Rosewood Manor - Fall/Winter - 2026-2027

WEEK 4	Nov 22 Dec 20 Jan 17 Feb 14 Mar 14 Apr 11 **SUNDAY**	Nov 23 Dec 21 Jan 18 Feb 15 Mar 15 Apr 12 **MONDAY**	Nov 24 Dec 22 Jan 19 Feb 16 Mar 16 Apr 13 **TUESDAY**	Nov 25 Dec 23 Jan 20 Feb 17 Mar 17 Apr 14 **WEDNESDAY**	Nov 26 Dec 24 Jan 21 Feb 18 Mar 18 Apr 15 **THURSDAY**	Nov 27 Dec 25 Jan 22 Feb 19 Mar 19 Apr 16 **FRIDAY**	Nov 28 Dec 26 Jan 23 Feb 20 Mar 20 Apr 17 **SATURDAY**
Breakfast	Assorted juices / Milk / Coffee / Tea	Assorted juices / Milk / Coffee / Tea	Assorted juices / Milk / Coffee / Tea	Assorted juices / Milk / Coffee / Tea	Assorted juices / Milk / Coffee / Tea	Assorted juices / Milk / Coffee / Tea	Assorted juices / Milk / Coffee / Tea
	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
	Assorted Cold Cereals	Assorted Cold Cereals	Assorted Cold Cereals	Assorted Cold Cereals	Assorted Cold Cereals	Assorted Cold Cereals	Assorted Cold Cereals
	Scrambled Eggs	Boiled Eggs	Poached Egg	Scrambled Eggs	Boiled Eggs	Poached Egg	Cheese Omelette
	Whole wheat or white toast with jam	Whole wheat or white toast with jam	Whole wheat or white toast with jam	Croissants / Whole wheat or white toast with jam	Whole wheat or white toast with jam	Raisin Toast	Whole wheat or white toast with jam
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Tea, Coffee, Milk	Tea, Coffee, Milk	Tea, Coffee, Milk	Tea, Coffee, Milk	Tea, Coffee, Milk	Tea, Coffee, Milk	Tea, Coffee, Milk
Soup	Mushroom Barley Soup	Hearty Cabbage Soup	Carrot and Ginger Soup	Cream of Cauliflower	Vegetable Soup	Cream of Tomato	Chicken Noodle Soup
Lunch	Fish n' Chips and Garden Salad with Italian Dressing	Chicken Chilli Con Carne, Corn Bread and Mexican Slaw	Cheddar and Green Onion Quiche and Italian Mixed Vegetables	Chicken Tender with Plum Sauce and Spinach, beet and almond salad	Beef Lasagna and Caesar Salad with Parmesan	Turkey and Swiss Sandwich with Cranberry Spread and Beet Salad	Italian Frittata and 4 Bean Salad
Minced	Fish with Mash, Carrot and Hollandaise	Chicken with Mash, Brussels Sprouts and Gravy	Egg with Mash, Italian Veg and Gravy	Chicken with Mash, Beet and Gravy	Beef and gravy with Mash and Cauliflower	Turkey and gravy with Mash and Squash	Egg with Mash, Greenbeans and Gravy
Pureed	Fish with Mash, Carrot and Hollandaise	Chicken with Mash, Brussels Sprouts and Gravy	Egg with Mash, Italian Veg and Gravy	Chicken with Mash, Beet and Gravy	Beef with Mash, Cauliflower and Gravy	Turkey and gravy with Mash and Squash	Egg with Mash, Greenbeans and Gravy
Alternative	Baked fish with Rice and Carrots	Chicken chilli con carne with Rice and Mexican slaw	Cheddar and green onion quiche with Rice and Warm beets	Teriyaki chicken tender with Rice and Winter vegetables	Meatballs with Rice and Parsley cauliflower	Deli turkey slices with Rice and Squash	Italian frittata with Rice and Green beans
Dessert	Jellied Fruit	Apricots	Cantaloupe	Peaches	Mango	Poached Pear	Mandarin Oranges
Teatime	**A Variety of Refreshments Including Baked Goods, Local Seasonal Fruit and Other Assorted Snacks**						
Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee	Chicken Congee
Entree	Baked Ham, with Raisin Sauce, Mashed Sweet Potato and Parsley Turnips	Pork Cutlet with Apple Sauce, Gravy, Rice and Garlic Broccoli	Beef Stroganoff, Egg Noodles and Buttered Brussels Sprouts	Baked Basa with Chive Cream Sauce, Roasted Lemon Potatoes and Garlic Green Beans	Baked Chicken with Mushroom Sauce, Boiled Parsley Red Potatoes and Roast Butternut Squash	Miso Glazed Tofu Steak, Chowmein and Roast Vegetable Medley	Butter Chicken, Basmati Rice and Sauteed Squash
Alternatives	Baked ham with raisin sauce, Rice and Parsley turnips	Pork cutlet with apple sauce and gravy, Rice and Garlic broccoli	Beef stroganoff, Rice and Buttered Brussels sprouts	Baked basa with chive cream sauce, Rice and Garlic green beans	Baked chicken with mushroom sauce, Rice and Butternut squash	Herb baked tofu, Mashed potatoes and Roast root vegetable medley	Roast chicken, Mashed potatoes and Sauteed squash
Minced	Ham, Mash, Turnip and Gravy	Pork, Mash, Broccoli and Gravy	Beef and gravy, Mash and Brussels Sprouts	Basa with hollandaise, Mash and Green Beans	Chicken, Mash, Butternut Squash and Gravy	Tofu, Mash, Root Veg and Gravy	Chicken, Mash, Spinach and Gravy
Pureed	Ham, Mash, Turnip and Gravy	Pork, Mash, Broccoli and Gravy	Beef, Mash, Brussels Sprouts and Gravy	Basa with hollandaise, Mash and Green Beans	Chicken, Mash, Butternut Squash and Gravy	Tofu, Mash, Root Veg and Gravy	Chicken, Mash, Spinach and Gravy
Dessert	Strawberry Mousse Cake	Apple Pie Tart with Whip Topping	Chocolate Brownie	Lemon Pudding	Butterscotch Ripple ice Cream	Wild Cherry Jello Poke Cake	Rice Pudding
Evening snack	**Assorted Evening Snacks and Beverages**						