Poached Small Portion Cinnamon Bun
LUNCH						
<i>*Soup,Cream of Tomato</i>	<i>*Soup,Corn Chowder</i>	<i>*Soup,Harvest Vegetable</i>	<i>*Soup,Parsnip Leek and Apple</i>		<i>*Soup,Fresh Cabbage 180 ml</i>	<i>*Soup,Carrot Orange</i>
Sandwich,Ham and Swiss Cheese Salad,Bean Mixed	Cabbage Roll Salad,Orange Beet and Spinach Bread,Dinner Roll Whole Wheat butter	Fish Submarine Sauce,Tartar 15 ml OS Yam Fries Coleslaw with Vinagrette	Garlic Sausage Perogy, Cheese Sour Cream Garnish,Chives Salad,Kale Shredded	Residents' Choice-Light Meal RESIDENT CHOICE	Sandwich,Tuna Melt Salad,Spring Mix with Dressing	Salad,Cottage Cheese and Scone Fruit Plate
Salad,Turkey Sandwich	Salad,Chicken Sandwich	Cheese and Tomato Sandwich	Salad,Chicken Sandwich		Salad,Egg Sandwich	Reuben Sandwich, Dill Pickle Salad,Tossed with Dressing
<i>*Honeydew,Slices</i>	<i>*Fresh Mandarin Orange</i>	<i>*Fruit,Blueberries</i>	<i>*Diced Pears</i>		<i>*Peaches</i>	<i>*Square,Brownie Chocolate</i>
DINNER						
Veal,Normande with Sauce Pasta,Rotini Mixed Vegetables-Classic Blend Salad,Tossed with Dressing	Pork Adobo Jasmine Rice Yellow and Green Zucchini	Chicken,Italian Potato Gnocchi Mixed Vegetables-Italian Blend	Country Fried Steak Gravy,Mushroom Onion Potato,Mashed Beans,Green Buttered	Multigrain Tilapia Fish Sauce,Coconut Curry Rice,Cajun Mexican Blend Mixed Vegetables	Korean Beef Jasmine Rice Kimchi Mixed Vegetables-Oriental Mix	Chicken,Roast Gravy,Poultry Potato,Mashed Peas and Carrots
Salad,Turkey Sandwich	Salad,Chicken Sandwich	Cheese and Tomato Sandwich	Salad,Chicken Sandwich Salad,Tossed with Dressing	Chicken,Tarragon Thigh	Salad,Egg Sandwich	Sandwich,Reuben Pickle,Dill
<i>*Crisp,Peach</i> <i>*Whipped Topping OS</i>	<i>*Apple,Jelly Delight</i>	<i>*Cake,Lemon Cream OS</i>	<i>*Ice Cream,Vanilla</i>	<i>*Pudding,Butterscotch</i> <i>*Cookie,Vanilla Wafer</i>	<i>*Cake,Carrot</i>	<i>*Pie,Banana Cream</i>

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Week4: April 22 to April 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Sausage,Breakfast	1/2 Banana Hot and Cold Cereal Raisin Toast Cheese Scrambled Egg	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Poached Small Portion	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled Bacon	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled	1/2 Banana Hot and Cold Cereal Sausage,Breakfast Pancakes HM Syrup,Table
LUNCH						
<i>*Soup,Cheddar Cauliflower & Apple 180 ml</i>	<i>*Soup,Lentil</i>	<i>*Soup,Indian Style Corn</i>	<i>*Soup,Minestrone</i>	<i>*Soup,Turkey Noodle</i>	<i>*Soup,Cream of Broccoli</i>	<i>*Soup,Hearty Vegetable</i>
Sandwich,Pork Pulled on WW Bun Potato,French Fries Salad,Coleslaw	Lasagna,Meat OS Salad,Caesar Bread,Garlic Toast	Roast Beef Salad Sandwich Salad,Mixed Greens with Dressing	Sweet and Sour Chicken Tempura Rice Noodle Salad,Coleslaw Asian (OS Dressing)	Sausage Jambalaya Rice,Plain White Salad,Kale Shredded	Crispy Chicken Burger Lettuce and Onion Mayonnaise,Lite Salad,Cucumber and Tomato Garnish,Potato Chip	Egg,Quiche Lorraine Salad,Garden/Dressing
Sandwich,Turkey with Cranberry Spread Garnish,Potato Chip	Sandwich,Cheese Sliced	Salad,Egg Sandwich	Salad,Cottage Cheese and Scone Fruit Plate	Shrimp Salad Sandwich	Salad,Tuna Sandwich	Salad,Chicken Sandwich on WW
<i>*Fruit,Cocktail Unsweetened</i>	<i>*Pineapple,Unsweetened</i>	<i>*Strawberries</i>	<i>*Mandarin Orange,Sections Unsweetened</i>	<i>*Watermelon,Wedges</i>	<i>*Peaches</i>	<i>*Fruit,Mixed Berries</i>
DINNER						
Fish,Baked Creole Rice,Mexican Spiced Brown Mixed Vegetables-Classic Blend	Chicken,Thigh Coconut Roasted Cauliflower Rice Pilaf Parisian Blend Mixed Vegetables	Apple Cheddar Pork Cutlet Gravy,Mushroom Potato,Mashed Mixed Vegetables-Montego Blend	RESIDENT CHOICE	Fish,Salmon Loin Sauce,Lemon Dill Potato,Mashed Carrots,Sliced	Spinach and Cheese Manicotti with Tomato Sauce Bread,Garlic Broccoli,Seasoned	Beef,Pot Roast with Gravy Horseradish Potato,Au Gratin OS Sunrise Blend Mixed Vegetables
Chicken BBQ	Salad,Ham Sandwich	Salad,Egg Sandwich		Veal,Cutlet	Salad,Tuna Sandwich Pickle,Dill	Salad,Chicken Sandwich on WW
<i>*Crisp,Rhubarb *Whipped Topping OS 15 mL</i>	<i>*Mousse,Chocolate</i>	<i>*Chiffon,Berry Clouds</i>		<i>*Cake,Vanilla Caramel Swirl</i>	<i>*Ice Cream,Sundae</i>	<i>*Pie,Cherry OS *Whipped Topping OS 15 mL</i>

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