

REGULAR WEEK AT A GLANCE  
New Vista Fall/Winter 2017/2018

Fall/Winter 17/18

Week1: December 4 to December 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Poached	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	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled Bacon	1/2 Banana Hot and Cold Cereal Raisin Toast Egg,Poached	1/2 Banana Hot and Cold Cereal Egg,Poached Waffles Syrup,Table
<b>LUNCH</b>						
<i>*Soup,Turkey Rice</i>	<i>*Soup,Vegetable Beef</i>	<i>*Soup,Corn Chowder</i>		<i>*Soup,Split Pea</i>	<i>*Soup,Butternut Squash Maple</i>	<i>*Soup,Cream of Tomato</i>
Seafood,Crab Cakes Sauce,Tartar 15 ml OS Casserole,Potato Hash Brown Salad,Caesar Butternut Squash, Minced/Pureed Salad,Egg Sandwich	Casserole,Beans & Wieners Bread,Dinner Roll Whole Wheat butter Salad,Tossed with Dressing Broccoli, Minced/Pureed Salad,Chicken Sandwich	Chicken,Strips OS Sauce,Plum Yam Fries Beans,Green Sandwich,Ham Sliced Minced	RESIDENT CHOICE	Casserole,Chicken A La King Style Rice,Plain White Salad,Broccoli Raisin Broccoli, Minced/Pureed Sandwich,Black Forest Ham	Beef,Goulash Vegetable Pasta,Egg Noodles GF Salad,Caesar Mixed Vegetables-Pearl Harvest Blend Minced Salad,Egg Sandwich	Pasta,Rotini Chicken Mediterranean Bread,Garlic Salad,Spinach with Dressing Carrots, Minced/Pureed Salad,Salmon Sandwich
<i>*Applesauce,Unsweetened</i>	<i>*Yogurt,Fruit</i>	<i>*Peaches</i>		<i>*Jelly, Rhubarb Lemon</i>	<i>*Fruit,Cocktail Unsweetened</i>	<i>*Pear,Diced Unsweetened</i>
<b>DINNER</b>						
New Vista Meatloaf Potato,Mashed Gravy,Beef Mixed Vegetables-Classic Blend Salad,Egg Sandwich	White Fish with Dill Sauce Rice,Herbed Carrots,Seasoned Ham,Baked	Beef,Stew Vegetable Biscuit,Tea Buttered Squash,Roasted Butternut Sandwich,Ham Sliced Minced	Chicken BBQ Potato,Mashed Broccoli Veal,Cutlet with Herb Sauce	Fish,Salmon Maple Balsamic Lemon,Wedge Potato,Boiled butter Mixed Vegetables-Fancy Blend Beef,Meatballs Primavera Pasta,Penne Buttered	Turkey,Schnitzel OS Rice,Plain White Cauliflower Gravy,Poultry Sauce,Cranberry Tangy Salad,Egg Sandwich	Beef,Roast Potato,Roasted Baby Red Turnip,Glazed Gravy,Beef Horseradish Salad,Salmon Sandwich
<i>*Parfait,Pineapple Vanilla</i>	<i>*Pudding,Tapioca</i>	<i>*Apples,Slices Baked Cinnamon *Whipped Topping OS</i>	<i>*Pudding,Rice Creamy Pineapple</i>	<i>*Fruit,Compote Warm Spicy</i>	<i>*Cake,Carrot</i>	<i>*Pie,Strawberry Rhubarb 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: \*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 Fall/Winter 2017/2018

Fall/Winter 17/18

Week2: December 11 to December 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
1/2 Banana Hot and Cold Cereal Whole Wheat Toast Sausage, Turkey	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg, Poached	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg, Scrambled	Bread, Raisin Toast Buttered 1/2 Banana Hot and Cold Cereal Egg, Poached	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	1/2 Banana Hot and Cold Cereal Egg, Poached Cinnamon Bun
<b>LUNCH</b>						
<i>*Soup, Lentil Italian</i>	<i>*Soup, Cream of Cauliflower</i>	<i>*Soup, Cream of Vegetable 180 ml</i>		<i>*Soup, Borscht</i>	<i>*Soup, Carrot Ginger</i>	<i>*Soup, Minestrone</i>
Hot Beef Sandwich/Gravy Salad, Carrot & Raisin Beets, Minced/Pureed	Casserole, Macaroni and Cheese Tomato, Stewed	Chicken, Stir Fry Pasta, Egg Noodles Salad, Coleslaw Asian (OS Dressing) Broccoli, Minced/Pureed	RESIDENT CHOICE	Casserole, Cabbage Roll Salad, Caesar Mixed Vegetables, Minced/Pureed	Sandwich, Pork Pulled on a Bun Beans, Green Buttered	Sandwich, Grilled Turkey and Swiss on Rye Salad, Cucumber Chilled Dill Winter Blend Vegetables - Minced/Pureed
Salad, Chicken Sandwich	Sandwich, Black Forest Ham Salad, Tossed with Dressing	Sandwich, Corned Beef on Rye		Cheese and Tomato Sandwich	Shrimp Salad Sandwich	Salad, Egg on a Croissant
<i>*Peach, Diced Unsweetened</i>	<i>*Ice Cream, Sundae</i>	<i>*Mandarin Orange, Sections Unsweetened</i>		<i>*Pudding, Lemon</i>	<i>*Applesauce, Unsweetened 15ml</i> <i>*Cinnamon, Sprinkle</i>	<i>*Pineapple, Diced Unsweetened</i>
<b>DINNER</b>						
Turkey, Pot Pie GF Gravy, Poultry Mixed Vegetables-Pearl Harvest Blend	Chicken, Lemon Rosemary Rice, Seasoned Mixed Vegetables-Oriental Mix GF Gravy, Poultry	Fish, Baked Creole Potato, Mashed Peas, Green	Lasagna, Beef Carrots, Diced Bread, Garlic Toast	Fish, Cod Baked Sauce, Lemon Dill Rice, Herbed Squash Diced Butternut	Casserole, Shepherd's Pie Gravy, Beef Mixed Vegetables-Winter Blend	Pie, Tourtiere Potato, Mashed Carrots, Julienned Gravy, Brown
Fish, Cod Summer Herb Crusted OS Lemon, Wedge Potato, Mashed	Sandwich, Black Forest Ham	Sausage, Farmer's	Salad, Egg Sandwich Salad, Tossed with Dressing	Veal, Cutlet Sauteed	Shrimp Salad Sandwich	Salad, Egg on a Croissant
<i>*Pudding, Butterscotch</i>	<i>*Dessert, Strawberry &amp; Yogurt</i>	<i>*Loaf, Lemon</i>	<i>*Cobbler, Vanilla Caramel Peach</i>	<i>*Yogurt, Fruit</i>	<i>*Bread Pudding, Apple Maple</i>	<i>*Pie, Boston Cream OS</i>

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MENU PERSONALIZED BY: New Vista Care Society

**Fall/Winter 17/18**

**Week3: December 18 to December 24**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
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 Bread, Raisin Toast Buttered Cheese Scrambled Egg	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg, Poached	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg, Scrambled Bacon	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg, Poached	1/2 Banana Hot and Cold Cereal French Toast Syrup, Table Egg, Scrambled
<b>LUNCH</b>						
<i>*Soup, Split Pea</i>	<i>*Soup, Cream of Mushroom</i>	<i>*Soup, Barley</i>	<i>*Soup, Resident Choice</i>	<i>*Soup, Clam Chowder</i>	<i>*Soup, Navy Bean</i>	<i>*Soup, Cream of Celery</i>
Fish, Cod Nuggets OS  Sauce, Tartar OS Potato, Sweet Roasted Salad, Spinach with Dressing  Butternut Squash, Minced/Pureed	Pasta, Spaghetti  Sauce, Meat 125 ml Salad, Tossed with Dressing Cauliflower, Minced/Pureed	Sausage, Turkey  Potato, Mashed Gravy, Poultry Mixed Vegetables-PEI Blend Minced/Pureed Salad, Mixed Bean	Beef, Hamburger  Tomato, Slices and Lettuce Potato, French Fries Salad, Coleslaw Apple Zucchini Butternut Squash, Minced/Pureed	Pork, Sweet and Sour  Rice, Asian Fried Cauliflower	Casserole, Turkey Cranberry  Salad, Tomato Country Style Peas, Minced/Pureed	Sandwich, Grilled Cheddar Cheese WW  Salad, Caesar Broccoli, Minced/Pureed
Salad, Chicken Sandwich	Sandwich, Turkey with Cranberry Spread	BLT Croissant	Salad, Salmon Sandwich	Cheese and Tomato Sandwich	Salad, Egg Sandwich	Salad, Tuna Sandwich
<i>*Ice Cream, Assorted Cup</i>	<i>*Pear, Diced Unsweetened</i>	<i>*Cake, Maple Chocolate Mania OS</i>	<i>*Apricot, Halves Unsweetened</i>	<i>*Applesauce w/cinnamon spice</i>	<i>*Mousse, Tangerine OS</i>	<i>*Ice Cream, Sundae</i>
<b>DINNER</b>						
Pork, Chop w Maple Apricot Sauce  Potato, Mashed Peas and Carrots	Veal, Scallopini  Potato, Roasted Baby Red Mixed Vegetables-PEI Blend	Chicken, Stir Fry  Rice, Asian Fried Mixed Vegetables-Oriental Mix	RESIDENT CHOICE	Fish, Tilapia Chili Lime  Sauce, Tartar 15 ml OS Lemon, Wedge  Potato, Mashed Squash, Roasted Butternut	Beef, Stroganoff  Pasta, Egg Noodles Buttered Carrots, Sliced	Ham, Baked  Sauce, Raisin Potato, Scalloped OS  Corn, Seasoned
Salad, Chicken Sandwich	Sandwich, Turkey with Cranberry Spread	Beef, Korean in Lettuce Cups		Chicken BBQ	Salad, Egg Sandwich	Salad, Tuna Sandwich
<i>*Pudding, Tapioca</i>	<i>*Cake, Pumpkin *Whipped Topping OS</i>	<i>*Cheesecake, French Cream *Sauce, Fruit Dessert</i>		<i>*Crisp, Rhubarb</i>	<i>*Bread Pudding, Banana</i>	<i>*Pie, Blueberry OS *Whipped Topping OS</i>

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REGULAR WEEK AT A GLANCE  
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Fall/Winter 17/18

Week4: December 25 to December 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Poached	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Sausage,Turkey	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Scrambled	1/2 Banana Hot and Cold Cereal Raisin Toast Cheese Scrambled Egg Bacon	1/2 Banana Hot and Cold Cereal Whole Wheat Toast Egg,Poached	1/2 Banana Hot and Cold Cereal Egg,Scrambled Pancakes HM 1 each Syrup,Table
<b>LUNCH</b>						
<i>*Soup, Split Pea</i>	<i>*Soup, Clam Chowder Manhattan Style</i>	<i>*Soup, Lentil Rustic</i>	<i>*Soup, Creamy Potato and Leek OS</i>	<i>*Soup, Carrot Ginger</i>	<i>*Soup, Cream of Broccoli</i>	<i>*Soup, Beef Barley</i>
Egg,Frittata Broccoli Cheddar	Fish,English Style	Chicken,Butter	Casserole,Beef Macaroni	Pork Chow Mein with Chinese Noodle	Sandwich,Grilled Ham and Cheese	Pasta,Cheese Ravioli with Marinara Sauce
Salad,Chick Pea Cucumber and Tomato	Sauce,Tartar OS	Rice,Basmati	Salad,Caesar	Mixed Vegetables-Oriental Mix	Salad,Cucumber	Parmesan Cheese
Bread,Dinner Roll Whole Wheat butter	Potato,French Fries Ketchup,Bulk 15 mL Salad,Coleslaw Carrots, Minced/Pureed	Salad,Tossed with Dressing	Winter Blend Vegetables - Minced/Pureed		Peas and Carrots, Minced/Pureed Pickle, Bread & Butter	Salad,Spinach Mixed Vegetables, Minced/Pureed
Salad,Chicken Sandwich	Sandwich,Reuben	Cheese and Tomato Sandwich	Salad,Egg Sandwich	Sandwich,Turkey Tuscan	Salad,Egg Sandwich	Salad,Salmon Sandwich
<i>*Peaches</i>	<i>*Sherbet, Orange</i>	<i>*Mousse, Cappuccino</i>	<i>*Diced Pears</i>	<i>*Pudding, Vanilla</i>	<i>*Apricot, Halves Unsweetened</i>	<i>*Fruit, Cocktail Unsweetened</i>
<b>DINNER</b>						
Beef,Swiss Steak Gravy,Mushroom Potato,Mashed Beets,Diced	Chicken,Parmesan Potato,Oven Roasted Turnip,Diced Carrots,Diced	Fish,Salmon with Mustard Butter Potato,Scalloped Mixed Vegetables-Winter Blend	RESIDENT CHOICE	Fish,Sole Oven Baked Breaded Rice,Herbed Peas and Carrots	Lasagna,Vegetarian Bread,Garlic Toast Mixed Vegetables-Pearl Harvest Blend	Turkey,Roast Sauce,Cranberry OS 15 mL Potato,Mashed Gravy,Poultry Brussels Sprouts Squash,Roasted Butternut
Salad,Chicken Sandwich	Salad,Egg Sandwich	Beef,Meatballs Swedish		Chicken,Baked Crispy	Salad,Egg Sandwich	Salad,Salmon Sandwich
<i>*Jello Mousse</i>	<i>*Crisp, Strawberry Rhubarb</i>	<i>*Square, Date OS</i>		<i>*Gelatin, Fruity Layered Dessert *Whipped Topping OS</i>	<i>*Bread Pudding, Chocolate *Sauce, Custard</i>	<i>*Pie, Lemon Meringue OS</i>

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