

W.M.S.C.I. WEEKLY MENU Reservations for W.M.S.C.I. Residents are not necessary. Reservations for our W.M.S.C.I. Residents with guest(s), Lindenwood Estates guest(s), Lindenwood Villa guest(s), and outside guest(s), we need at least one day's notice. RESERVATIONS MAY BE MADE THROUGH THE DINING ROOM STAFF. Tables of five (5) or more can only be accommodated after 12:00 pm for lunch and 6:00 pm for supper. Thank you.

Guests Charges: Lunch \$6.00 + GST & Supper \$9.00 + GST (131905762 RT0001)

Monday to Friday (excluding Holidays) from 9:30 a.m. to 10:45 a.m. -- Your choice of: <u>Toast, Cereal, Fruit Salad, & / or Beverage</u> Guests: \$3.00 + GST							
A ONE WEEK SAMPLE MENU OF W.M.S.C.I							
SANDWICH OPTIONS: Peanut Butter & Jam, Grilled Cheese & Tomato, or Veggie				DESSERT OPTIONS: 'Light' Tropical Fruit (Canned) & Applesauce			
MENU OPTIONS: Mix n' Match from the two features (some restrictions may apply), <u>Toast, Cottage Cheese, or Tossed Salad</u>							
<i>Lunch served 11 a.m. – 1 p.m.</i>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sandwich Plates → include Soup & Snack	Squash Soup	Sausage Bean Soup	Cream of Cauliflower Soup	3 Bacon {or 2 Sausage} & 2 Eggs {most styles} served with Hash Browns, Fruit, & your choice of Toast	Cabbage Borscht	Cream of Tomato Soup	Soup of the Day
	Tuna Salad with Lettuce and Mayo OR Pastrami, Cheddar, Lettuce, Tomato, and Mayo OR Grilled Pizza Sandwich {Pepperoni, Mozza, Tomato Sauce} All Sandwiches on Multi-Grain, Rye, or Whole Wheat Bread				Turkey Salad Sandwich with Lettuce and Mayo OR Sm. Salmon, Cr. Ch, Capers, R. Onion, & Lemon on <u>½ Bagel</u> OR Grilled Egg and Cheddar Sandwich All Sandwiches on Multi-Grain, Rye, or Whole Wheat Bread		
Includes Snack → Mix n Matching is NOT available for Meal Deliveries	Bread n' Butter Pickle	Olives	Sweet Pickle Mix	House Salad topped with, Mandarin Oranges, Cashews, Tomato, and Cuke. Served with your choice of Toast	Pickled Beets	Dill Pickle	Black Olives
	3 Pancakes with Strawberry Sauce, 2 Beef Sausages, and Pineapple Salad	Onion Pie with Natural Oat Salad and Spinach Salad	Chicken Burger {w/Lettuce, Tomato, Mayo}, Yam Fries, and Vegetable Sticks {w/Ranch Dip}		Cinnamon Bun with 2 Ham Rolls, Egg Salad Stuffed Tomato, and Yogurt	Broccoli Egg Casserole with 3 Mini Hash Patties, Fruit Slices, and your choice of Toast	Chili {topped with Green Onions and Shredded Cheddar} Caesar Salad, and a Cheese Biscuits
SNACK 2:00 – 3:45	Boiled Egg	Lemon Buttermilk Cake	Oatmeal Raisin Cookie	Fruit Tray	Trail Mix	Strawberry Popper	Mocha Muffin
Supper Served 4:30 – 6:30 Mix n Matching & Roll are NOT available for Meal Deliveries	Served with: Gravy, Yorkshire Pudding, Yukon Gold Mashed Potatoes, Steamed Vegetables	Roast Beef	Pork Medallions with Grandmère Sauce, Roasted Potatoes, Brussels Sprouts, and Corn Niblets	Stuffed Chicken Breast Served with: Hollandaise Sauce, Baked Potato, Sour Cream, Honey Buttered Carrots, Broccoli	Liver and Onions with Gravy, Roasted Garlic Mashed Potatoes, Creamy Cauliflower, and Asparagus	Country Ham Pie with Potatoes Wedges, Baby Carrots, and Green Bean Casserole	¼ Chicken with Mushroom Sauce, Boiled Potatoes, Herbed Tomato, and Wilted Spinach
		3 Crab Cakes with Tartar Sauce, White Rice, and PEI Mix	Shepard's Pie with Gravy, Brussels Sprouts, and Corn Niblets		Teriyaki Chicken Balls with Roasted Garlic Mashed Potatoes, Creamy Cauliflower, and Asparagus	Battered Cod with a Lemon Wedge, French Fries, baby Carrots, and Green Bean Casserole	Roast Pork Loin with Pork Gravy, Creamy Rice Pilaf, Herbed Tomato, and Wilted Spinach
DINNER ROLL & DESSERT Included w / Supper	Want more veggies? Green Beans available upon request!			Want more veggies? Diced Turnips available upon request!			
	White Chocolate Truffle Torte	Apple Strudel w/Ice Cream Cup	Parfait	Classis Cheesecake w/Blueberry Sauce	Rice & Raisin Pudding	Pears & Peaches	Oatmeal Cake w/Toffee Sauce

Please note: Menu items are subject to change without notice. Check the Dining Room TV Menu Board for daily updated menu (if applicable).

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