

TSV Summer Menu 2025 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Banana	Banana	Banana	Banana	Banana	Banana
High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal
Fried Egg	Scrambled Eggs	Hard Boiled Egg	Fried Egg	Scrambled Eggs	Sausage Links	Bacon
Tomato Slices	Buttered WW Toast	Bacon	Tomato Slices	Buttered WW Toast	Cinnamon Glazed French Toast	Hard Boiled Egg
Toasted English Muffin	Asst. dry cereal	Waffles	Toasted English Muffin	Asst. dry cereal	Asst. dry cereal	Buttered WW Toast
Asst. dry cereal	Cheddar Cheese Slice	Asst. dry cereal	Asst. dry cereal	Peanut Butter	Vanilla Yogurt	Asst. dry cereal
Peanut Butter	Buttered Raisin Toast	Peanut Butter	Vanilla Yogurt	Margarine Toast	Buttered WW Toast	Peanut Butter
Buttered WW Toast		Buttered WW Toast	Blueberry Muffin			Margarine Toast
LUNCH						
Cream of Mushroom Soup	Turkey Rice Soup	Vegetable Beef Soup	Minestrone Soup	Potato & Leek Soup	Lentil & Vegetable Soup	Chicken Veg & Noodle Soup
Captain Burger on WW Bun	Macaroni & Cheese	Barbecued Salmon	Hot Dog on White Bun	Beef Burger on White Bun	Spinach & Swiss Quiche	BBQ Pork Ribette on WW Bun
Lettuce Leaf	Assorted Dinner Rolls	Basmati Rice	Marinated Cucumbers	Tomato Slices & Lettuce	Assorted Dinner Rolls	Marinated Bean Salad
Dill Pickles	Heritage Blend Salad with French Dressing	Caesar Salad	Unsalted Crackers	French Fries	Tossed Salad	Unsalted Crackers
Creamy Coleslaw	Unsalted Crackers	Unsalted Crackers	Ketchup/Mustard/Relish	Spinach & Mushroom Salad	Unsalted Crackers	Fresh Grapes
Unsalted Crackers	Butter	Butter	Mango	Ketchup/Mustard/Relish	Butter	Mapa Tofu
Tartar Sauce	Fruity Gelatin LoCal	Pineapple Tidbits	Potato & Cheese Perogies	Unsalted Crackers	Fresh Watermelon	Jasmine Rice
Cantaloupe Chunks	Beef Roast Sandwich on Wheat	Montreal Grilled Chicken Strips	Sour Cream	Chilled Diced Pears	Turkey & Swiss on Croissant	Marinated Bean Salad
Bologna Sandwich	Heritage Blend Salad with French Dressing	Assorted Dinner Rolls	Assorted Dinner Rolls	Veggie Burger on White Bun	Tossed Salad	Fresh Grapes
Creamy Coleslaw	Fruity Gelatin LoCal	Caesar Salad	Marinated Cucumbers	Tomato Slices & Lettuce	Fresh Watermelon	
Unsalted Crackers		Tiramisu Mousse	Strawberry Ice Cream Cup	French Fries		
Rice Pudding				Spinach & Mushroom Salad		
				Vanilla Ice Cream Cup		
DINNER						
Spiced Chicken Thigh	Bangers and Mash	Apricot Glazed Ham	Turkey Meatloaf	Lemon Pepper Cod	Teriyaki Chicken	Roast Beef
Chicken Gravy	Brown Gravy	Brown Gravy	Poultry Gravy	Brown Gravy	Poultry Gravy	Beef Gravy
Parslied Rice	Sunrise Vegetables	Chive Whipped Potatoes	Roasted Red Skin Potatoes	Mashed Potatoes	Jasmine Rice	Mashed Potatoes
Broccoli Florets	Fresh Watermelon	Steamed Asparagus	Baked Butternut Squash	Parsley Carrots	Garlic Bread	Cauliflower & Peas
Chilled Peach Slices	Baked Tilapia	Chilled Diced Pears	Red Seedless Grapes	Chilled Tropical Fruit	Fancy Blend Vegetables	Pineapple Tidbits
Beef Pie	Dill Sauce	Vegetable Penne w/Cream Sauce	Braised Lamb	Asian Pork Chop	Chilled Diced Peaches	Garlic Shrimp
Roasted Potatoes	Mashed Potatoes	Garlic Toast	Confetti Rice	Mashed Potatoes	Broccoli Cheese Pasta Bake	Mashed Potatoes
Broccoli Florets	Sunrise Vegetables	Steamed Asparagus	Baked Butternut Squash	Parsley Carrots	Fancy Blend Vegetables	Cauliflower & Peas
Lemon Buttermilk Cake	Fresh Watermelon	Rice Krispies Bar	Red Seedless Grapes	Tripleberry Crumble Bar	Pound Cake	Coconut Buttermilk Pie
					Raspberry Sauce	

Note: Milk, hot beverages, juice, water is served at all meal times as per resident wish.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Fresh Apple Slices	Banana	Banana	Banana	Banana	Banana
Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran
Hard Boiled Egg	Scrambled Eggs	Bacon	Fried Egg	Sausage Patties	Hard Boiled Egg	Scrambled Eggs
Raisin Toast	Buttermilk Pancakes	Hard Boiled Egg	Tomato Slices	Buttered WW Toast	Croissant	Bacon
Asst. dry cereal	Asst. dry cereal	Buttered White/WW Toast	Toasted English Muffin	Asst. dry cereal	Asst. dry cereal	Buttered WW Toast
Cheddar Cheese	Peanut Butter	Asst. dry cereal	Asst. dry cereal	Low Fat Yogurt	Peanut Butter	Asst. dry cereal
Buttered WW Toast	Buttered WW Toast	Peanut Butter	Peanut Butter	Blueberry Muffin	Buttered WW Toast	Margarine Toast
		Buttered WW Toast	Buttered WW Toast			
LUNCH						
Cream of Broccoli Soup	Tuscan Bean & Vegetable Soup	Beef Vegetable Barley Soup	Cream of Mushroom Soup	Garden Vegetable Soup	French Canadian Pea Soup	Chicken Rice Soup
Hungarian Goulash	Pepperoni Mushroom & Green Pepper Pizza	Chicken Souvlaki	Barbecued Salmon	Philly Cheese & Steak Sandwich	Breaded Chicken Strips	Shrimp Salad
Rice Pilaf	Caesar Salad	Tzatziki Sauce	Quinoa	Spinach & Mushroom Salad	Plum Sauce	Assorted Dinner Rolls
Mexican Mixed Vegetables	Unsalted Crackers	Rice Pilaf	Heritage Blend Salad with French Dressing	Unsalted Crackers	Sweet Potato Fries	Broccoli Salad
Unsalted Crackers	Chilled Peach Slices	Sweet & Sour Cabbage	Unsalted Crackers	Red Seedless Grapes	Tomato Cucumber Salad	Unsalted Crackers
Chilled Apricots	Egg Salad Sndw on Wheat	Unsalted Crackers	Mango	Rotini Primavera w/Alfredo Sc	Unsalted Crackers	Chilled Peach Slices
Ham & Swiss Sndw on Croissant	Caesar Salad	Fresh Watermelon	Beef Pot Pie	Garlic Toast	Mandarin Oranges	Sliced Corned Beef
Creamy Cucumber & Onions	Lemon Gelatin	Pulled Pork on WW Bun	Beef Gravy	Spinach & Mushroom Salad	Cottage Cheese	Assorted Dinner Rolls
Mango Mousse Cake		Sweet & Sour Cabbage	Assorted Dinner Rolls	Vanilla Ice Cream Cup	Blueberry Yogurt Loaf	Broccoli Salad
		Fresh Watermelon	Heritage Blend Salad with French Dressing		Peaches & Pears	Butterscotch Sundae
			Chocolate Cake		Unsalted Crackers	
					Tapioca Pudding	
DINNER						
Turkey Pot Pie	Baked Pollock	Spinach & Cheese Cannelloni	Herb Baked Chicken Thigh	Baked Haddock	Herbed Pork Chops in Gravy	Roast Turkey
Poultry Gravy	Tartar Sauce	New England Vegetables	Chicken Gravy	Hollandaise Sauce	Herb Roasted Potatoes	Poultry Gravy
Assorted Dinner Rolls	Mashed Potatoes	Pineapple Tidbits	Sour Cream	Lyonnais Potatoes	Chuckwagon Corn	Cranberry Sauce
Cauliflower	Buttered Brussels Sprouts	Cabbage Roll	Baked Potato	Diced Squash	Fruit Cocktail	Mashed Potatoes
Fresh Watermelon	Strawberries	Brown Gravy	Steamed Asparagus	Chilled Tropical Fruit	Ratatouille Penne	California Vegetables
Lamb Curry	Butter Chicken	Garlic Bread	Chilled Diced Pears	Teriyaki Beef & Broccoli	Garlic Bread	Fresh Watermelon
Quinoa	Basmati Rice	New England Vegetables	Chickpea & Potato Curry	Jasmine Rice	Chuckwagon Corn	Ham & Cheese Sandwich on Wheat
Cauliflower	Buttered Brussels Sprouts	Nanaimo Bar	Naan Bread	Diced Squash	Banana Cake	Spinach Onion Salad
New York Cheesecake	Orange Sorbet		Basmati Rice	Chocolate Maple Cake		Blueberry Crisp
			Steamed Asparagus			
			Lemon Buttermilk Cake			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Banana	Banana	Fresh Apple Slices	Banana	Banana	Banana
High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal	Cream of Wheat with Bran	High Fibre Oatmeal	Cream of Wheat with Bran	High Fibre Cinnamon Oatmeal
Hard Boiled Egg	Fried Egg	Scrambled Eggs	Hard Boiled Egg	Sausage Patties	Fried Egg	Bacon
Buttered Multi-Grain Toast	Tomato Slices	Bacon	Buttered WW Toast	Buttered Multi-Grain Toast	Buttered WW Toast	Hard Boiled Egg
Asst. dry cereal	Toasted English Muffin	Waffles	Asst. dry cereal	Asst. dry cereal	Asst. dry cereal	Buttered WW Toast
Peanut Butter	Asst. dry cereal	Asst. dry cereal	Cheddar Cheese Slice	Peanut Butter	Vanilla Yogurt	Asst. dry cereal
Croissant	Cottage Cheese	Peanut Butter	Buttered Raisin Toast	Buttered WW Toast	Carrot Muffin	Peanut Butter
	Buttered Raisin Toast	Buttered WW Toast				Buttered White Toast
LUNCH						
Cream of Tomato Soup	Minestrone Soup	Beef Vegetable & Noodle Soup	Country Bean & Vegetable Soup	Cream of Mushroom Soup	Chicken Noodle Soup	Italian Wedding Soup
Korean style Beef Fajita Strips	Spaghetti & Meatballs	Greek style Chicken	Grilled Corned Beef & Swiss Sndw	Chicken Burger on WW Bun	Cod Nuggets	Sliced Deli Turkey
Jasmine Rice	Prince Edward Vegetables	Tzatziki Sauce	Mixed Green Italian Salad	Lettuce Leaf	Onion Rings	Potato Salad
Mixed Green Italian Salad	Unsalted Crackers	Quinoa	Unsalted Crackers	Ketchup/Mustard/Relish	Tomato & Onion Salad	Six Bean Salad
Unsalted Crackers	Fresh Watermelon	Creamy Cucumber Salad	Fresh Watermelon	French Fries	Unsalted Crackers	Unsalted Crackers
Strawberries	Sliced Turkey on Wheat	Unsalted Crackers	Cottage Cheese	Creamy Coleslaw	Chilled Apricots	Mango
Grilled Cheese on Wheat	Carrot Raisin Salad	Mandarin Oranges	Lemon Cranberry Muffin	Unsalted Crackers	Mapa Tofu	Sloppy Joe on WW Bun
Mixed Green Italian Salad	Chocolate Mousse	Salmon Salad on WW	Fresh Fruit Salad	Chilled Tropical Fruit	Jasmine Rice	Six Bean Salad
Orange Gelatin		Creamy Cucumber Salad	Strawberry Gelatin	Vegt Vegetable Stew	Tomato & Onion Salad	Vanilla Ice Cream Cup
		Lemon Buttermilk Cake		Basmati Rice	Chocolate Pudding	
				Sunrise Vegetables		
				Baked Custard		
DINNER						
Pork Vegetable Stew	Meatloaf	Turkey Stir Fry	Sweet-N-Sour Pork Bites	Chipotle Tilapia	Orange Thyme Chicken	Baked Ham in Pineapple Juice
Fluffy Rice	Beef Gravy	Jasmine Rice	Vegetable Fried Rice	Roasted Red Skin Potatoes	Chicken Gravy	Brown Gravy
Steamed Asparagus	Garlic Mashed Potatoes	Broccoli Florets	Sliced Carrots	Diced Beets	Mashed Potatoes	Mashed Potatoes
Pineapple Tidbits	Seasoned Zucchini	Chilled Peach Slices	Red Seedless Grapes	Chilled Diced Pears	Cauliflower & Peas	Prince Edward Vegetables
Sole Florentine	Mango	Lamb & Vegetable Stew	Vegetable & Swiss w/Mushrooms	Beef Stroganoff	Crushed Pineapple	Fresh Watermelon
Hollandaise Sauce	Cheese Ravioli & Sauce	Sour Cream	Quiche	Buttered Egg Noodles	Spinach Cannelloni in Marinara Sauce	Lemon Dill Salmon
Mashed Potatoes & Gravy	Garlic Toast	Baked Potato	Assorted Dinner Rolls	Diced Beets		Rice Pilaf
Steamed Asparagus	Seasoned Zucchini	Broccoli Florets	Sliced Carrots	Luscious Lemon Square	Garlic Toast	Prince Edward Vegetables
Peach Crisp	Bread Pudding	Carrot Cake	Buttertart Square		Cauliflower & Peas	Apple Pie Slice
					Blueberry Crisp	

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