

Example Meal Calendar



HERITAGE SQUARE
RETIREMENT LIVING

Meal Planner – Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs, Toast, Fruit, Cereal, Granola & Yogurt	Eggs, Toast, Fruit, Cereal, Pancakes	Eggs, Toast, Fruit, Cereal, French Toast	Eggs, Toast, Fruit, Cereal, Omelettes	Eggs, Toast, Fruit, Cereal, Breakfast Sandwiches	Choice of Bacon or Sausage with Eggs, Toast, Fruit, Cereal	Eggs, Toast, Fruit, Cereal and Hash Browns
Lunch	Cod Nuggets, Oven Baked Fries, Broccoli Slaw. Fruit Cocktail	Individual Chicken Pot Pies, Garden Salad Watermelon	Salad, Turkey, Ham, Egg, Cheese, Tomato, Peppers, Bread Roll Strawberries and Cream	Chicken Corn Chowder, Cornbread Melon Salad	Grilled Cheese Sandwiches, Creamy Tomato Soup Fruit/Yogurt Parfait	½ BLT Sandwich, Pea or Beef & Barley Soup Mini Blueberry Muffins	Jiggs Dinner, Turkey, Salt Meat, Potato, Turnip, Carrot, Peas, Pudding Trifle
Supper	Beef Stir-Fry, Broccoli, Cauliflower, Carrot, Peppers, Rice Banana Cake	Baked Beans, Fish Cakes, Beets, Pickles, Buttered Bread Fruit Jelly Pudding	Hot Turkey Sandwiches, Gravy Potatoes, Carrot, Peas Blueberry Buckle	Ham, Scalloped Potato, Garden Salad, Brussel Sprouts Mix Berry Crumble	Pan Fried Cod, Potatoes, Turnip, Carrot, Ice Cream & Strawberries	Beef Lasagne, Spinach, Caesar Salad Strawberry Shortcake	Cold Plate: Real Turkey, Roast, 3 Salads, Bread Roll, And Dressing Fruit

Meal Planner – Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs, Toast, Fruit, Cereal, Granola & Yogurt	Eggs, Toast, Fruit, Cereal, Pancakes	Eggs, Toast, Fruit, Cereal	Eggs, Toast, Fruit, Cereal, Omelettes	Eggs, Toast, Fruit, Cereal, Breakfast Sandwiches	Choice of Bacon or Sausage with Eggs, Toast, Fruit, Cereal	Eggs, Toast, Fruit, Cereal and Hash Browns
Lunch	Sub Sandwiches, Ham, Lettuce, Tomato, Onion, Green Peppers Chocolate Chip Cookies	French Toast, Sausages, Melon Fruit and Custard	Mac & Cheese with Broccoli, Buttered Bread Strawberries and Cream	Corned Beef Hash, Garden Salad Grapes, Kiwi	Quiche Lorraine, Garden Salad Peaches and Cream	Pea or Turkey Soup, Fresh Rolls Fruit Salad	Roast Beef, Potato, Turnip, Carrot, Peas, Cabbage Fruit Trifle
Supper	Chicken Alfredo Pasta, Broccoli, Peppers, Spinach, Garlic Bread Chocolate Mousse with Fresh Fruit	Poached Salmon, Potato, Carrot, Turnip, Green Peas Oatmeal Raisin Cookies	BBQ Ribs, Wild Rice, Corn, Carrots, Coleslaw Banana Bread	Homemade Burgers, Oven-Baked Fries, Coleslaw Brownies	Fish and Brewis, Potato, Onions, Turnip, Pickles, Buttered Bread Ice Cream	Lemon Chicken, Rice, Broccoli, Red Peppers, Tomato Salad Banana Bread	Cold Plate: Real Turkey, Roast, 3 Salads, Bread Roll, And Dressing Mandarins

Meal Planner – Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs, Toast, Fruit, Cereal, Granola & Yogurt	Eggs, Toast, Fruit, Cereal, Pancakes	Eggs, Toast, Fruit, Cereal, French Toast	Eggs, Toast, Fruit, Cereal, Omelettes	Eggs, Toast, Fruit, Cereal, Breakfast Sandwiches	Choice of Bacon or Sausage with Eggs, Toast, Fruit, Cereal	Eggs, Toast, Fruit, Cereal and Hash Browns
Lunch	Assorted Sandwiches, Tuna, Egg, Chicken, Vegetable Soup Grapes/Kiwi	Beef Chili, Cornbread Melon Salad	Seafood Chowder or Beef & Barley Soup, Greek Salad Fruit Cocktail	Grilled Cheese Sandwich, Minestrone Soup Strawberries and Cream	Quiche with Egg, Ham, Peppers, Cheese, Broccoli Fruit/Yogurt Parfait	Pea Soup or Seafood Chowder, Garden Salad Watermelon	Jiggs Dinner with Turkey, Salt Meat, Potato, Turnip, Carrot, Cabbage, Fruit Trifle
Supper	Roast Pork Tenderloin, Baby-Potatoes, Carrot Coins, Squash, Green Peas Banana Cake	Baked Beans, 2 Fishcakes, Beets, Pickles, Buttered Raisin Bread Fruit & Jelly Pudding	Sweet/Sour Chicken, Rice, Cauliflower, Broccoli, Carrot Rice Pudding	Bangers (Sausages), Mash, Peas, Carrot, Gravy Fruit Jell-O	Pan Fried Cod, Peas Carrot, Turnip, Potatoes Peaches/Ice Cream	Sheppard's Pie, Caesar Salad, Garlic Toast Strawberry Cake	Cold Plate: Real Turkey, Roast, 3 Salads, Bread Roll, And Dressing Berry Parfait

Meal Planner – Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs, Toast, Fruit, Cereal, Granola & Yogurt	Eggs, Toast, Fruit, Cereal, Pancakes	Eggs, Toast, Fruit, Cereal, French Toast	Eggs, Toast, Fruit, Cereal, Omelettes	Eggs, Toast, Fruit, Cereal, Breakfast Sandwiches	Choice of Bacon or Sausage with Eggs, Toast, Fruit, Cereal	Eggs, Toast, Fruit, Cereal and Hash Browns
Lunch	Roast Beef Sub Sandwiches, Lettuce, Tomato, Green Peppers, Onion, Turkey Soup Peaches and Cream	Chicken Burrito, Chickpeas, Lettuce, Tomatoes, Salsa, Sour Cream and Refried Beans Date Squares	Pizza, Salami Cheese, Pepper Onion, Tomato, Spinach Salad Strawberries and Cream	Tuna Melt or Chicken Melt, Vegetable Soup Tropical Fruit	Ploughman's Lunch Eggs, Apple Slices, Ham, Gherkin Pickles, Pickled Onions, Buttered Bread, Cheese, Slaw Pineapple Parfait	Pea or Beef and Barley Soup, Spinach Salad Watermelon	Jiggs Dinner with Turkey, Salt Meat, Potato, Turnip, Carrot, Peas Puddings Trifle
Supper	Chicken Stir-Fry, Broccoli, Cauliflower, Carrot, Peppers Over Rice Banana Cake	2 Fish Cakes, Mashed Turnip, Pickles, Buttered Raisin Bread, Apple Pie A La Mode	Homemade Meatballs, Gravy, Mashed Potato, Peas, Carrots Blueberry Buckle	Hash Brown Casserole, White Pudding Medallions, Buttered Bread, Green Beans Chocolate Cake	Poached Salmon in A Citrus Sauce, Wild Rice, Broccoli Cauliflower Ice Cream	Fettucine Alfredo, Chicken, Caesar Salad, Garlic Bread Fruit/Custard	Cold Plate: Real Turkey, Roast, 3 Salads, Bread Roll, And Dressing Fruit Parfait

Meal Planner – Week 5

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs, Toast, Fruit, Cereal, Granola & Yogurt	Eggs, Toast, Fruit, Cereal, Pancakes	Eggs, Toast, Fruit, Cereal	Eggs, Toast, Fruit, Cereal, Omelettes	Eggs, Toast, Fruit, Cereal, Breakfast Sandwiches	Choice of Bacon or Sausage with Eggs, Toast, Fruit, Cereal	Eggs, Toast, Fruit, Cereal and Hash Browns
Lunch	Cod Nuggets, Oven Baked Fries, Coleslaw, Beet Salad Fruit Cocktail	French Toast, Sausage, Fresh Strawberries, Melon Slices Peaches/Cream	Egg Sandwiches, Apple Slaw, Spinach Salad Newfoundland Squares	Hamburger Soup or Chicken Rice Soup with Rolls Grapes/Kiwi	Mandarin Chicken Salad with Rolls Fruit /Yogurt Parfait	Pea or Beef & Barley Soup, Greek Salad, Rolls Apricot Squares	Jiggs Dinner with Chicken, Salt Meat, Potato, Turnip, Carrot, Peas Pudding, Cabbage Trifle
Supper	Baked Beans, 2 Fishcakes, Mashed Turnip, Buttered Raisin Bread Fruit and Jelly	Liver, Onion, Mash Potato, Peas, Carrots Oatmeal Raisin Cookies	Creamy Herb Chicken, Pesto, Noodles, Oven Roasted Peppers Ice Cream Sandwiches	Hot Roast Beef Sandwiches, Potato, Carrots, Peas, Gravy Apple Bread	Pan Fried Cod, Mashed Potatoes Carrot, Turnip Strawberries and Ice Cream	Goulash, Caesar Salad, Garlic Bread Blueberry Bumble	Cold Plate: Real Turkey, Roast, 3 Salads, Bread Roll, And Dressing Fruit

Meal Planner – Week 6

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs, Toast, Fruit, Cereal, Granola & Yogurt	Eggs, Toast, Fruit, Cereal, Pancakes	Eggs, Toast, Fruit, Cereal, French Toast	Eggs, Toast, Fruit, Cereal, Omelettes	Eggs, Toast, Fruit, Cereal, Breakfast Sandwiches	Choice of Bacon or Sausage with Eggs, Toast, Fruit, Cereal	Eggs, Toast, Fruit, Cereal and Hash Browns
Lunch	Chef's Choice Chicken, Vegetables Jell-O Trifle	Sloppy Joes, Rolls, Oven Fries, Peas, Carrots Watermelon	Croissant Sandwiches, Chicken Noodle Soup Strawberries and Cream	Quiche, Spinach, Broccoli, Cheese, Peppers, Salad Date Squares	Beef Stir-Fry, Rice, Cauliflower, Broccoli, Carrot, Peppers Fruit /Yogurt Parfait	Pea or Turkey Soup, Greek Salad Traditional Newfoundland Squares	Roast Chicken, Potato, Turnip, Carrot, Peas Pudding, Cabbage Fruit Trifle
Supper	Poultry Cabbage Rolls, Wild Rice, Broccoli, Cauliflower Grapes/Kiwi	Pork Roast, Mashed Potato, Peas, Corn Apple Crumble	Honey Garlic Ribs, Oven Baked Fries, Coleslaw Peach Squares	Oven Fried Chicken, Mash Potato, Peas, Carrots, Gravy Pineapple Parfait	Fish and Brewis, Potato, Onion, Turnip, Carrots Ice Cream	Meatloaf with Potato, Gravy, Carrots, Peas Fruit Parfait	Cold Plate: Real Turkey, Roast, 3 Salads, Bread Roll, And Dressing Ice Cream Sandwich