



# Generations Calgary Menu Fall/Winter 2020

## WEEK 1

**NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread offered at Lunch and Supper. Four Crackers served at lunch with Soup.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries  Hard Boiled Egg Whole Wheat Toast Asst. Fruit Juices and milk	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries  Scrambled Egg Whole Wheat Toast Asst. Fruit Juices and milk	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries  Pancakes/ Syrup Raisin Toast Asst. Fruit Juices and milk	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries  Hard Boiled Egg Whole Wheat Toast Asst. Fruit Juices and milk	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries  Scrambled Egg Beef Sausage Whole Wheat Toast Asst. Fruit Juices and milk	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries  Waffles/ Syrup Raisin Toast Asst. Fruit Juices and milk	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries  Cheese Omelet Whole Wheat Toast Asst. Fruit Juices and milk
<b>L U N C H</b>	Chicken & Corn Soup  Mango Black Bean Salad  Balti Chicken Aloo Capsicum Roti & Rice  <u>Alternate Choices</u> Lemon Pepper Cod/Dill sauce Herb Roasted Potatoes Sunrise Vegetable  Carrot Cake	Vegetable Soup  Broccoli Quinoa Salad  Saag Beef Chickpea Curry Roti & Rice  <u>Alternate Choices</u> Fish Cakes/ Tartar Sauce Rainbow Coleslaw  Butter Tart	Leek and Potato Soup  Beetroot Salad  Sweet & Sour Chicken Vegetable Fried Rice <b>Gobhi Manchurian</b>  <u>Alternate Choices</u> Roast Beef Sandwich  Tropical Fruit Salad	Wicked Thai Curry Soup  Cucumber/tomato/Onion Salad  Fish Curry Dal Masoor Roti & Rice  <u>Alternate Choices</u> Beef Lasagna Garlic Toast  Fruit Yogurt	Tomato Basil Soup  Greek Salad  Vegetarian Pizza Chicken Pizza  <u>Alternate Choices</u> Chicken Salad Sandwich  Banana Cream Pie	Lentil & Roasted Garlic Soup  Quinoa Tabbouleh Salad  Butter Chicken Aloo Gobhi Roti & Rice  <u>Alternate Choices</u> Battered Fish/ Tartar Sauce Sweet Potato Fries Coleslaw  Spice Cake	New England Clam Chowder  Pasta Salad  Chicken Pulao Vegetable Pulao Raita  <u>Alternate Choices</u> Ginger Chicken California vegetable Mix Rice  Cheesecake
<b>S U P P E R</b>	Khichdi, Palak Aloo  <u>Alternate Choices</u> Tuna Salad Plate (Tuna Salad, Potato Salad, Coleslaw,  Strawberry Ice Cream	Homestyle Meatloaf/ Gravy /Mash Potatoes Green Peas  <u>Alternate Choices</u> Egg Salad Sandwich  Sliced Pineapple	Chicken Alfredo Garlic Toast Tossed Salad  <u>Alternate Choices</u> Chicken Salad Sandwich  Tiramisu	Khichdi, Aloo Curry  <u>Alternate Choices</u> Cheese Sandwich  Halwa	Beef Pot Pie/Gravy Mashed Potatoes Mixed Vegetables  <u>Alternate Choices</u> Cobb Salad (Egg/ Cheese and Turkey)  Chocolate Chip Cookie	Shaved Beef on a bun Sauteed Onions/Gr & Red Pepper/Tossed Salad  <u>Alternate Choices</u> Turkey Sandwich  Nanaimo Bar	Khichdi, khadi  <u>Alternate Choices</u> Chicken Sandwich Tossed green Salad  Diced Melons

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## WEEK 2

**NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread offered at Lunch and Supper. Four Crackers served at lunch with Soup.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries
	Scrambled Egg Whole Wheat Toast Asst. Fruit Juices and milk	Pancakes/ Syrup Whole Wheat Toast Asst. Fruit Juices and milk	Omelet, Hash Browns Raisin Toast Asst. Fruit Juices and milk	Muffin Whole Wheat Toast Asst. Fruit Juices and milk	Waffles/ Syrup Whole Wheat Toast Asst. Fruit Juices and milk	Breakfast Beef Sausage Raisin Toast Asst. Fruit Juices and milk	Scrambled Egg Whole Wheat Toast Asst. Fruit Juices and milk
<b>L U N C H</b>	Chicken Vegetable Soup  Mango Black Bean Salad  Chicken Tikka Masala Chickpea Curry Roti & Rice  <u>Alternate Choices</u> Grilled Salmon/ Dill Sauce, Potato wedges & Carrot coins  Brownie Square	Cream of potato leek Soup  Broccoli Quinoa Salad  Beef Korma Palak Paneer Roti & Rice  <u>Alternate Choices</u> Beef Stroganoff Mixed Green Salad  Rice Pudding	Minestrone Soup  Beetroot Salad  Curry Chicken Aloo Baingan Roti & Rice  <u>Alternate Choices</u> BBQ Roast Chicken/ Gravy Mashed Potatoes Buttered Corn  Jell-O with Peaches	Mixed Bean Soup  Cucumber/tomato/Onion Salad  Fish Curry Okra Masala Roti & Rice  <u>Alternate Choices</u> Macaroni and Cheese Steamed Broccoli  Fruit Custard	Cream of Broccoli Soup  Greek Salad  Butter Chicken Aloo Matar Rice & Roti  <u>Alternate Choices</u> Beef Teriyaki Rice Sunshine Vegetables  Ambrosia Fruit Salad	Italian Wedding Soup  Quinoa Tabbouleh Salad  Egg Curry Paneer Butter Masala Rice & Roti  <u>Alternate Choices</u> Herb Baked Chicken Breast Roasted Potato, Fall Medley Vegetable Mix  Strawberry Mousse	Harvest Vegetable Soup  Pasta Salad  Saag Chicken Chana Dal Rice & Roti  <u>Alternate Choices</u> Cabbage Rolls Mix Vegetable Dinner Roll  Mandarin Oranges
<b>S U P P E R</b>	Veal Parmigiana Mashed Potato Parisian mixed vegetables  <u>Alternate Choices</u> Swiss Cheese & Turkey Sandwich Tossed Salad  Fruit Cocktail	Shepherd's Pie with Gravy California Mixed Vegetables  <u>Alternate Choice</u> Chicken Salad Sandwich Quinoa Salad  Apple Strudel	Khichdi Aloo Curry  <u>Alternate Choices</u> Tuna Salad Sandwich Mixed Bean Salad  Lemon Square	Chicken Penne Garlic Toast/Tossed Salad  <u>Alternate Choices</u> Cheese/ Tomato/ Cucumber Sandwich  Pumpkin pie	Chicken Burger/Bun Lettuce/Tomato Fries Mix Green Salad  <u>Alternate Choices</u> Egg Salad Sandwich Sliced Tomatoes  Diced Pears	Khichdi Khadi  <u>Alternate Choices</u> Roast Beef Sandwich Tossed Salad/ Dressing  Vanilla Ice Cream	Ginger Chicken Rice Sautéed Vegetables  <u>Alternate Choices</u> Turkey & Cheese Sandwich  Apple Crumble

# Generations Calgary Menu Fall/Winter 2020

## WEEK 3

**NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread offered at Lunch and Supper. Four Crackers served at lunch with Soup.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>B R E A K F A S T</b>	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	
	Boiled Egg Whole Wheat Toast	French Toast/ Syrup Whole Wheat Toast	Muffin Raisin Toast	Scrambled Egg Whole Wheat Toast	Pancakes/ Syrup Beef Sausage Whole Wheat Toast	Scrambled Egg Raisin Toast	Boiled Egg Whole Wheat Toast	
	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	
<b>L U N C H</b>	Vegetable Soup  Mango Black Bean Salad  Chicken Ku Ku Paka Mixed Vegetable Curry Roti and Rice <b><u>Alternate Choices</u></b> Beef Lasagna Garlic Bread Caesar Salad  Chocolate Cake	Beef Barley Soup  Broccoli Quinoa Salad  Beef Curry Paneer Masala Roti and Rice <b><u>Alternate Choices</u></b> Hamburger/ Bun Lettuce/ Tomato Tossed Salad  Mango Ice Cream	Chicken Vegetable Soup  Beetroot Salad  Keema Matar, Aloo Gobhi <u>Roti &amp; Rice</u> <b><u>Alternate Choices</u></b> Chicken Stew Soft Dinner Bun  Apricots Halves	Cream of Mushroom Soup  Cucumber/tomato Salad  Saag Chicken Paneer Masala Roti & Rice <b><u>Alternate Choices</u></b> Chicken Penne Garlic Toast Buttered Peas  Mini Donuts	Butternut Squash Soup  Greek Salad  Beef Kofta Curry Okra Roti and Rice <b><u>Alternate Choices</u></b> Turkey Sandwich Spinach Salad  Fresh melon	Split Pea Soup  Quinoa Tabbouleh Salad  Chicken Pulao Vegetable Pulao Raita <b><u>Alternate Choices</u></b> Beef Stew Soft Dinner Bun  Chocolate Ice Cream	Cream of Celery Soup  Pasta Salad  Fish Curry Gobhi Matar Roti & Rice <b><u>Alternate Choices</u></b> Beef Sausage Perogies/ Sour Cream Beans Salad  1/2 Banana	
	<b>S U P P E R</b>	Teriyaki Chicken / Gravy Mashed Potatoes Green Beans  <b><u>Alternate Choices</u></b> Egg Salad Sandwich  Berry Crumble	Lemon Chicken Fried Rice Oriental Mixed Vegetables  <b><u>Alternate Choices</u></b> Cobb Salad (Egg/ Cheese and Turkey)  Halwa	Khichdi Aloo Curry  <b><u>Alternate Choices</u></b> Chicken Sandwich Tossed green Salad  Lemon Meringue Pie	Fish & Chips Tarter Sauce Coleslaw  <b><u>Alternate Choices</u></b> Roast Beef Sandwich Spinach Salad  Jell-O with Pears	Chicken Parmesan Sandwich & Green Salad  <b><u>Alternate Choices</u></b> Cottage Cheese Fruit Plate (Banana Bread, Peaches, Pears)  Mango Pudding/ Wh. Topping	Baked Rosemary Chicken/ White Gravy Roast Potato Green Beans <b><u>Alternate Choices</u></b> Egg Salad Sandwich Tossed Salad  Butterscotch Pudding	Roast Beef/Gravy Mashed Potato Pearl Harvest Vegetables Creamy Coleslaw <b><u>Alternate Choices</u></b> Cob Salad Egg, Cheese, Turkey Vinaigrette Coleslaw  Apple Pie / Vanilla Ice Cream

# Generations Calgary MENU FALL/WINTER 2020

## WEEK 4

**NOTE: Whole Wheat Bread/Pureed Whole Wheat Bread offered at Lunch and Super. Four Crackers served at lunch with Soup.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>B R E A K F A S T</b>	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries	Porridge/ Cr of Wheat Variety of Cold Cereal Mixed Berries
	Boiled Egg Whole Wheat Toast	Muffin Whole Wheat Toast	Boiled Egg Raisin Toast	Omelet Hash Browns Whole Wheat Toast	Waffles/ Syrup Whole Wheat Toast	Scrambled Egg Raisin Toast	Pancakes/ Syrup Turkey Bacon Whole Wheat Toast
	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk	Asst. Fruit Juices and milk
<b>L U N C H</b>	Potato Vegetable Soup  Mango Black Bean Salad  Beef Curry Mushroom Mutter Roti and Rice  <u>Alternate Choices</u> Beef Lasagna Garlic Toast Tossed Salad  Fruit Cocktail	Beef Noodle Soup  Broccoli Quinoa Salad  Butter Chicken Moong Dal Roti & Rice  <u>Alternate Choices</u> Soy Ginger Beef Rice Oriental Mixed Vegetables  Butter Tart	Italian Wedding Soup  Beetroot Salad  Beef Kofta Daal Masoor Roti & Rice  <u>Alternate Choices</u> Shepherd's Pie Gravy Buttered Green Peas  Tapioca Pudding	Vegetable Barley Soup  Cucumber/tomato/Onion Salad  Chicken Curry Aloo Mutter Roti & Rice  <u>Alternate Choices</u> Cod Fillets with Lemon Pepper and Potato wedges Steamed Broccoli  Mandarin Oranges	Chicken Noodle Soup  Greek Salad  Beef Biryani Mixed Vegetable Biryani Raita  <u>Alternate Choices</u> Meatloaf with Gravy Mashed Potatoes Yellow Beans  Fruit Cocktail	Wicked Thai Curry Soup  Quinoa Tabbouleh Salad  Chicken Chili, Vegetable Fried Rice  <u>Alternate Choice</u> Roast Beef Sandwich  Boston Cream Pie	Sweet Corn Chicken Soup  Pasta Salad  Saag Chicken Paneer Masala Roti & Rice  <u>Alternate Choices</u> Teriyaki Beef Stir Fry Steamed Broccoli Rice  Tropical Fruit Salad
<b>S U P P E R</b>	Chicken Pot Pie/ Gravy Mashed Potatoes Carrot Coins  <u>Alternate Choices</u> Salmon Salad Sandwich Pasta Salad  Diced Peaches	Khichdi/Kadhi Aloo Bhajia  <u>Alternate Choices</u> Beef Sausage Fried Onions/ Perogies/ Sour Cream Mix Green Salad  Caramel Cake	Beef Casserole Tossed Salad  <u>Alternate Choices</u> Cob Salad Turkey/Cheese/Egg  Cinnamon Baked Apple Slice	Chicken Finger w/ Plum Sauce, Sweet Potato Fries Tossed Salad  <u>Alternate Choices</u> Egg Salad Sandwich Tomato Slices  Pineapple Square	Khichdi, Palak Aloo  <u>Alternate Choices</u> Beef Hamburger/ Bun Roast Potato Wedges Mixed Bean Salad  Cream Puff	Cod Fish Cakes/ Tartar Sauce, Spinach and Mandarin Orange Salad  <u>Alternate Choices</u> Cheese/ Tomato/ Cucumber Sandwich  Tapioca Pudding	Cabbage Rolls California Vegetable Mix Beans Salad  <u>Alternate Choices</u> Cold Cut Sandwich  Chocolate Cheesecake