

# Rosedale Monthly Menu July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1-Jul	2	3
Cream of Cauliflower Waldorf Salad ☉ Turkey Breast Roast, Gravy (GF), & Cranberry Sauce Cold Cuts, Croissant, Fruit & Cottage Cheese Yams or Garden Mixed Veg. Mashed Potato Tapioca Pudding ♥ Fruit	Belgian Cabbage Soup Cucumber Salad Country Sausage w/ Sautéed Onions Shepherds Pie (GF) Peas & Carrots Pan Fried Potato Lemon Meringue Pie or ♥ Fruit	Wonton Soup Oriental Noodle Salad Fried Chicken Chinese Pepper Steak (GF) Bokchoy & Baby Corn Mashed Potato or Rice Yogurt & Berries ♥ Fruit	Cream of Tomato Soup Coleslaw Grilled Tilapia & Tartar Sauce (GF) Mushroom Quiche Garden Mixed Veg. Rice Pilaf or Mashed Potato Butter Tart Sheetcake or ♥ Fruit	Yellow Split Pea Soup Mango Power Salad Baked Chicken Breast & Mushroom Sauce ☉ Beef Pot Roast Turnips or Green Beans Mashed Potato ♥ Baked Apple Slices or ♥ Fruit	French Onion Soup Caesar Salad ☉ Dill Salmon(GF) & Hollandaise Sauce ☉ Pork Drummies (GF) Broccoli or Peas Mashed Potato or Rice Strawberry Mousse or ♥ Fruit	Beef Rice Soup Mandarin Barley Salad Beef Stroganoff (GF) Chicken Breast Salad & Croissant Fancy Mixed Veg. or Sliced Beets Buttered Noodles or Mashed Potato Tiramisu or ♥ Fruit
4	5	6	7	8	9	10
Cream of Carrot Soup Tomato & Cucumber Salad Pork Roast, Apple Sauce & Gravy (GF) ♣☉ Cheese & Fruit Platter, Potato Salad & a Bun Braised Red Cabbage or Peas Mashed Potato Sticky Toffee Pudding or ♥ Fruit	Beef Gumbo Harvest Salad Turkey Schnitzel & Gravy ♣Vegetarian Chili Broccoli or Carrots Mashed Potato Macadamia Nut Cookie or ♥ Fruit	Chicken Vegetable Soup Broccoli Salad Ginger Beef & Springroll Chicken Stir-Fry Stir-Fry Veg. Mashed Potato or Fried Rice Pineapple YumYum or ♥ Fruit	Hamburger Soup Garden Salad Ham Steak & Pineapple Ring ♣ Seafood Salad Plate & Croissant Garden Mixed Veg. or Creamed Corn Scalloped Potato Choc.Chip Mint Ice Cream or ♥ Fruit	Lentil Soup Tossed Salad Salisbury Steak & Onion Rings ♣ Spinach & Cheese Quiche Brussels Sprouts or Fancy Mixed Veg. Mashed Potato or Onion Rings Strawberry Shortcake or ♥ Fruit	Beef Barley Soup Melon Salad ☉ Maple Haida Salmon & Lemon Wedge (GF) Meatballs & Mushroom Sauce Broccoli or Sauteed Zucchini Mashed Potato or Rice Lemon Bar or ♥ Fruit	Cream of Tomato Greek Salad ☉ Apple Orchard Pork Chop (GF) & Gravy Wieners & Beans w/ Biscuit Cauliflower or Green Beans Steamed Red Potato Carrot Cake or ♥ Fruit
11	12	13	14	15	16	17
Beef Noodle Soup Tossed Salad Chicken Cordon Bleu & Mushroom Sauce Fruit Platter & Croissant Whipped Squash or Fancy Mixed Mashed Potato English Trifle or ♥ Fruit	Chicken Vegetable Soup Caesar Salad Grilled Pork Chop & Gravy (GF) Beef Taco Garden Mixed Veg. Steamed Potatoes with Dill Butterscotch Pudding or ♥ Fruit	Minestrone Soup Tomato & Cucumber Salad Veal Cutlet Chicken Bacon Melt Brussels Sprouts or Carrots Mashed Potato Strawberry Mousse or ♥ Fruit	Cream of Mushroom Carrot & Raisin Salad Crunchy Perch, Tartar Sauce & Lemon Spaghetti Bolognese Cauliflower or Corn Sweet Potato Fries or Spaghetti ♥ Oatmeal Raisin Cookie or ♥ Fruit	Vegetable Gumbo Soup Spinach & Strawberry Salad Hamburger w/ Cheese Chicken Pot Pie Turnips or Fancy Mixed Veg. Mashed Potato Triple Berry Crisp or ♥ Fruit	Seafood Chowder Mimosas Salad Bratwurst & Sauerkraut Fish & Chips with Tartar Sauce Peas or Carrots Mashed Potato or Fries Lemon Tart or ♥ Fruit	Navy Bean Soup Mushroom Salad Sweet & Sour Button Bones (GF) ♣ Vegetarian Lasagna & Garlic Toast Garden Mixed Veg. Mashed Potato Boston Cream Pie or ♥ Fruit
18	19	20	21	22	23	24
Barley Mushroom Soup Spinach & Feta Salad ☉ Roast Beef Dinner (GF), Yorkshire Pudding & Gravy ☉ Pasta Greek Salad Turnips or Green Beans Mashed Potato Strawberry Ice Cream or ♥ Fruit	Italian Vegetable Soup Tomato & Cucumber Swedish Meatballs (GF) ♣ Vegetarian Burger Sliced Beets or Fancy Mixed Veg. Buttered Noodles or Mashed Potato ♥ Peach Mango Mousse or ♥ Fruit	Cream of Broccoli & Cauliflower Mixed Greens Liver & Onions with Bacon & Gravy (GF) Chicken Primavera & Garlic Toast Corn or Zucchini Mashed Potato Chocolate Cake or ♥ Fruit	Tomato Veg. Soup Cabbage Mango Slaw ☉ Grilled Tilapia Fish & Tartar Sauce (GF) Beef & Mushroom Casserole (GF) Peas or Carrots Steamed Potatoes w/ Dill Strawberry Parfait or ♥ Fruit	Corn Chowder Greek Salad Chicken Karaage Rice Bowl Sweet & Sour Meatballs Stir-Fry Mashed Potato or Rice ♥ Fruit & Cookies	Chicken Veg. Soup Tossed Salad Perogies & Meat Cabbage Rolls Seafood Curry Oriental Mixed Veg. Mashed Potato or Rice Apple Pie & Ice Cream or ♥ Fruit	German Pea Soup Multi Bean Salad Pork Medallion & Mushroom Sauce ☉ BBQ Chicken Drumsticks (GF) Corn or Cauliflower Baked or Mashed Potato Rice Pudding or ♥ Fruit
25	26	27	28	29	30	31
Garden Vegetable Soup Spinach Salad & Fruit Dressing Ham Dinner & Pineapple Glaze ☉ Chef's Salad (GF) PEI Mixed Veg. or Cream Corn Mashed Potato Carrot Cake or ♥ Fruit	Cream of Asparagus Pear & Carrot Salad Beef Stroganoff (GF) Butter Chicken (GF) Broccoli or Sliced Beets Noodles or Rice Brownies or ♥ Fruit	Beef Vegetable Coleslaw Louisiana Ribs ♣ Mushroom & Cheese Omelet Corn Baked Potato or Hashbrowns Macadamia Nut Cookie or ♥ Fruit	Chicken Vegetable Creamy Dill Tomato Salad Beef Stir-Fry Chicken Wings, Veggies & Dip Stir-fry Veg. Mashed Potato or Fries Lemon Pie or ♥ Fruit	Boston Clam Chowder Caesar Salad Honey Garlic Porkchop (GF) Macaroni & Cheese California Mixed Veg. Mashed Potato or Rice Butter Scotch Pudding or ♥ Fruit	Wonton Soup Chinese Noodle Salad Garlic Shrimp Pineapple Chicken Balls Veg. Stir-Fry Rice or Mashed Potato Jell-O Parfait or ♥ Fruit	Broccoli Cheese Soup Tossed Salad Chicken Broccoli Stuffer Beef Wellington w/ Gravy Turnips or Garden Mix Veg. Mashed Potato Pineapple Pudding or Fruit

A La Carte Menu Available

LEGEND: GREEN=MIXED, PORK/BEEF/TURKEY/COLDCUTS \*\*\*\*LAMB=GRAY  
 ORANGE=BEEF \*\*\*\* BLUE=SEAFOOD \*\*\*\* PINK=PORK  
 YELLOW=CHICKEN \*\*\*\* DARK YELLOW=TURKEY \*\*\*\* VIOLET=BUFFALO