

Rosedale Monthly Menu January 2023

12:11 PM
12/9/2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Jan	2	3	4	5	6	7
Beef Barley Soup Broccoli Salad	Corn Chowder Harvest Salad	Wonton Soup Chinese Noodle Salad	Vegetable Soup Tossed Salad	Manhattan Clam Chowder Coleslaw	Cream of Cauliflower Tomato & Cucumber Slices	Italian Tomato & Rice Soup Carrot Raisin
Ham Dinner & Pineapple Glaze (GF)	Kubassa, Cabbage Roll & Perogies	Country Style Beef Stew (GF)	Chicken Stir-Fry (GF)	Oriental Pork Casserole (GF)	☉ Grilled Tilapia & Tartar Sauce (GF)	Beef Stir-Fry (GF)
☉ Seafood Salad(GF) & a Croissant Garnished w/ Fresh Fruit	☉ Greek Chicken Salad (GF)	♣ Vegetarian Lasagna & Garlic Toast	☉ Baked Salmon & Bechamel Sauce (GF)	Beef Taco Salad	Chicken Pesto Pasta	Hot Turkey Open Faced Sandwich & Gravy
Creamed Corn or Green Beans Mashed Potato Cherries Jubilee or ♥ Fruit	PEI Mixed Veg. Scalloped Potato or Mashed Potato Coconut Cream Pudding or ♥ Fruit	Veg. Stir-Fry Rice or Mashed Potato Custard Tart & Fortune Cookie or ♥ Fruit	Stir-Fry Veg. Rice or Steamed Potato w/ Dill Strawberry Mousse or ♥ Fruit	Corn or Peas Oven Roasted or Mashed Potato Baked Apple Slices or ♥ Fruit	Italian Mixed Veg. Rice or Pasta Sticky Toffee Pudding or ♥ Fruit	Veg.Stir-fry or Carrots Mashed Potato or Rice Chocolate Sundae or ♥ Fruit
8	9	10	11	12	13	14
Chicken Veg.Soup Chantilly	Boston Clam Chowder Broccoli Salad	Lentil Soup Spinach & Feta Salad	Chicken Rice Soup Coleslaw	Cream of Asparagus Caesar Salad	Tomato Macaroni Soup Mushroom Salad	German Pea Soup Beet Salad
☉ Veal Roast & Gravy (GF)	Pork Button Bones (GF)	Honey Garlic Pork Chop (GF)	Liver & Onions with Bacon & Gravy (GF)	Louisiana BBQ Ribs (GF)	☉ Baked Blue Cod Fillet (GF) & Tartar Sauce	Pork Tenderloin Cutlet, Apple Sauce & Gravy
Chicken Salad & Honey Mustard Dressing (GF)	Beef Wellington	Chicken Chow Mein	Grilled Haddock (GF)	♣ Spinach & Cheese Quiche	Butter Chicken	Chilli Con Carne (GF) & Biscuit
Brussels Sprouts or Carrots Mashed or Baked Potato Oatmeal Raisin Cookie or ♥ Fruit	Peas or Creamed Corn Mashed Potato Strawberry Parfait or or ♥ Fruit	Fancy Mixed Veg. Mashed Potato or Rice Peach Cobbler or ♥ Fruit	California Mixed Veg. Mashed Potato or Rice Maple Walnut Ice Cream or ♥ Fruit	Corn or Sauteed Zucchini Mashed Potato Pineapple Yumyum Cake or ♥ Fruit	Peas or Carrots Mashed Potato or Rice Rice Pudding or or ♥ Fruit	Cauliflower or Broiled Tomato Steamed Red Potatoes w/ Dill Blueberry Pie or ♥ Fruit
15	16	17	18	19	20	21
Beef Gumbo Soup Garden Salad	Beef Vegetable Soup Coleslaw	Pea Soup Diplomat Salad	Chicken Vegetable Soup Spinach Salad & Strawb. Vinaigrette	Cream of Leek Soup Veggies & Dip	Turkey Noodle Soup Mushroom Salad	Beef & Mushroom Soup Tossed Salad
☉ Pork Roast & Gravy (GF)	Chicken a la King (GF)	Pork U Pine Meatballs (GF)	Fish & Chips	Steak & Mushroom Pie	☉ Tuna Salad (GF) & a Bun	Stuffed Green Pepper (GF)
Turkey Burger	Beer Battered Cod Fish & Chips	♣☉ Mushroom & Cheese Omelet	Beef Stroganoff (GF) & Biscuit	Chicken Wings, Veggies & Dip	Veal Blanquette (GF)	Pineapple Chicken Balls
Mixed Veg or Baked Beans Baked Potato or Potato Taters Butterscotch Pudding or ♥ Fruit	Peas or Corn Mashed Potato or French Fries Strawberry Cheesecake or ♥ Fruit	Garden Mixed Veg. Mashed Potato or Rice Jell-O & Fruit	Carrots or Sliced Beets Mashed Potato or Fries Choc.Chip Mint Ice Cream ♥ Fruit	Garden Mixed Veg. Mashed Potato or Potato Pancakes Macadamia Nut Cookie or or ♥ Fruit	Broccoli or Sauteed Zucchini Mashed Potato or Rice Banana Cake or ♥ Fruit	Stir-fry Veg. Rice or Mashed Potato Cherry Pie or ♥ Fruit
22	23	24	25	26	27	28
Sweet Potato Soup Banana Nut Salad	Navy Bean Soup Basil & Feta Corn Salad	Cream of Tomato California Salad	Beef Vegetable Soup Veggies & Dip	Italian Tomato & Rice Soup Greek Salad	Chicken Vegetable Tossed Salad	Onion Soup Melon Salad
Roast Beef Dinner ☉ (GF), Yorkshire Pudding & Gravy	Chicken Parmigiana (GF)	Ginger Beef & Springroll	☉ Roasted Chicken Leg (GF)	Teriyaki Porkchop (GF)	☉ Grilled Cod (GF)	Tourtiere & Gravy
☉ Chef Salad	Meatballs & Mushroom Sauce (GF)	☉ Chicken Curry (GF)	☉ Seafood Salad (GF) & a Bun	♣ ☉ Spinach & Cheese Quiche & a Fruit Cup	Hamburger w/ Cheese	☉ Baked Chicken (GF)
Mashed Turnips & Green Beans Mashed Potato Yogurt & Berries ♥ Fruit	Carrots or Zucchini Mashed Potato or Pasta Tiramisu or ♥ Fruit	Bok Choy & Broccoli Mashed Potato or Rice Apple Pie or ♥ Fruit	Cauliflower or Peas Mashed Potato or Baked Potato Pineapple Yumyum or ♥ Fruit	Garden Mixed Veg. Mashed Potato or Rice Fruit & Cookies	Broccoli or Fancy Mixed Veg. Steamed Potato w/ Dill or Rice Strawberry Sundae or ♥ Fruit	Corn or Peas Roasted Potatoes or Mashed Potato Boston Cream Pie ♥ or Fruit
29	30	31	1-Feb	2	3	4
Beef Barley Soup Creamy Cucumber Salad	Butternut Squash Soup Coleslaw	Minestrone Soup Mimosa Salad	Chicken Rice Soup Carrot & Raisin Salad	Yellow Pea Soup Creamy Dill Tomato Salad	Beef Vegetable Soup Cobb Salad	Belgian Cabbage Soup Caesar Salad
Lamb Roast & Mint Jelly	Chicken Cordon Bleu & Mushroom Sauce	Shepherds Pie (GF)	☉ Tilapia Fish Fillet & Tartar Sauce (GF)	Liver & Onions with Bacon & Gravy (GF)	☉ Baked Salmon & Lemon Sauce (GF)	Teriyaki Chicken Drumsticks (GF)
☉ Seafood Salad(GF) & Focaccia Bread	♣☉ Vegetarian Quiche	Pancake & Sausage	Beef Tortellini w/ Garlic Toast & Tomato Sauce	Chicken Catalina (GF)	♣Mushroom Cheese Omelet (GF)	Lasagna & Garlic Toast
Parsnips or Green Beans Oven Roasted Potato Pumpkin Pie or ♥ or Fruit	Corn or Sauteed Zucchini Mashed Potato Coconut Cream Pudding or ♥ Fruit	Fancy Mixed Veg. Mashed Potato Custard Tart & Fruit	Broiled Tomato or Broccoli Potato Wedges Chocolate Cake or ♥ Fruit	California Mix or Peas Mashed Potato Peach Mango Mousse or ♥ Fruit	Garden Mixed Veg. Mashed Potato or Rice Spice Rum Cake or ♥ Fruit	Corn or Sautéed Zucchini Mashed Potato or Sweet Potato Fries Cookies & Cream Ice Cream 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