

VISTAMERE RETIREMENT RESIDENCE MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH:						
Soup: Bean & Bacon	Soup: Cream of Broccoli	Soup: Onion Soup	Soup: Beef & Barley	Soup: Cream of Carrot	Soup: Chicken Noodle	Soup: Minestrone
Chicken Salad on a Bun with Red Seedless Grapes Or Hamburger Deluxe with French Fries	Assorted Sandwiches with Three Bean Salad & Green Stuffed Olives Or Pancake and Sausage with Maple Syrup	BBQ Chicken Wings Or Tuna Salad on a Bun Both Served with: Potato Salad & Tomato Slices	Reuben Sandwich with Fries Or Chilie Fries with Sour Cream & Chives	Pork Short Ribs & Baked Beans Or Fruit Salad Plate with Jello Fruit Muffin & Cheese Wedges	Spaghetti & Meat Balls with Garlic Bread Or Cheese Tomato & Lettuce Sandwich with Potato Chips	Cheese & Broccoli Quiche with Salad Or Crab Salad Plate with Grapes, Peaches and a Cheese Biscuit
Dessert: Banana Cream Pudding with Whipped Cream	Dessert: Fruited Jell-O topped with Whipped Cream & Cherry	Dessert: Baked Apples & Ice Cream	Dessert: Homemade Cherry Cheesecake	Dessert: Chefs Choice	Dessert: Jello & Ice Cream	Dessert: Baked Custard
DINNER:						
Entrée: Beef Stew Or Or Fillet of Sole Both Served with: Peas, Corn & Mashed Potatoes	Entrée: Coq-Au-Vin Or Beef Noodle Casserole Both Served with: Glazed Yams & Brussel Sprouts	Entrée: Corned Beef & Cabbage with Boiled Potatoes Or Western Omelet with Toast	Entrée: Pork Tenderloin with Apple Sauce Or Baked Chicken Breast Both Served With: Roast Potatoes and Buttered Baby Carrots	Entrée: Rainbow Trout Or Chicken Pot Pie Both Served With: Scalloped Potatoes and Green Beans	Entrée: Roast Turkey & Stuffing Or Salisbury Steak Both Served With: Baked Squash, Cauliflower & Boston Brown Potatoes	Entrée: Striploin of Roast Beef With Yorkshire Pudding Or Pineapple Glazed Baked Ham Both Served With: Parisienne Potatoes & Green Beans
Dessert: Brownies with Ice Cream & Chocolate sauce	Dessert: Boston Cream Pie	Dessert: Trifle	Dessert: Rhubarb & Custard	Dessert: Iced Carrot Cake	Dessert: Tapioca Pudding with Whipped Cream & Topped with a Cherry	Dessert: Banana Cream Pie