



Rosewood Manor - Spring/Summer - 2026

WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Assorted Cold Cereals	Assorted Cold Cereals	Assorted Cold Cereals	Assorted Cold Cereals	Assorted Cold Cereals	Assorted Cold Cereals	Assorted Cold Cereals
	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
	Scrambled Eggs	Boiled Eggs	Poached Egg	Scrambled Eggs	Boiled Eggs	Poached Egg	Omelette
	Toast/Jam	Toast/Jam	Toast/Jam	Muffins/Toast/Jam	Toast/Jam	Raisin Toast/Jam	Toast/Jam
	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk	Tea/Coffee/Milk
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Soup	Chicken Noodle Soup	Roast Cauliflower Soup	Butternut Squash & White Bean Soup	Spring Vegetable Soup	Sweet Corn Bisque	Tomato and Basil Soup	Roast Garlic and Potato Soup
Lunch	Western Frittata	Teriyaki Salmon Rice Bowl	Perogies with Sauteed Onions & Garlic Sausage	Tuna Melt on Garlic Toast	Ginger Beef with Chowmein	Grilled Ham & Swiss Sandwich	Greek Chicken Burger with Tzatziki, Lettuce, Tomatoes, Feta Cheese
Sides	Spinach Salad with Cherry Tomatoes	Sesame Broccoli	Sauteed Cabbage	Fresh Green Salad	Stir Fry Vegetables	Broccoli and Carrot Salad	Yam Fries
Alternative	Ham and Vegetable Foo Young Egg with Rice	Zesty Salmon Sandwich, Creamy Coleslaw	Garlic Sausage, Sauteed Cabbage and Rice	Garlic Cod Nuggets, Rice and Peas	Cranberry Turkey Salad Sandwich, Tossed Salad	Baked Ham with Broccoli & Carrot and Rice	Honey Garlic Chicken Patties, Peppers and Rice
Minced	Frittata/Potato Mash/Carrot/Gravy	Salmon/Potato Mash/Broccoli/Teriyaki Sauce	Garlic Pork/Potato Mash/Cabbage/Gravy	Fish/Potato Mash/Peas/Gravy	Beef/Potato Mash/Veg Medley/Gravy	Ham/Potato Mash/Broccoli/Gravy	Chicken/Potato Mash/Peas/Gravy
Pureed	Frittata/Potato Mash/Carrot/Gravy	Salmon/Potato Mash/Broccoli/Teriyaki Sauce	Garlic Pork/Potato Mash/Cabbage/Gravy	Fish/Potato Mash/Peas/Gravy	Beef/Potato Mash/Veg Medley/Gravy	Ham/Potato Mash/Broccoli/Gravy	Chicken/Potato Mash/Peas/Gravy
Dessert	Fresh Melon with Mint	Peaches and Cream	Mandarin Orange Segments	Caramel Poached Pear with Cream	Triopical Fruit Cocktail	Fresh Strawberries	Poached Apricots
Teatime	A Variety of Refreshments Including Bake Goods and Other Assorted Snacks						
Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee
Dinner	Slow Roast Beef with Gravy	Sweet & Sour Chicken	Salisbury Steak with Mushroom Gravy	Chicken and Broccoli	Rosemary Garlic Roasted Pork Shoulder	Herb Baked Cod Fillets with Lemon Hollandaise Sauce	Pork Schnitzel with Apple Sauce and Gravy
Sides	Buttered Mashed Potato, Roast Root Vegetable Medley	Steamed Rice, Stir fry Vegetables	Garlic Mashed Potatoes & Sauteed Green Beans	Jasmine Rice, Garlic Roast Vegetable Medley	Roasted Yams, Corns, Broccoli, Cauliflower	Parsley Potatoes, Greenpeas	Sour Cream Mash Potatoes, Braised Red Cabbage
Alternative	Roast Beef with 5 Spice Gravy, Root Vegetable and Rice	Southern BBQ Glazed Chicken	Hoisin Glazed Beef Pattie with Green Beans and Rice	Chicken and Broccoli	Roast Pork with Ginger Sauce, Corn, Broccoli & Cauliflower, Rice	Herb Baked Cod with Garlic Soya Sauce, Green Peas and Rice	Japanese Pork Cutlet with Dipping Sauce, Rice and Braised Cabbage
Minced	Beef/Potatao Mash/Root Veg Medley/Gravy	Chicken/Potato Mash/Carrots/Gravy	Salisbury Steak/Potato Mash/Green Bean/Gravy	Chicken/Potato Mash/Carrots/Gravy	Pork/Potato Mash/Cauliflower/Gravy	Cod/Potato Mash/Peas/Gravy	Pork/Potato Mash/Braised Cabbage/Gravy
Pureed	Beef/Potatao Mash/Root Veg Medley/Gravy	Chicken/Potato Mash/Carrots/Gravy	Salisbury Steak/Potato Mash/Green Bean/Gravy	Chicken/Potato Mash/Carrots/Gravy	Pork/Potato Mash/Cauliflower/Gravy	Cod/Potato Mash/Peas/Gravy	Pork/Potato Mash/Braised Cabbage/Gravy
Dessert	Crepe with Raspberry Bavarian Cream	Banana Pudding	Chocolate Ice Cream	Apple Strawberry Crisp with Whipped Cream	Mocca Mousse Cake	Mandarin OJ Jello with Cream	Tiramisu Mousse with Wafers
HS Snack	A Variety of Refreshments Including Sandwiches and Other Assorted Snacks						