

| VICTORIA GARDENS LTC MENU SPRING/SUMMER 2026 |                                                                                                                                                                                                              |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                            |                                                                                                                                                                                                                         |                                                                                                                                                                                                                      | WEEK 2                                                                                                                                                                                                                                                   |
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| BREAKFAST                                    | MONDAY                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                                                                            | THURSDAY                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                  | SATURDAY                                                                                                                                                                                                             | SUNDAY                                                                                                                                                                                                                                                   |
|                                              | May-18, Jun-8, Jun-29, Jul-20, Aug-10, Aug-31, Sep-21, Oct-12, Nov-2                                                                                                                                         | May-19, Jun-9, Jun-30, Jul-21, Aug-11, Sep-1, Sep-22, Oct-13, Nov-3                                                                                                                                                                | May-20, Jun-10, Jul-1, Jul-22, Aug-12, Sep-2, Sep-23, Oct-14, Nov-4                                                                                                                                                                                                                                  | May-21, Jun-11, Jul-2, Jul-23, Aug-13, Sep-3, Sep-24, Oct-15, Nov-5                                                                                                                                                        | May-22, Jun-12, Jul-3, Jul-24, Aug-14, Sep-4, Sep-25, Oct-16, Nov-6                                                                                                                                                     | May-23, Jun-13, Jul-4, Jul-25, Aug-15, Sep-5, Sep-26, Oct-17, Nov-7                                                                                                                                                  | May-24, Jun-14, Jul-5, Jul-26, Aug-16, Sep-6, Sep-27, Oct-18, Nov-8                                                                                                                                                                                      |
|                                              | Cranberry Juice<br>Oatmeal Cereal<br>Boiled Egg<br>Whole Wheat Toast<br>Banana Half<br><br><b>OR</b><br>Variety of Cold Cereals<br>Peanut Butter<br>White Toast                                              | Apple Juice<br>Cream of Wheat Cereal<br>Scrambled Eggs<br>Sliced Bacon<br>Whole Wheat Toast<br>Banana Half<br><br><b>OR</b><br>Variety of Cold Cereals<br>Peanut Butter<br>White Toast                                             | Orange Juice<br>Cinnamon Oatmeal<br>Poached Eggs<br>Whole Wheat Toast<br>Fresh Fruit<br><br><b>OR</b><br>Variety of Cold Cereals<br>Peanut Butter<br>White Toast                                                                                                                                     | Cranberry Juice<br>Oatmeal Cereal<br>Boiled Egg<br>Whole Wheat Toast<br>Banana Half<br><br><b>OR</b><br>Variety of Cold Cereals<br>Peanut Butter<br>White Toast                                                            | Apple Juice<br>Cream of Wheat Cereal<br>Poached Egg<br>Whole Wheat Toast<br>Fresh Fruit<br><br><b>OR</b><br>Variety of Cold Cereals<br>Peanut Butter<br>White Toast                                                     | Orange Juice<br>Cinnamon Oatmeal<br>Boiled Egg<br>Whole Wheat Toast<br>Banana Half<br><br><b>OR</b><br>Variety of Cold Cereals<br>Peanut Butter<br>Toasted English Muffin                                            | Cranberry Juice<br>Cream of Wheat Cereal<br>Scrambled Eggs<br>Sliced Bacon<br>Whole Wheat Toast<br>Banana Half<br><br><b>OR</b><br>Variety of Cold Cereals<br>Peanut Butter<br>White Toast                                                               |
|                                              | AM                                                                                                                                                                                                           |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                            |                                                                                                                                                                                                                         |                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                          |
|                                              | Peach Drink                                                                                                                                                                                                  | Iced Tea Drink                                                                                                                                                                                                                     | Peach Drink                                                                                                                                                                                                                                                                                          | Pear Drink                                                                                                                                                                                                                 | Grape Drink                                                                                                                                                                                                             | Fruit Punch                                                                                                                                                                                                          | Lemonade Drink                                                                                                                                                                                                                                           |
| LUNCH                                        | Cream of Celery Soup<br>Cod Nuggets w/ Tartar Sauce<br><br>Sweet Potato Fries<br><br>California Mix Veg<br>Mandarin Orange<br><b>OR</b><br>Turkey & Swiss Sandwich<br><br>Four Bean Salad<br><br>Date Square | Tomato Basil Soup<br>Grilled Cheese Sandwich<br><br>Spring Mix Salad<br><br>Diced Pears<br><br><b>OR</b><br>Grilled Chicken & mandarin<br>Spring Mix Salad w/ Poppy Seed Dressing<br><br>Mini Croissant<br><br>Chocolate Ice Cream | Chicken Rice Soup<br>Boneless Chicken Strips with Plum Sauce<br><br>Tater Kegs<br><br>Tossed Salad w/ Raspberry Vinegarette Dressing<br>Pineapple Tidbit<br><br><b>OR</b><br>Ham, Tomato & Lettuce Sandwich<br><br>Tossed Salad w/ Raspberry Vinegarette Dressing<br>Orange Jello w/ Whipped Topping | Split Pea & Ham Soup<br>Pepperoni Pizza<br><br>Garden Salad w/ Ranch Dressing<br><br>Deluxe Fruit Salad<br><br><b>OR</b><br>Roast Beef & Cheddar Sandwich<br><br>Garden Salad w/ Ranch Dressing<br><br>Homemade Cheesecake | Cream of Broccoli Soup<br>Cheeseburger on Bun<br><br>Tomato & Onion Garnish<br><br>Creamy Coleslaw<br><br>Watermelon<br><b>OR</b><br>Chicken Caesar Wrap<br><br>Plain Potato Chips<br><br>Neapolitan Ice Cream sandwich | Italian Wedding Soup<br>Hotdog on Bun<br><br>Marinated Cucumber Salad<br><br>Grapes<br><b>OR</b><br>Swiss & Mushroom Quiche<br><br>Sauteed Spinach<br><br>Butterscotch Pudding                                       | Cream Of Mushroom Soup<br>Tuna Sandwich<br><br>Spinach & Romaine Salad w/ Balsamic Dressing<br><br>Cantaloupe<br><br><b>OR</b><br>Boneless Chicken Wings w/ Plum Sauce<br><br>French Fries<br><br>Grilled Vegetables<br><br>Pistachio Dark Chocolate Bar |
|                                              | PM                                                                                                                                                                                                           |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                            |                                                                                                                                                                                                                         |                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                          |
|                                              | Lemonade Drink<br>Social Tea Cookie                                                                                                                                                                          | Raspberry Drink<br>Digestive Cookie                                                                                                                                                                                                | Watermelon Drink<br>Assorted Baked Goods                                                                                                                                                                                                                                                             | Passion Fruit Drink<br>Chocolate Chip Cookie                                                                                                                                                                               | Pink Lemonade<br>Oatmeal Date Cookie                                                                                                                                                                                    | Iced Tea Drink<br>Shortbread Swirl Cookie                                                                                                                                                                            | Raspberry Drink<br>Strawberry Turnover Cookie                                                                                                                                                                                                            |
|                                              | Country Style Chicken<br>Herbed Potato Wedges<br>Caesar Salad<br>Chocolate Mousse<br><br><b>OR</b><br>Beef & Broccoli Stir Fry<br><br>Rice Pilaf<br>Asian Mix Vegetables<br>Honeydew                         | Hawaiian Ham<br>Scalloped Potatoes<br>Cocktail Vegetables<br>Lemon Streusel Cake<br><br><b>OR</b><br>Turkey A La King<br>Puff Pastry Shell<br>Seasoned Peas<br>Diced Peaches                                                       | Salisbury Steak with Gravy<br>Boiled Potatoes<br>Zucchini Medley<br>Rice Pudding<br><br><b>OR</b><br>Fish Sole Glazed Lemon Pepper<br><br>Boiled Potatoes<br>Roasted Asparagus Blend<br>Mango                                                                                                        | Creamy Mushroom Chicken<br>Mashed Potatoes<br>Green Beans<br>Triple Chocolate Fudge Cake<br><br><b>OR</b><br>BBQ Pork Ribs<br>Mashed Potatoes<br>Seasoned Corn<br>Apricot Halves                                           | Mediterranean Glazed Haddock<br>Rice Pilaf<br>Butternut Squash<br>Blueberry Crisp<br><br><b>OR</b><br>Chicken Pot Pie<br>Sunrise Mix Vegetables<br><br>Fruit Cocktail                                                   | Chicken Stuffed w/ Broccoli & Cheese<br>Mashed Potatoes<br>Mexican Mix Vegetables<br>Strawberry Ice Cream<br><br><b>OR</b><br>Swedish Meatballs<br>Buttered Egg Noodles<br>Pick of the day Veg blend<br>Apple Slices | Beef Pot Roast w/ Gravy<br>Horseradish garnish<br>Au Gratin Potatoes<br>Asparagus Spears<br>Cherry Pie<br><b>OR</b><br>Baked Chicken Thigh<br>Au Gratin Potatoes<br>Cocktail Vegetables<br>Stewed Rhubarb                                                |
| DINNER                                       |                                                                                                                                                                                                              |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                            |                                                                                                                                                                                                                         |                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                          |
|                                              | HS                                                                                                                                                                                                           |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                            |                                                                                                                                                                                                                         |                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                          |
|                                              | Cheese Sandwich on WW<br>Milk 2%                                                                                                                                                                             | Banana Loaf w/ Cream Cheese<br>Milk 2%                                                                                                                                                                                             | Ritz Crackers & Cheese<br>Milk 2%                                                                                                                                                                                                                                                                    | Mini Brownie<br>Milk 2%                                                                                                                                                                                                    | Assorted Sandwich<br>Milk 2%                                                                                                                                                                                            | Blueberry Loaf w/ Cream Cheese<br>Milk 2%                                                                                                                                                                            | Bran Loaf & Cheese Slice<br>Milk 2%                                                                                                                                                                                                                      |

Bread, margarine and/or crackers offered at lunch and dinner. Offer both Vegetable choices at both Lunch and Dinner and fruit as first choice of dessert at all meals as part of CFG  
Coffee, tea, water (250ml) and milk offered at each meal and nourishment. If resident chooses not to drink milk, offer 100% fruit juice. (Total milk offered daily = 1 Liter)

