



EVERGREEN

A BAPTIST HOUSING COMMUNITY

The Heights & Manor

Spring & Summer - 2022

WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch 1	Maple Glazed Ham	Homemade Traditional Shepherd Pie	Mediterranean Baked Salmon	Thyme & Garlic Marinated Pork Chops	Classic Butter Chicken With Naan Bread	Stir Fried Beef with Oyster Sauce	Baked Basa Fish with Lemon Butter Sauce
Lunch 2	Beef Stew	Maple Glazed Ham	Homemade Traditional Shepherd Pie	Beef Goulash	Thyme & Garlic Marinated Pork Chops	Classic Butter Chicken With Naan Bread	Stir Fried Beef with Oyster Sauce
Sides	Scallop Potatoes with Asparagus and Beets	Seasonal Mix Veg	Quinoa Salad, Macedonia Vegetable	Mash Potato and Seasoned California Mix Veg	Basmati Rice and Buttered Vegetable Mix	Hakka Noodles, Oriental Vegetables	Steamed Potato, Carrots and Spinach
Dessert	Lemon Meringue	Strawberry Short Cake	Watermelon	Chocolate Truffle Cake	Assorted Cakes	Homemade Rice Pudding	Jelly
Teatime							
Soup	Cauliflower Red Pepper Soup	Turkey Vegetable	Canadian Split Pea Soup	Mediterranean Lentil Soup	Beef Barley Soup	Spring Vegetable Soup	Broccoli & Cheddar Soup
Entrée	Broccoli & Cheese Quiche	Grilled Shrimp Tortilla Wrap with Guacamole, Sour Cream and Salsa	Chicken Kebab With Pita Bread	Penne Pasta with Creamy Seafood Alfredo Sauce	Egg Fritata with Spinach and Ricotta	Bangers with Onion Sauce	Chicken Strips with Fries & Plum sauce
Alternate	Homemade chicken Salad Sandwich	Cottage Cheese Fruit Plate with Muffin	Grilled Cheese sandwich	Caesar Salad with Grilled Chicken	Flavoured Yoghurt With Fresh Fruit with Muffin	Turkey Sandwich with Lettuce and Tomato	Creamy Egg Salad Sandwich
Salad	Grainy Dijon Mustard Potato Salad	Iceberg lettuce salad with creamy cucumber dressing	Greek Salad, Tzatziki, Hummus	Garlic Bread	Breakfast Sausages	Mashed Potatoes	House Salad
Dessert	Jello with fruits	Nainamo Bar	Tiramisu	Caramel Ice Cream	Apple Crumble	Sliced Peaches with Cream	Cream Puff with chocolate sauce



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WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch 1	Certified Angus Beef with Yorkshire Pudding	Sweet & Sour Pork	Beef Burgers with Lettuce, Tomatoes, Onion & Cheese	Homemade Chicken Parmigiana	Maple & Mustard Rubbed Pork Roast	Ling Cod With Tomato Butter Sauce	Chicken Divan With Broccoli and cheese
Lunch 2	Lamb Gyro Sliced	Certified Angus Beef with Yorkshire Pudding	Sweet & Sour Pork	Beef Burgers with Lettuce, Tomatoes, Onion & Cheese	Homemade Chicken Parmigiana	Maple & Mustard Rubbed Pork Roast	Beef Cannalloni
Sides	Mashed Potato, Brussels Sprouts & Beets	Chowmein Noodles with Asian Vegetables	Southern Style Wedge Fries	Tri Color Rotini with Italian Vegetables ,Cream Sauce	Herb Rice & Macedonia Vegetables	Roasted Potatoes, Beans and Carrots	Mash Potatoes and Mixed Steamed Vegetables
Dessert	Banana Bread	Assorted Yogurt	Vanilla Pudding With Cookie	Lemon Loaf	Ice Cream Sandwich	Fresh Fruit Cocktail	Apple Pie
Teatime							
Soup	Minestrone Soup	Red Lentil Mexican Soup	Potato & Leek Soup	Chicken & Rice Soup	Cream of Mushroom	Greek Tomato	Bean and Smokey Bacon
Entrée	Mushroom Ravioli With vegetables	Oven Baked Parmesan Crusted Mac & Cheese	Potato & Cheese Perogies with Caramelised onion, Bacon & Sour Cream	Ruben Sandwich , Saurkraut, Rye Bread	Opened faced Tuna Melt on Focaccia Bread	Homemade Chicken Pot Pies	Chef's Salad
Alternate	Pork Shank & Slaw	Chicken Salad Sandwich	Grilled Cheese sandwich	Cod Nuggets	Cottage Cheese Fruit Plate	Bacon & Tomato Salad Grilled Sandwich	Crossaint Sandwich with Butter Lettuce & Eggs
Salad	Garlic Bread	Tossed Salad & Garlic Bread	Creamy Cucumber & Red Onion Salad	Fries & Mixed Green Salad	Barley Spinach Salad, Field Berry Dressing	Tossed Vegetable Salad	Bread Roll
Dessert	Pears with Caramel sauce	Caramel Praline Ice Cream with Chocolate chips	Chocolate Eclaires	Berry Crisp	Peaches with Whipped Cream	Crème Brulee	Panacotta



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WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch 1	Slow Roast BBQ Baby Pork Ribs	Blackened sole fish with Salmorigilo sauce	Beef Stroganaff	Thyme & Garlic Marinated Chicken Breast with Gravy	Atlantic Salmon with Saffron Cream Sauce	Coconut Mango Pork Curry	Turkey Shnitzel with Gravy
Lunch 2	Chicken Divan With Broccoli and cheese	Pork Cutlet	Vegetarian Chilli Corn Muffin	Beef Stroganaff	Thyme & Garlic Marinated Chicken Breast with Gravy	Beef lasagna/Garlic Bread	Coconut Mango Pork Curry
Sides	Whipped Potatoes and Beets & Broccoli	Steamed Rice, Carrots and Beans	Fussili Pasta & Italian Vegetables	Whipped Potato, Steamed Broccoli & Honey Glazed Carrots	Crushed Potato ,Peppers Cauliflower, SnapPeas	Jasmine Rice Mixed Vegetables	Garlic Mash Potatoes and California Mix Vegetables
Dessert	German Chocolate cake	Peach In Pear Juice	Butter Tart	Baked Cherry Strudel	Cream puff with chocolate Sauce	Strawberry Pudding Parfait	Carrot Cake
Teatime							
Soup	Cauliflower Red Pepper Soup	Turkey Vegetable	Broccoli & Cheddar Soup	Chunky Tomato soup with Orzo Pasta	Spring Vegetable Soup	Chicken Noodle	Hearty Beef Barley
Entrée	fried Rice with Popcorn Chicken	Oven Baked Mac & Cheese	Chicken Strips with plum sauce & Waffle Fries	Pulled Pork Sliders	Spaghetti Meat Balls with Basil Tomato Sauce	Montreal Smoked Corned Beef Sandwich with Havarti Cheese	Grilled Beef & Cheese Quessadilla
Alternate	Cottage cheese Fruit Plate with Muffin	Deli Turkey Sandwich With Cranberry Mayo	Spinach And Olive Frittata	Caesar Salad with Chicken	Eggs Salad Sandwich	Fish Taco,Slaw,Mayonnaise	Deli Meat Sandwich
Salad	Tossed Green Salad	Kale Salad	Chopped Lettuce with Ranch Dressing and chopped bacon	Yams Wedges & Coleslaw	Garlic Bread	Oven Baked Fries	Ranch Potato Salad
Dessert	Ambrosia Salad	Vanilla Pudding	Homemade Bi-Color Jello	Ice Cream - Mint Chip	Tangerine Mousse	Strawberry Pudding Parfait	Lemon Curd Tarts with Fruit



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WEEK 4	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch 1	Certified Angus Roast Beef	Chicken Butter Masala	Lamb Stew	Baked Tilapia With Spinach	Sweet and Sour Pork with Pineapple and Peppers	Oven Baked Beef Lasagna with Garlic Bread	Cod Piccata
Lunch 2	Turkey Shnitzel with Gravy	Certified Angus Roast Beef	Chicken Butter Masala	Lamb stew	Veal Cutlet	Sweet and Sour Pork with Pineapple and Peppers	Oven Baked Beef Lasagna with Garlic Bread
Sides	Mashed Potatoes Asparagus and Carrots	Rice Pulao, Naan Bread & Vegetables	Mashed Yam, Steamed Broccoli & Carrot	Mashed Potato and Beans & Butternut Squash	Chowmein Noodles and Asian Cut Vegetables	Steamed Broccoli & Red Peppers	Roast Potato & Vegetable Medley
Dessert	Apple Pie With Whipped Cream	Sticky Toffee Pudding	Cheesecake With Raspberry Coulis	Fresh Fruit	Tripleberry Bars	Assorted Yogurt	Vanilla Ice Cream Chocolate Sauce
Teatime							
Soup	Potato Leek Soup	Vegetable Beef and Orzo Soup	Chicken Vegetable Soup	Roasted Pumpkin Soup	Cream of Mushroom	Herb Tomato Chowder	Mediterranean Lentil
Entrée	Honey Garlic Chicken wings	Scrambled Eggs with Bacon	Meat Lover Pizza	Baked Chicken Sausages Pasta With Rose Sauce	Homemade Fish Cake with Citrus Mayonaisse	Grilled Chicken Burger with Crispy Bacon & Guacamole	Perogies with Sausages, Sour Cream and Caramalised Onion
Alternate	Egg Salad Sandwich	Ham & Cheese Sandwich	Cottage Cheese Fruit Plate with Muffin	Caesar Salad with Chicken	Deli Meat Cold Plate	Crab and Shrimp Salad on a Bun	Homemade Chicken Salad Sandwich
Salad	Yam Fries	Hash Brown Potato	Caesar Salad	Garlic Crostini	House Salad	Baked French Fries	Tossed Green Salad
Dessert	Cream puff with Lemon Pudding	Maple Walnut Ice Cream	Banana Bread	Mandarin Oranges with Jell-o	In-House Baked Apple Tart	Pears with Raspberry Coulis	Assorted cakes



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WEEK 5	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch 1	Sage Roasted Turkey	Pesto Baked Atlantic Salmon	Pork Chops	Chicken Kiev with Ham & cheese	Salisbury Steak w/ Gravy	Chicken Fricasse	Beef Stew
Lunch 2	Bratwurst Sausage	Sage Roasted Turkey	Spaghetti with Meatball, Marinara Sauce	Pork Chops	Chicken Kiev with Ham & cheese	Salisbury Steak w/ Gravy	Chicken Fricasse
Sides	Scalope Potato & Asparagus & Carrots	Rosemary Potatoes, Cabbage and Broccoli	Italian Vegetables	Garlic Mashed Potato, Beans & Red Beets	Pilaf Rice, Sunrise Blend vegetables	Rotini pasta, Broccoli & Peppers	Fingerling Potato and Mixed Roast Vegetables
Dessert	Strawberry Cream Pie	Cheese Cake Ice Cream	Tapioca Pudding	Chocolate Eclairs	Assorted Cakes	Apple Crumble Cake	Tiramisu
Teatime							
Soup	Seafood Chowder	Navy Bean & Vegetable	Beef & Vegetable Soup	Mushroom Soup	Herb Chicken and Rice	Beef Lentil Soup	Romano Minestrone
Entrée	Mushroom Ravioli with cream Sauce	Italian Sausage Frittata	Freshly Baked Crossiant with Tuna Salad , Tomato & Lettuce	Hot Dogs with Fried onion, Potato Nuggets	Beer Battered Fried Cod Fillets	Pizza Pepperoni	Garlic Shrimp with Fried Rice with Veggies
Alternate	Deli Turkey Sandwich	Cottage Cheese Fruit Plate	Caesar Salad with Chicken	Roast Beef & Havarti Cheese Sandwich	Cheese & Tomato Sandwich	Chicken Sandwich	Deli Turkey Sandwich
Salad	Roasted Vegetables	Spring Salad With Cranberry and Nuts	Mediterranean Chick Pea Salad	Kale & Spinach Salad with Fresh berries and citrus.	Waffle Fries & Creamy Coleslaw	Tossed Tuscan Salad	Pasta Salad
Dessert	Lemon Pudding	Jello with fruits	Chocolate Cake	Blueberry Crunch	Cinnamon Donuts with whipped Cream	Pineapple Upside Down cake	Vanilla Pudding Parfait