

# ST CHARLES VILLAGE SPRING/SUMMER WEEK #1 AT A GLANCE

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Grilled Breakfast Egg Wrap	Scrambled Eggs	Poached Eggs	Omelette with Cheese & Peppers	Breakfast Sandwich on Croissant with Cheese	Eggs Over Easy	Scrambled Eggs
	or	or	or	or	or	or	or
	Warm Cinnamon Bun	Danish with Fresh Fruit	Cinnamon Sugar Pancakes with Syrup	Morning Glory Muffins with a Fruit Bowl	Raisin Bran Muffin with Melon	Eggo Waffles with Syrup	Strawberry Filled Crepes
	Bacon	Breakfast Sausage	Bacon	Bacon	Bacon	Bacon	Bacon
<b>YOU WILL HAVE THE OPTION OF: COLD CEREAL, OATMEAL, JUICE AND TOAST</b>							
<b>LUNCH</b>	Potato & Leek Soup	Turkey Noodle Soup	Carrot & Ginger Soup	Lentil Soup	Cream of Broccoli Soup	Won Ton Soup	Tomato Soup
	Chicken Caesar Salad	Grilled Turkey & Swiss on Rye	Cabbage Rolls	Clubhouse Sandwich	Pulled Pork on a Bun	Chicken Stir Fry on Rice	Grilled Cheese Sandwich
	or	or	or	or	or	or	or
	Cream Cheese & Tomato Sandwich	Potato Salad Plate	Perogies with Bacon & Onions	Fruit & Cheese Plate	Egg Salad Sandwich	Spinach Salad Plate	Julienne Salad Plate
	Fresh Fruit	Butter Tarts	Sliced Pineapples	Assorted Yogurt	Sorbet	Pear Halves	Butterscotch Pudding
<b>DINNER</b>	Stuffed Peppers	Sweet & Sour Pork	Crab Cakes with Mango Chutney	Cranberry Glazed Chicken	Beer Battered Fish with Lemon	Mediterranean Grilled Lamb Kebobs	Southern Fried Chicken with Biscuits
	or	or	or	or	or	or	or
	Mediterranean Salmon	Barbecue Chicken	Pot Roast	Eggplant & Zucchini with Tomato Sauce	Hamburger Steak with Onions	Pasta Primavera	Herbed Crusted Pork Roast with Raisin Sauce
	Rice Pilaf Snap Peas Italian Mixed Vegetables	Garlic Mashed Potatoes Turnips Green Beans	Boiled Potatoes Sautéed Mushrooms Asparagus	Mashed Potatoes Harvard Beets Kernel Corn	French Fries Coleslaw Spinach	Roasted Potatoes Sliced Carrots Sautéed Cabbage	Scalloped Potatoes Cauliflower Peas

Chocolate  
Cream Pie

Fresh Melon

Coconut Cream Pie

Strawberry Shortcake

Apple Crisp

Peach Strudel

Pecan Strudel Cake

# ST CHARLES VILLAGE SPRING/SUMMER WEEK #2 AT A GLANCE

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Grilled Breakfast Egg Wrap	Scrambled Eggs	Poached Eggs	Omelette with Cheese & Peppers	Breakfast Sandwich on Croissant with Cheese	Eggs Over Easy	Scrambled Eggs
	or	or	or	or	or	or	or
	Warm Cinnamon Bun	Danish with Fresh Fruit	Cinnamon Sugar Pancakes with Syrup	Morning Glory Muffins with a Fruit Bowl	Raisin Bran Muffin with Melon	Eggo Waffles with Syrup	Strawberry Filled Crepes
	Bacon	Breakfast Sausage	Bacon	Bacon	Bacon	Bacon	Bacon
<b>YOU WILL HAVE THE OPTION OF: COLD CEREAL, OATMEAL, JUICE AND TOAST</b>							
<b>LUNCH</b>	Cauliflower Soup	Vegetable Soup	Potato Bacon Soup	Chicken Noodle Soup	Italian Wedding Soup	Asparagus Soup	French Onion Soup
	Flatbread Pizza	Chicken Salad Sandwich	Hot Dog with Onion Rings	Meatball Sub	Quiche with Tossed Salad	Sliced Roast Beef Sandwich	Bacon Lettuce & Tomato Sandwich
	or	or	or	or	or	or	or
	Salmon Salad Sandwich	Western Omelette Bake	Fruit Salad Plate	Turkey Salad Plate	Charcuterie Plate	French Toast with Berries	Tuna Salad Plate
Banana Pudding	Raspberry Sorbet	Yogurt Parfait	Clementines	Fresh Pineapple	Assorted Cookies	Fruit Cocktail	
<b>DINNER</b>	Baked Haddock	Honey Garlic Pork Ribs	Perch Fillets with Lemon	Veal Cutlet	Shrimp Stir Fry with Lemon Wedge	Mediterranean Sausage Bake	Prime Rib with Yorkshire Pudding
	or	or	or	or	or	or	or
	Swiss Steak	Vegetable Lasagna	Chicken Kiev	Ham & Potato Casserole	Cheese Crusted Chicken	Bowtie Pasta with Garlic & Parmesan	Chicken With Cherry Wine Sauce
	Home Fried Potatoes	Mashed Potatoes	Rice Pilaf	Mashed Potatoes	Jasmine Rice	Hot Potato Salad	Mashed Potatoes
	Roasted Parsnips	Summer Squash	Brussel Sprouts	Grilled Zucchini	Thai Vegetables	Turnips	Honey Glazed Carrots
California Vegetables	Green Beans	Baby Carrots	Broiled Tomatoes	Sauteed Spinach	Peas	Broccoli	

Chocolate Cake

Banana Cake

Angel Food Cake

Raisin Tarts

Blueberry Yogurt Loaf

Date Squares

Apple Pie

# ST CHARLES VILLAGE SPRING/SUMMER WEEK #3 AT A GLANCE

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Grilled Breakfast Egg Wrap	Scrambled Eggs	Poached Eggs	Omelette with Cheese & Peppers	Breakfast Sandwich on Croissant with Cheese	Eggs Over Easy	Scrambled Eggs
	or	or	or	or	or	or	or
	Warm Cinnamon Bun	Danish with Fresh Fruit	Cinnamon Sugar Pancakes with Syrup	Morning Glory Muffins with a Fruit Bowl	Raisin Bran Muffin with Melon	Eggo Waffles with Syrup	Strawberry Filled Crepes
	Bacon	Breakfast Sausage	Bacon	Bacon	Bacon	Bacon	Bacon
<b>YOU WILL HAVE THE OPTION OF: COLD CEREAL, OATMEAL, JUICE AND TOAST</b>							
<b>LUNCH</b>	Minestrone Soup	Chicken & Dumpling Soup	Navy Bean Soup	Tortellini Soup	Goulash Soup	Tomato Rice Soup	French Canadian Pea Soup
	Grilled Swiss Chese & Peameal Sandwich	Hamburger with Potato Salad	Beans & Wieners with Cornbread Muffin	Grilled Ham & Cheddar on Raisin Bread	Taco Stuffed Tomato	Pastrami on Rye Sandwich	Chicken & Waffles
	or	or	or	or	or	or	or
	Waldorf Salad Plate	Devilled Ham Plate	Cream Cheese & Cucumber Salad	Turkey Salad Plate	Grilled Vegetable Plate	Salmon Salad Plate	Spinach & Berry Salad
	Mandarin Orange Segments	Assorted Cookies	Tiramisu	Lemon Bars	Apple Strudel	Cheesecake Parfait	Tropical Fruit
<b>DINNER</b>	Breaded Pork Cutlet with Apple Chutnev	Coconut Shrimp with Seafood Sauce	Smothered Chicken Breast	Open Faced Hot Beef	Oven Baked Haddock with Lemon	Cajun Chicken Thighs	Lamb Chops with Mint Jelly
	or	or	or	or	or	or	or
	Grilled Vegetable Stir Fry	Ginger Beef	Spaghetti Squash Lasagna	Turkey Sausage with Onions & Peppers	Orange & Pineapple Pork	Liver & Onions	Maple Glazed Mahi Mahi
	Wild Rice Sauteed Greens Corn	Waffle Fries Baked Onions Green Beans	Baked Potato Sliced Carrots Peas	Scalloped Potatoes Yellow Zucchini Snap Peas	Mashed Potatoes Parsnips Cabbage Slaw	Roasted Potatoes Wax Beans Mixed Vegetables	Mashed Potatoes Squash Brussel Sprouts

	Cherry Danish	Custard	Chocolate Cake	Pecan Strussel Cake	Strawberry Rhubarb Pie	Blueberry Yogurt Load	Sponge Cake with Berries
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# ST CHARLES VILLAGE SPRING/SUMMER WEEK #4 AT A GLANCE

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Grilled Breakfast Egg Wrap  or  Warm Cinnamon Bun  Bacon	Scrambled Eggs  or  Danish with Fresh Fruit  Breakfast Sausage	Poached Eggs  or  Cinnamon Sugar Pancakes with Syrup  Bacon	Omelette with Cheese & Peppers  or  Morning Glory Muffins with a Fruit Bowl  Bacon	Breakfast Sandwich on Croissant with Cheese  or  Raisin Bran Muffin with Melon  Bacon	Eggs Over Easy  or  Eggo Waffles with Syrup  Bacon	Scrambled Eggs  or  Strawberry Filled Crepes  Bacon
<b>YOU WILL HAVE THE OPTION OF: COLD CEREAL, OATMEAL, JUICE AND TOAST</b>							
<b>LUNCH</b>	Cream of Mushroom Soup  Grilled Vegetable Frittata  or  Rainbow Tortellini Plate  Ice Cream	Cabbage Soup  Stuffed Crepes with Berries  or  Watermelon Salad Plate  Brownies	Vegetable Soup  Chicken Fingers with Sweet Potato Fries  or  Seafood Salad Plate  Vanilla Pudding	Chicken & Rice Soup  Toasted Western Sandwich  or  Deli Meat & Cheese Plate  Fresh Fruit Salad	Clam Chowder Soup  Vegetarian Flabread  or  Mini Pepperoni Pizza  Cupcakes	Stuffed Pepper Soup  Eggs Benedict  or  Cheddar, Lettuce & Tomato Sandwich  Sliced Peaches	Tomato Basil Soup  BBQ Peameal Bacon on a Bun  or  Macaroni Salad Plate  Pears & Caramel
<b>DINNER</b>	Swedish Meatballs  or  Broccoli & Tomato Casserole  Saffron Rice Baby Bok Choy Mini Corn Cobs	Chicken a la King in a Puff Pastry  or  Garlic Shrimp  Mashed Potatoes Eggplant Stir Fried Greens	Eggplant Parmesan  or  Turkey Tetrazini  Buttered Noodles Asparagus Baby Carrots	Virginia Baked Ham  or  Veal Pattie with Sauteed Onions & Mushroom Gravy  Roasted Potatoes Cauliflower Roasted Red Peppers	Grilled Salmon with Lemon Garnish  or  Broccoli & Cheese Stuffed Chicken  Scalloped Potatoes Peas & Onions Yellow Beans	Stuffed Pork Chops  or  Spinach & Artichoke Bake with Naan Bread  Home Fried Potatoes Button Mushrooms Sliced Carrots	Roasted Turkey with Stuffing  or  Sauteed Beef & Peppers  Garlic & Chive Mashed Potatoes Roasted Red Peppers Montego Vegetables

	Swiss Roll	Carrot Cake	Cherry Cheesecake	Pumpkin Tarts	Strawberry Cake	Peach Flan	Cream Puff
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# ST CHARLES VILLAGE SPRING/SUMMER WEEK #5 AT A GLANCE

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Grilled Breakfast Egg Wrap	Scrambled Eggs	Poached Eggs	Omelette with Cheese & Peppers	Breakfast Sandwich on Croissant with Cheese	Eggs Over Easy	Scrambled Eggs
	or	or	or	or	or	or	or
	Warm Cinnamon Bun	Danish with Fresh Fruit	Cinnamon Sugar Pancakes with Syrup	Morning Glory Muffins with a Fruit Bowl	Raisin Bran Muffin with Melon	Eggo Waffles with Syrup	Strawberry Filled Crepes
	Bacon	Breakfast Sausage	Bacon	Bacon	Bacon	Bacon	Bacon
<b>YOU WILL HAVE THE OPTION OF: COLD CEREAL, OATMEAL, JUICE AND TOAST</b>							
<b>LUNCH</b>	Turkey Vegetable Soup	Summer Squash Soup	Vegetable Soup	Tomato Soup	Chicken & Rice Soup	Cream of Cauliflower Soup	Beef Noodle Soup
	Buffalo Chicken Salad	Hamburger with Lettuce & Tomato	Cornbeef on Rye with Pickles	Grilled Tuna & Swiss Cheese Sandwich	Broccoli Salad Plate	Denver Omelette Bake	Sausage Rolls with Dijon Mustard
	or	or	or	or	or	or	or
	Tuna Sandwich	Ploughman's Lunch Plate	Chicken Salad Plate	Steak Salad Plate	Cajun Chicken Club on a Bun	Cottage Cheese & Fruit Plate	Spinach & Berry Salad Plate
	Chocolate Mousse	Assorted Yogurt	Fresh Fruit	Cherry Strudel	Mandarin Orange Segments	Assorted Cookies	Apple Blossom
<b>DINNER</b>	Nova Scotia Sandwich	Beef Burgundy in a Volavant Pastry	Sweet & Sour Chicken	Open Face Black Bean Burger	Grilled Perch Fillets	Breaded Pork Cutlet	Steak with Sauteed Mushrooms & Onions
	or	or	or	or	or	or	or
	Arranchini with Marinara	Penne Pesto with Garlic Toast	Caribbean Grilled Vegetable Plate	Pineapple Ham	Spaghetti & Meatballs	Quiche Lorraine	Chicken Parmesan
	Mashed Potatoes Sliced Carrots Grilled Zucchini	Wild rice Green Beans Cauliflower	Boiled Potatoes Broccoli Mixed Vegetables	Jasmine Rice Yellow Zucchini Thai Vegetables	French Fries Coleslaw Baby Carrots	Mashed Potatoes Broccoli Bake Baby Corn Cobs	Baked Potato Summer Squash Peas
	Raspberry Flan	Blueberry Yogurt Loaf	Strawberry Rhubarb Bars	Assorted Cakes	Chocolate Danish	Lemon Meringue Pie	Angel Food Cake