

NEW Vision Spring Summer Menu 2026 - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Cottage Cheese	Scrambled Eggs	Hard Boiled Egg	Cheddar Cheese Slice	Breakfast Sausage Link	Hard Boiled Egg	Scrambled Eggs
Bran Muffin	Breakfast Ham	Whole Wheat Toast	Whole Wheat Toast	Buttermilk Pancakes	Rye Toast	Bacon
Margarine	Whole Wheat Toast	Orange Marmalade PC	Margarine	Syrup	Margarine	Whole Wheat Toast
Bran Flakes Cereal	Strawberry Jam	Margarine	Grape Jelly	Margarine	Grape Jelly	Strawberry Jam
VNH Danone Yogurt	Margarine	Corn Flakes Cereal	Rice Krispies Cereal	Cheerios Cereal	Corn Flakes Cereal	Margarine
Peanut Butter	Cheerios Cereal	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	Bran Flakes Cereal
White Toast	Peanut Butter	VNH Danone Yogurt	VNH Danone Yogurt	VNH Danone Yogurt	VNH Danone Yogurt	Peanut Butter
	VNH Danone Yogurt	White Toast	White Toast	White Toast	White Toast	VNH Danone Yogurt
	White Toast					White Toast
LUNCH						
Cream of Cauliflower Soup	Three Sisters Soup	Butternut Squash Soup	Minestrone Soup	Cabbage & Potato Soup	Egg Drop Soup	Creamy Tomato Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Captain Burger	Macaroni & Cheese	Hot Dog on White Bun	Pepperoni Pizza	Cheese Ravioli & Sauce	Potato & Cheese Perogies	Pulled Pork on White Bun
Lettuce/Tomato/Onion	Baked Tomato au Gratin	Macaroni Salad	Sunrise Vegetables	Sauteed Zucchini	Buttered Red Cabbage	5-Way Mixed Vegetables
Creamy Coleslaw	Strawberries	Onion Slice	Mandarin Oranges	Garlic Toast	Sour Cream	Mango
Tartar Sauce	Whipped Topping	Ketchup/Mustard/Relish		Bananas & Cream	Shredded Cheddar Cheese	
Pineapple Tidbits		Cantaloupe Chunks	Chicken Cobb Salad		Chilled Diced Peaches	Baked Lemon Salmon
	Beef Roast Sandwich on Wheat		Tea Biscuit	Pastrami Sndw on Wheat		Mediterranean Orzo Salad
Salami on Wheat	Cucumber Slices	Tuna Salad Sndw on WW	Cheesecake	Spinach & Mushroom Salad	Turkey & Swiss on Rye	Butterscotch Ice Cream
Cheese Puffs Chips	Grape Gelatin	Sliced Beets		Mini Assorted Tart	Sweet Pickle	
Chocolate Mousse		Ice Cream Novelty			Vanilla Pudding	
DINNER						
Grape Juice	Pineapple Juice	Tomato Juice	Cranberry Juice	Apple Juice	Peach Juice	Orange Juice
Beef Taco Casserole	Turkey Schnitzel	Garlic Shrimp	Turkey Meatloaf	Lemon Pepper Cod	Chicken Kiev	Roast Beef
Mexican Corn	Poultry Gravy	Fluffy Rice	Scalloped Potatoes	Fluffy Rice	Egg Noodles	Mashed Potatoes
Tea Biscuit	Mashed Potatoes	5-Way Mixed Vegetables	Bistro Vegetables	Parsley Carrots	Roasted Asparagus	Seasoned Diced Turnips
Margarine	Wax Beans	VNH Cocktail Sauce	Assorted Dinner Rolls	Tartar Sauce	Black Forest Cake	Yorkshire Pudding
Lemon & Cream Shortcake	Assorted Dinner Rolls	Cake Raspberry Mousse	Margarine	Lemon Wedge		Beef Gravy
	Margarine		Poultry Gravy	Cinnamon Roll Cake	Salisbury Steak	Horseradish
Spiced Chicken Thigh	Nanaimo Bar	Beef Tips in Red Wine Gravy	Double Fudge Brownie		Mashed Potatoes	Coconut Cream Pie
Marinara Sauce		Mashed Potatoes		BBQ Pork Chops	Italian Mixed Vegetables	
Buttered Penne	Pork Stir Fry w/Orange Sauce	Cauliflower	Braised Lamb	Mashed Sweet Potatoes	Assorted Dinner Rolls	Creamy Broccoli & Rice Casserole
Broccoli Florets	Fluffy Rice	Assorted Dinner Rolls	Roasted Red Skin Potatoes	Buttered Brussels Sprouts	Margarine	Sunrise Vegetables
Chilled Diced Peaches	Asian Stir Fry Vegetables	Margarine	Green Peas	Assorted Dinner Rolls	Beef Gravy	Assorted Dinner Rolls
	Fruit Cocktail	Chilled Apricots	Mint Jelly	Margarine	Chilled Diced Pears	Margarine
			Applesauce	Chilled Tropical Fruit		Mandarin Oranges

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

NEW Vision Spring Summer Menu 2026 - Week 2

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Cheddar Cheese Slice	Scrambled Eggs	Cottage Cheese	Poached Egg	Cheese Omelette	Hard Boiled Egg	Cheesy Scrambled Eggs
Banana Muffin	Whole Wheat Toast	Rye Toast	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Bacon
Margarine	Margarine	Margarine	Margarine	Orange Marmalade PC	Grape Jelly	Whole Wheat Toast
.....	Grape Jelly	Raspberry Jam	Strawberry Jam	Margarine	Margarine
Cheerios Cereal	Rice Krispies Cereal	Strawberry Jam
Peanut Butter	Rice Krispies Cereal	Corn Flakes Cereal	Bran Flakes Cereal	Cheerios Cereal	VNH Danone Yogurt
VNH Danone Yogurt	Peanut Butter	Peanut Butter	Peanut Butter	Peanut Butter	White Toast	Corn Flakes Cereal
White Toast	VNH Danone Yogurt	VNH Danone Yogurt	VNH Danone Yogurt	VNH Danone Yogurt	Peanut Butter
.....	White Toast	White Toast	White Toast	White Toast	VNH Danone Yogurt
.....	White Toast
LUNCH						
Creamy Carrot Dill Soup	Beef Vegetable & Noodle Soup	Turkey Vegetable Soup	Leek Mushroom & Pasta Soup	Broccoli Cheese 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 White Bun	Chicken Pot Pie	Pork Chili	Breaded Chicken Strips	Weiners & Beans
Sugar Snap Peas	Veggie Fried Rice	Lettuce/Tomato/Onion	Peas & Pearl Onions	California Vegetables	Sweet Potato Fries	Winter Vegetables
Bananas & Pineapple	Asian Vegetables	Dixie Coleslaw	Poultry Gravy	Corn Muffin	Tomato Cucumber Salad	Cheese Tea Biscuit
.....	Chilled Sweet Cherries	Fruit Cocktail	Blueberries	Crushed Pineapple	Plum Sauce	Margarine
Beef Salad Sndw on WW	Mandarin Oranges	Chilled Diced Peaches
Ambrosia Fruit Salad	Salmon Salad on White	Chicken Salad Sndw on WW	Sliced Ham	Chicken Breast
Date Square	Triple Bean Salad	Carrot Raisin Salad	Sliced Deli Turkey	Berry Spring Mix Feta Salad	Corned Beef on Rye	Cheddar Cheese Slice
.....	xMini Lemon Tart	Ice Cream Novelty	Macaroni Salad	Tea Biscuit	Spinach Onion Salad	Strawberries
.....	Tomato Slices	Poppy Seed Dressing	Rice Pudding	Pineapple Tidbits
.....	Buttered WW Bread	Choco Raspberry Pudding Cake	Carrot Muffin
.....	Pound Cake	Chocolate Ice Cream
.....	Whipped Topping
DINNER						
Apple + Cranberry Juice	Peach Juice	V8 Juice	Grape Juice	Tomato Juice	Pineapple 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	Potato Pancakes	Steamed Asparagus Spears	Roasted Red Skin Potatoes	Mashed Potatoes	Mashed Potatoes
Cauliflower	Fancy Blend Vegetables	Green Beans	Assorted Dinner Rolls	Wax Beans	Buttered Brussels Sprouts	Whipped Squash
Assorted Dinner Rolls	Whole Wheat Bread	Peach Pie	Margarine	Assorted Dinner Rolls	Assorted Dinner Rolls	Seasoned Bread Stuffing
Margarine	Margarine	Cherry Cheesecake	Margarine	Margarine	Poultry Gravy
Frosted Eclair	Chocolate Cake Roll	Liver & Onions	Lemon Wedge	Strawberry Shortcake	Cranberry Sauce
.....	Mashed Potatoes	Honey Mustard Pork	Iced Banana Cake	Lemon Meringue Pie
Veal Scallopini	Spinach & Cheese Cannelloni	New England Vegetables	Hashbrown Casserole	Rosemary Chicken
Cheddar Mashed Potatoes	Garlic Toast	Buttered WW Bread	Prince Edward Vegetables	Teriyaki Beef & Broccoli	Scalloped Potatoes	Meat Lasagna
Sauteed Zucchini	Caesar Salad	Margarine	Sliced Pears with Caramel Sauce	Egg Noodles	Sliced Carrots	Sunrise Vegetables
Fresh Watermelon	Mixed Berries	Cinnamon Applesauce	Asian Vegetables	Bananas & Cream	Assorted Dinner Rolls
.....	Chilled Apricots	Margarine
.....	Hot Spiced Apples

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

NEW Vision Spring Summer Menu 2026 - Week 3

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal
Poached Egg	Scrambled Eggs & Ham	Hard Boiled Egg	Havarti Cheese	Bacon	Bran Muffin	Scrambled Eggs
Raisin Toast	Rye Toast	White Toast	Banana Loaf	Waffles	Cottage Cheese	Peameal Bacon
Raspberry Jam	Orange Marmalade PC	Strawberry Jam	Margarine	Syrup	Whole Wheat Toast	Whole Wheat Toast
Margarine	Margarine	Margarine Cheerios Cereal	Margarine	Grape Jelly	Strawberry Jam
Bran Flakes Cereal	Corn Flakes Cereal	Rice Krispies Cereal	Peanut Butter	Bran Flakes Cereal	Margarine	Margarine
Peanut Butter	Peanut Butter	Peanut Butter	VNH Danone Yogurt	Peanut Butter	Corn Flakes Cereal	Rice Krispies Cereal
VNH Danone Yogurt	VNH Danone Yogurt	VNH Danone Yogurt	Whole Wheat Toast	VNH Danone Yogurt	Peanut Butter	Peanut Butter
White Toast	White Toast	Whole Wheat Toast		Whole Wheat Toast	VNH Danone Yogurt	VNH Danone Yogurt
					White Toast	White Toast
LUNCH						
New England Clam Chowder	Vegetable Soup	Japanese Beef & Vegetable Soup	Roast Red Pepper Soup	Creamy Sweet Potato Soup	Cream of Turkey Soup	Creamy Tomato 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 White Bun	Spinach and Feta Quiche	Turkey Pot Pie
Buttered Corn	Sweet Potato Puff RTB	Greek Pasta Salad	Sausage Links	Creamy Coleslaw	Garlic Mushrooms	Wax Beans
Strawberries	Mayonnaise	Onion Slice	Hot Spiced Apples	Lettuce Leaf	Chilled Apricots	Poultry Gravy
..... Turkey & Ham Chef Salad Bowl	Fresh Fruit Salad	Ketchup/Mustard/Relish	Syrup	Sliced Tomato Ham & Swiss Sndw on Multigrain Fresh Pineapple
Buttered WW Bread	Fish 'n Chips Mandarin Oranges	Fresh Watermelon	Mayonnaise Sweet Pickle Tuna Melt on Bun
Nanaimo Bar	Dixie Coleslaw	Egg Salad Sndw on Wheat	Chicken Salad Sndw on White Bologna Sandwich Banana Pudding Chickpea & Veggie Salad
	Tartar Sauce	Cucumber Slices	Tomato Slices Cheese Puffs Chips	 Mint Chip Ice Cream
	Lemon Wedge	Ice Cream Strawberry Bulk	Mango Mousse Cake Baked Custard		
	Chocolate Cake					
DINNER						
Peach Juice	Apple + Cranberry Juice	Orange Juice	Peach Juice	Cranberry Juice	Orange + Cranberry Juice	Grape Juice
Breaded Pork Cutlet	Meatloaf	Baked Chicken with Chalet Sauce	Resident's Choice Vision	Multigrain Tilapia	Swiss Steak & Mushroom Sauce	Pork Roast
Mashed Potatoes	Garlic Mashed Potatoes	Mashed Potatoes Resident's Choice Vision	Mashed Sweet Potatoes	Baked Potato	Mashed Potatoes
Sliced Beets	Peas & Carrots	Creamed Corn		San Francisco Vegetables	Sweet Hickory BBQ Baked Beans	Buttered Brussels Sprouts
Beef Gravy	Assorted Dinner Rolls	Assorted Dinner Rolls		Vanilla Cake	Assorted Dinner Rolls	Beef Gravy
Citrus Orange Cake	Margarine	Margarine	 Beef Stroganoff	Margarine Chocolate Cream Pie
..... Chicken Florentine	Beef Gravy	Strawberry Rhubarb Pie	 Buttered Egg Noodles Sour Cream Macaroni & Cheese
Fluffy Rice	Bread Pudding Seafood Newburg	 Green Peas Blueberry Crisp Stewed Tomatoes
Steamed Asparagus	VNH Eggplant Parmigiana Broccoli Florets	 Cinnamon Pears Fried Chicken Assorted Dinner Rolls
Assorted Dinner Rolls	Buttered Spaghetti	Tea Biscuit		 Mashed Potatoes Margarine
Margarine	Caesar Salad	Banana & Chocolate Sauce		 Fancy Blend Vegetables Fruit Cocktail
Lemon Wedge	Garlic Toast			 Poultry Gravy	
Crushed Pineapple	Mango			 Peach Applesauce	

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

NEW Vision Spring Summer Menu 2026 - Week 4

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half	Banana Half
Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat
Hard Boiled Egg	Cheddar Cheese Slice	Cottage Cheese	Hard Boiled Egg	Poached Egg	Cottage Cheese	Scrambled Eggs
Raisin Toast	Blueberry Muffin	Whole Wheat Toast	Whole Wheat Toast	Rye Toast	Lemon Poppyseed Loaf	Bacon
Grape Jelly	Margarine	Strawberry Jam	Orange Marmalade PC	Raspberry Jam	Margarine	Whole Wheat Toast
Margarine	-----	-----	Margarine	Margarine	-----	Strawberry Jam
-----	Corn Flakes Cereal	Cheerios Cereal	-----	-----	Bran Flakes Cereal	Margarine
Bran Flakes Cereal	Peanut Butter	Peanut Butter	Rice Krispies Cereal	Cheerios Cereal	Peanut Butter	-----
Peanut Butter	VNH Danone Yogurt	VNH Danone Yogurt	Peanut Butter	Peanut Butter	VNH Danone Yogurt	Corn Flakes Cereal
VNH Danone Yogurt	Whole Wheat Toast	White Toast	VNH Danone Yogurt	VNH Danone Yogurt	Whole Wheat Toast	Peanut Butter
Whole Wheat Toast	-----	-----	White Toast	Whole Wheat Toast	-----	VNH Danone Yogurt
-----	-----	-----	-----	-----	-----	White Toast

LUNCH						
Cream of Mushroom Soup	Vegetable Mulligatawny Soup	Italian Wedding Soup	Tomato Basil Soup	Chicken Noodle Soup	Cream of Broccoli Soup	Vegetable Florentine Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Honey Garlic Pork Drummies	Western Omelette Sndw WW	Chicken Breast w/BBQ Sauce	Pork Sausage Patty	LS Tuna Noodle Casserole	OpF Hot Roast Beef Sandwich	Cabbage Roll
Bistro Vegetables	Green Beans	Potato Salad	French Toast Sticks	Prince Edward Vegetables	Montego Vegetables	Sauteed Zucchini
Buttered WW Bread	Ketchup	Fruit Cocktail	Hot Spiced Apples	Assorted Dinner Rolls	Chilled Diced Pears	Mandarin Oranges
Margarine	Crushed Pineapple	-----	Syrup	Margarine	-----	-----
Diced Fresh Melon	-----	Egg Salad Sndw on White	Mango	Mixed Berries & Topping	Coconut Shrimp	Chicken Caesar Salad
-----	Sliced Roast Beef	Sweet Pickle	-----	-----	Rice Pilaf	Buttermilk Biscuit
Cheese Pizza	Sliced Salami	Ice Cream Sundae	Chicken Salad Sndw on WW	Sliced Ham Sndw on Rye	Mixed Greens Salad	Donut
Mushroom & Spinach Salad	Ambrosia Fruit Salad	-----	Creamy Cucumber Salad	Pickled Beets	VNH Cocktail Sauce	-----
Buttertart Square	Cucumber Slices	-----	Chocolate Cookies	Lemon Mousse	Orange Gelatin	-----
-----	Assorted Dinner Rolls	-----	-----	-----	Whipped Topping	-----
-----	Margarine	-----	-----	-----	-----	-----
-----	Chocolate Pudding	-----	-----	-----	-----	-----

DINNER						
Tomato Juice	Pineapple Juice	Cranberry Juice	Peach Juice	Apple + Cranberry Juice	V8 Juice	Apple Juice
Glazed Salmon	Spaghetti & Meat Sauce	Honey Roast Pork Chop	Lamb Mushroom Ragout	Beef Cheese burger	Turkey a la King	Baked Ham in Pineapple Juice
Diced Savory Potatoes	Caesar Salad	Scalloped Potatoes	Mashed Potatoes	Macaroni Salad	Egg Noodles	Scalloped Potatoes
Roasted Root Vegetables	Garlic Bread	Sunrise Vegetables	Broccoli Florets	Lettuce/Tomato/Onion	Sliced Carrots	Seasoned Diced Turnips
Lemon Wedge	Lemon Pudding Cake	Assorted Dinner Rolls	Salted Caramel Cake	Ketchup/Mustard/Relish	Red Velvet Cake	Assorted Dinner Rolls
Tiramisu Cake	-----	Margarine	-----	Cinnamon Coffeecake	-----	Margarine
-----	Tempura Chick. Orange Ginger Sc	Apple Crisp	Roasted Vegetable Lasagna	-----	Broccoli Cheese Frittata	Banana Cream Pie Slice
Beef Shepherd's Pie	Veggie Fried Rice	-----	Paradisio Vegetables	Crunchy Italian Fish	Green Peas	-----
Green Peas	Asian Vegetables	Roast Turkey Breast	Assorted Dinner Rolls	Roasted Red Skin Potatoes	Assorted Dinner Rolls	Turkey Meatballs
Assorted Dinner Rolls	Chilled Tropical Fruit	Mashed Potatoes	Margarine	Steamed Asparagus Spears	Margarine	Mashed Potatoes
Margarine	-----	Buttered Brussels Sprouts	Chilled Diced Pears	Assorted Dinner Rolls	Apricot Halves	San Francisco Vegetables
G-F Beef Gravy	-----	Poultry Gravy	-----	Margarine	-----	Poultry Gravy
Chilled Diced Peaches	-----	Stewed Rhubarb	-----	Lemon Wedge	-----	Fresh Fruit Salad
-----	-----	-----	-----	Chilled Diced Peaches	-----	-----

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