

Vision Spring Summer Menu 2025 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice
Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cheddar Cheese Slice	Sausage Links	Vanilla Yogurt	Scrambled Eggs
Blueberry Muffin	Breakfast Ham	Whole Wheat Toast	Whole Wheat Toast	Waffles	Rye Toast	Bacon
Margarine	Whole Wheat Toast	Orange Marmalade PC	Grape Jelly	Maple Syrup	Margarine	Whole Wheat Toast
	Strawberry Jam	Margarine	Margarine	Margarine	Grape Jelly	Strawberry Jam
Bran Flakes Cereal	Margarine					Margarine
Peanut Butter		Corn Flakes Cereal	Rice Krispies Cereal	Raisin Bran Cereal	Corn Flakes Cereal	
Whole Wheat Toast	Cheerios Cereal	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal
2% Milk	Peanut Butter	White Toast	White Toast	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter
	White Toast	2% Milk	2% Milk	2% Milk	2% Milk	White Toast
	2% Milk					2% Milk
LUNCH						
Cream of Cauliflower Soup	Three Sisters Soup	Butternut Squash Soup	Minestrone Soup	Cabbage & Potato Soup	Lentil & Vegetable Soup	Corn Chowder
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Captain Burger on WW Bun	Macaroni & Cheese	Oktoberfest on Bun	Pepperoni Pizza	Cheese Ravioli & Sauce	Pulled Pork on WW Bun	xPlain Omelet
Tomato Slices & Lettuce	Baked Tomato au Gratin	Macaroni Salad	Sunrise Vegetables	Sauteed Zucchini	5-Way Mixed Vegetables	Green Beans
Creamy Coleslaw	Strawberries	Onion Slice	Mandarin Oranges	Garlic Toast	Chilled Diced Peaches	Mango
Tartar Sauce	Whipped Topping	Mustard		Bananas & Cream		
Pineapple Tidbits		Cantaloupe Chunks	Egg Salad Sndw on Wheat		Turkey & Swiss on Croissant	Cottage Cheese Fresh Fruit
	Beef Roast Sandwich on Wheat		Tomato Slices	Pastrami Sndw on Wheat	Cheese Puffs Chips	Cranberry Orange Scone
Salami on Wheat	Cucumber Slices	Chicken Salad Sndw on WW	Lemon Bar	Spinach & Mushroom Salad	Chocolate Cheesecake	Butterscotch Ice Cream
Sweet Pickle	Grape Gelatin	Sliced Beets	2% Milk	Mini Assorted Tart	2% Milk	2% Milk
Chocolate Mousse	2% Milk	Ice Cream Novelty		2% Milk		
2% Milk		2% Milk				
DINNER						
Grape Juice	Pineapple Juice	Tomato Juice	Cranberry Juice	Apple Juice	Peach Juice	Orange Juice
Salisbury Steak & Gravy	Turkey Schnitzel	Beef Tips in Red Wine Gravy	Turkey Meatloaf	Lemon Pepper Cod	Chicken Kiev	Roast Beef
Mashed Potatoes	Poultry Gravy	Mashed Potatoes	Scalloped Potatoes	Fluffy Rice	Egg Noodles	Mashed Potatoes
Italian Mixed Vegetables	Whipped Potatoes	Cauliflower	Bistro Vegetables	Parsley Carrots	Roasted Asparagus	Seasoned Diced Turnips
Multigrain Dinner Roll	Wax Beans	Multigrain Dinner Roll	Multigrain Dinner Roll	Tartar Sauce	Marble Pudding Cake	Yorkshire Pudding
Margarine	Multigrain Dinner Roll	Margarine	Margarine	Lemon Wedge		Beef Gravy
Lemon Buttermilk Cake	Margarine	Cake Raspberry Mousse	Poultry Gravy	Cinnamon Roll Cake	Beef Taco Casserole	Horseradish
	Nanaimo Bar		Double Fudge Brownie		Tea Biscuit	Coconut Cream Pie
Spiced Chicken Thigh		Pork Roast		BBQ Pork Chops	Mexican Corn	
Marinara Sauce	Glazed Salmon	Hashbrown Casserole	Braised Lamb	Mashed Sweet Potatoes	Margarine	Roasted Vegetable Lasagna
Buttered Penne	Savoury Diced Potatoes	Prince Edward Vegetables	Roasted Red Skin Potatoes	Buttered Brussels Sprouts	Chilled Diced Pears	Paradisio Vegetables
Broccoli Florets	Roasted Root Vegetables	Applesauce Garnish	Green Peas	Multigrain Dinner Roll	2% Milk	Multigrain Dinner Roll
Chilled Diced Peaches	Lemon Wedge	Chilled Apricots	Mint Jelly	Margarine		Margarine
2% Milk	Fruit Cocktail	2% Milk	Applesauce	Chilled Tropical Fruit		Mandarin Oranges
	2% Milk		2% Milk	2% Milk		2% Milk

Note: 125 ml juice, 250 ml milk, 250 ml water, 180 ml hot beverage offered at each meal.

Vision Spring Summer Menu 2025 - Week 2

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Cheddar Cheese Slice	Scrambled Eggs	Cottage Cheese	Poached Egg	Sausage Patty	Peanut Butter	Cheesey Scrambled Eggs
Banana Muffin	Whole Wheat Toast	Rye Toast	Whole Wheat Toast	French Toast	Crumpet	Bacon
Margarine	Margarine	Margarine	Strawberry Jam	Syrup	Honey	Whole Wheat Toast
Cheerios Cereal	Grape Jelly	Raspberry Jam	Margarine	Margarine	Raisin Bran Cereal	Margarine
Peanut Butter	Raisin Bran Cereal	Corn Flakes Cereal	Bran Flakes Cereal	Cheerios Cereal	Asst. Activia Yogurt	Strawberry Jam
Whole Wheat Toast	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Corn Flakes Cereal
2% Milk	White Toast	Whole Wheat Toast	White Toast	White Toast	2% Milk	Peanut Butter
	2% Milk	2% Milk	2% Milk	2% Milk		White Toast
						2% Milk
LUNCH						
Creamy Carrot Dill Soup	Tuscan Bean & Vegetable Soup	Turkey Vegetable Soup	Leek Mushroom & Pasta Soup	Garden Vegetable Soup	Split Pea Soup	Chicken Mulligatawny Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Mushroom & Swiss Quiche	Sweet-N-Sour Pork Bites	Beef Burger on WW Bun	Chicken Pot Pie	Pork Chili	Breaded Chicken Strips	Weiners & Beans
Sugar Snap Peas	Veggie Fried Rice	Lettuce/Tomato/Onion	Parsley Carrots	Corn Muffin	Sweet Potato Fries	Winter Vegetables
Bananas & Pineapple	Asian Vegetables	Dixie Coleslaw	Poultry Gravy	Crushed Pineapple	Tomato Cucumber Salad	Whole Wheat Toast
Beef Salad Sndw on WW	Chilled Sweet Cherries	Fruit Cocktail	Blueberries	Hard Boiled Egg	Plum Sauce	Margarine
Ambrosia Fruit Salad	Sliced Ham	Chicken Salad Sndw on WW	Corned Beef on Rye	Tossed Salad	Mandarin Oranges	Chilled Diced Peaches
Date Square	Sliced Deli Turkey	Pickle Spear	Three Bean Salad	Tea Biscuit	Tuna Salad Sndw on WW	Cheddar Cheese Slice
2% Milk	Macaroni Salad	Ice Cream Novelty	Pound Cake	Choco Raspberry Pudding Cake	Spinach Onion Salad	Strawberries
	Tomato Slices	2% Milk	Whipped Topping	2% Milk	Tapioca Pudding	Pineapple Tidbits
	Buttered WW Bread		2% Milk		2% Milk	Carrot Muffin
	xMini Lemon Tart					Chocolate Ice Cream
	2% Milk					2% Milk
DINNER						
Apple + Cranberry Juice	Peach Juice	V8 Juice	Grape Juice	Pineapple Juice	Tomato Juice	Cranberry Juice
Butter Chicken	Swedish Meatballs	Crunchy Ranch Flavoured Chicken	Creamy Pasta Primavera	Baked Salmon Fillet	Stuffed Cabbage Rolls	Roast Turkey
Fluffy Rice	Mashed Potatoes	Chive Whipped Potatoes	Caesar Salad	Roasted Red Skin Potatoes	Whipped Potatoes	Mashed Potatoes
Cauliflower	Fancy Blend Vegetables	Green Beans	Multigrain Dinner Roll	Wax Beans	Buttered Brussels Sprouts	Whipped Squash
Multigrain Dinner Roll	Whole Wheat Bread	Peach Pie	Margarine	Multigrain Dinner Roll	Multigrain Dinner Roll	Seasoned Bread Stuffing
Margarine	Margarine	Liver & Onions	Cherry Cheesecake	Margarine	Margarine	Poultry Gravy
Frosted Eclair	Chocolate Cake Roll	Diced Hashbrown	Garlic Shrimp	Lemon Wedge	Strawberry Shortcake	Cranberry Sauce
Veal Scallopini	Spinach & Cheese Cannelloni	New England Vegetables	Fluffy Rice	Chocolate Maple Cake	Sweet-n-Sour Meatballs	Lemon Meringue Pie
Cheddar Mashed Potatoes	Garlic Toast	Buttered WW Bread	Steamed Asparagus	Teriyaki Beef & Broccoli	Scalloped Potatoes	Creamy Broccoli & Rice Casserole
Buttered Corn	Sauteed Zucchini	Margarine	VNH Cocktail Sauce	Egg Noodles	Italian Mixed Vegetables	Sunrise Vegetables
Fresh Watermelon	Mixed Berries	Cinnamon Applesauce	Sliced Pears with Caramel Sauce	Asian Vegetables	Bananas & Cream	Multigrain Dinner Roll
2% Milk	2% Milk	2% Milk	2% Milk	Chilled Apricots	2% Milk	Margarine
				2% Milk		Hot Spiced Apples
						2% Milk

Note: 125 ml juice, 250 ml milk, 250 ml water, 180 ml hot beverage offered at each meal.

Vision Spring Summer Menu 2025 - Week 3

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice
Oatmeal	Cream of Wheat	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Hard Boiled Egg	Scrambled Eggs & Ham	Vanilla Yogurt	Havarti Cheese	Poached Egg	Bran Muffin	Scrambled Eggs
Whole Wheat Toast	Rye Toast	White Toast	Banana Loaf	Raisin Toast	Cottage Cheese	Peameal Bacon
Raspberry Jam	Orange Marmalade PC	Strawberry Jam	Margarine	Margarine	Whole Wheat Toast	Whole Wheat Toast
Margarine	Margarine	Margarine	Cheerios Cereal	Strawberry Jam	Grape Jelly	Strawberry Jam
Bran Flakes Cereal	Corn Flakes Cereal	Raisin Bran Cereal	Peanut Butter	Bran Flakes Cereal	Margarine	Margarine
Peanut Butter	Peanut Butter	Peanut Butter	Whole Wheat Toast	Peanut Butter	Corn Flakes Cereal	Raisin Bran Cereal
White Toast	White Toast	Whole Wheat Toast	2% Milk	Whole Wheat Toast	Peanut Butter	Peanut Butter
2% Milk	2% Milk	2% Milk		2% Milk	White Toast	White Toast
					2% Milk	2% Milk
LUNCH						
Cream of Tomato Soup	Country Bean & Vegetable Soup	Roasted Red Pepper Soup	Beef Vegetable & Noodle Soup	Creamy Sweet Potato Soup	Cream of Turkey Soup	Harvest Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Sloppy Joe on WW Bun	B L T on Wheat	Hot Dog on White Bun	Mini Pancakes Bites	Chicken Burger on WW Bun	Spinach and Feta Quiche	Turkey Pot Pie
Buttered Corn	Potato Salad	Salad Pasta Sicilian W Feta	Sausage Links	Creamy Coleslaw	Sunrise Vegetables	Wax Beans
Strawberries	Mayonnaise	Onion Slice	Hot Spiced Apples	Lettuce Leaf	Chilled Apricots	Poultry Gravy
Salmon Salad on WW	Fresh Fruit Salad	Ketchup/Mustard/Relish	Syrup	Sliced Tomato	Ham & Swiss Sndw on Multigrain	Fresh Pineapple
Tossed Ranch Salad	Sliced Turkey on Wheat	Mandarin Oranges	Fresh Watermelon	Mayonnaise	Sweet Potato Puff RTB	Tuna Melt on Bun
Blueberry Pudding Cake	Sweet Pickle	Egg Salad Sndw on Wheat	Chicken Salad Sndw on White	Chilled Tropical Fruit	Banana Pudding	Marinated Vegetables
2% Milk	Chocolate Cake	Carrot Raisin Salad	Cucumber Slices	Bologna Sandwich	2% Milk	Mint Chip Ice Cream
	2% Milk	Ice Cream Strawberry Bulk	Rancher's Choice Dressing	Cheese Puffs Chips		2% Milk
		2% Milk	Vanilla Cake Roll	Baked Custard		
			2% Milk	2% Milk		
DINNER						
Peach Juice	Apple + Cranberry Juice	Orange Juice	Peach Juice	Cranberry Juice	Orange + Cranberry Juice	Grape Juice
Chicken Florentine	Meatloaf	Baked Chicken with Chalet Sauce	Resident's Choice Vision	Multigrain Tilapia	Macaroni & Cheese	Sliced Corned Beef
Fluffy Rice	Garlic Mashed Potatoes	Baked Potato		Mashed Sweet Potatoes	Tomato Slices	Boiled Potatoes
Steamed Asparagus	Green Peas	Creamed Corn	2% Milk	San Francisco Vegetables	Multigrain Dinner Roll	Buttered Cabbage
Multigrain Dinner Roll	Multigrain Dinner Roll	Multigrain Dinner Roll		Vanilla Cake	Margarine	Multigrain Dinner Roll
Margarine	Margarine	Margarine			Blueberry Crisp	Margarine
Lemon Wedge	Beef Gravy	Sour Cream		Beef Stroganoff		Chocolate Cream Pie Slice
Boston Cream Cake	Bread Pudding	Citrus Orange Cake		Buttered Egg Noodles	Fried Chicken	
Breaded Pork Cutlet	VNH Eggplant Parmigiana	Seafood Newburg		Green Peas	Mashed Potatoes	Cheesy Ham & Potato Bake
Roasted New Potatoes	Buttered Spaghetti	Broccoli Florets		Cinnamon Pears	Green Beans	Buttered Brussels Sprouts
Sliced Beets	Caesar Salad	Tea Biscuit		2% Milk	Poultry Gravy	Fruit Cocktail
Mustard Sauce	Garlic Toast	Banana & Chocolate Sauce			Peach Applesauce	2% Milk
Crushed Pineapple	Mango	2% Milk			2% Milk	
2% Milk	2% Milk					

Note: 125 ml juice, 250 ml milk, 250 ml water, 180 ml hot beverage offered at each meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice	Asst. Juice
Cream of Wheat	Oatmeal	Cinnamon Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Hard Boiled Egg	Cheddar Cheese Slice	Peanut Butter	Blueberry Yogurt	Poached Egg	Cottage Cheese	Scrambled Eggs
Raisin Toast	Carrot Muffin	Honey	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Bacon
Grape Jelly	Margarine	Crumpet	Orange Marmalade PC	Raspberry Jam	Margarine	Whole Wheat Toast
Margarine			Margarine	Margarine	Grape Jelly	Strawberry Jam
	Corn Flakes Cereal	Cheerios Cereal				Margarine
Bran Flakes Cereal	Peanut Butter	Asst. Activia Yogurt	Raisin Bran Cereal	Cheerios Cereal	Bran Flakes Cereal	
Peanut Butter	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter	Peanut Butter	Peanut Butter	Corn Flakes Cereal
Whole Wheat Toast	2% Milk	Strawberry Jam	White Toast	White Toast	Whole Wheat Toast	Peanut Butter
2% Milk		2% Milk	2% Milk	2% Milk	2% Milk	White Toast
						2% Milk
LUNCH						
Cream of Mushroom Soup	Vegetable Mulligatawny Soup	Vegetable Florentine Soup	Tomato Basil Soup	Chicken Noodle Soup	Cream of Broccoli Soup	Italian Wedding Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Honey Garlic Pork Drummies	Cheese Omelette	Chicken Breast w/BBQ Sauce	Sausage Links	Fish 'n Chips	Grilled Cheese on Wheat	Perogie Casserole
Bistro Vegetables	Green Beans	Potato Salad	Belgian Waffle	Dixie Coleslaw	Montego Vegetables	Buttered Red Cabbage
Buttered WW Bread	Ketchup	Fruit Cocktail	Strawberry Drizzle	Lemon Wedge	Chilled Diced Pears	Mandarin Oranges
Margarine	Fresh Pineapple		Whipped Topping	Tartar Sauce		
Diced Fresh Melon		Egg Salad Sndw on White	Syrup	Mixed Berries & Topping	Chicken Caesar Salad	Crab Salad on Croissant
	Ham Salad on WW Bun	Sweet Pickle	Mango		Buttermilk Biscuit	Marinated Bean Salad
Salami on Wheat	Tomato Cucumber Salad	Ice Cream Sundae		Pastrami Sndw on Wheat	Orange Gelatin	Donut
Ambrosia Fruit Salad	Chocolate Pudding	2% Milk	Chicken Salad Sndw on WW	Pickled Beets	Whipped Topping	2% Milk
Buttertart Square	2% Milk		Chickpea & Veggie Salad	Lemon Mousse	2% Milk	
2% Milk			Chocolate Cookies	2% Milk		
			2% Milk			
DINNER						
Pineapple Juice	Tomato Juice	Cranberry Juice	Peach Juice	Apple + Cranberry Juice	V8 Juice	Apple Juice
Beef Shepherd's Pie	Meat Lasagna	Honey Roast Pork Chop	Lamb Mushroom Ragout	Bratwurst on Bun	Pork Stir Fry w/Orange Sauce	Baked Ham in Pineapple Juice
Green Peas	California Vegetables	Cheddar Mashed Potatoes	Whipped Potatoes	Fancy Blend Vegetables	Fluffy Rice	Scalloped Potatoes
Multigrain Dinner Roll	Multigrain Dinner Roll	Sunrise Vegetables	Broccoli Florets	Fried Onions	Asian Stir Fry Vegetables	Steamed Baby Carrots
Margarine	Margarine	Multigrain Dinner Roll	Multigrain Dinner Roll	Sauerkraut	Red Velvet Cake	Multigrain Dinner Roll
G-F Beef Gravy	Lemon Buttermilk Cake	Margarine	Margarine	Mustard		Margarine
Tiramisu Cake		Apple Crisp	Salted Caramel Cake	Chocolate Silk Truffle Bar	Swiss Steak & Mushroom Sauce	Banana Cream Pie Slice
	Tempura Chick. Orange Ginger Sc				Baked Potato	
Turkey Dijonnaise		Crunchy Italian Fish	Spaghetti & Meat Sauce	Turkey Patty	Sweet Hickory BBQ Baked Beans	Spinach & Swiss Quiche
Potato Pancakes	Veggie Fried Rice	Roasted Red Skin Potatoes	Caesar Salad	Savoury Diced Potatoes	Multigrain Dinner Roll	San Francisco Vegetables
Sliced Carrots	Asian Vegetables	Steamed Asparagus Spears	Garlic Toast	Buttered Brussels Sprouts	Margarine	Fresh Fruit Salad
Chilled Diced Peaches	Chilled Tropical Fruit	Stewed Rhubarb	Chilled Diced Pears	Multigrain Dinner Roll	Sour Cream	2% Milk
2% Milk	2% Milk	2% Milk	2% Milk	Margarine	Apricot Halves	
				Poultry Gravy	2% Milk	
				Chilled Diced Peaches		
				2% Milk		

Note: 125 ml juice, 250 ml milk, 250 ml water, 180 ml hot beverage offered at each meal.