

Foyer Maillard Fall & Winter Menu Week 1

BREAKFAST	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	REGULAR	Oatmeal Scrambled Egg + Bacon Whole Wheat Toast Banana	Oatmeal Boiled Egg Raisin Toast Orange	Oatmeal Poached Egg Whole Wheat Toast Banana	Oatmeal Scrambled Egg Assorted Muffins Orange	Oatmeal Boiled Egg Whole Wheat Toast Banana	Oatmeal Cheese Omelet Whole Wheat Toast Orange	Oatmeal Scrambled Egg Pancakes/Syrup Banana
	ALTERNATE	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Scrambled Egg	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese
LUNCH	10AM Snack	Banana Cake Peanut Butter Cookies	Chocolate Chip Cookies Oatmeal Raisin Cookies	Carrot Cake Orange Cranberry Cookies	Short Bread Cookies Peanut Butter Cookies	Marble Cake Double Chocolate Cookies	Shortbread Cookies Oatmeal Raisin Cookies	Vanilla Cake Chocolate Chip Cookies
	REGULAR	Mediterranean Chickpea Soup Apple & Onion Pork Chops Roasted Potatoes PEI Mixed Veg Lemon Pudding	Cream of Vegetable Soup Beer Battered Fish Fries Coleslaw Chocolate Cake	Chicken Noodle Soup Mushroom Ravioli with Parmesan Cream Sauce Caesar Salad Fruit Cup	Carrot and Ginger Soup Turkey Sandwich with Cranberry sauce Waldorf Salad Mango Dessert	Lentil Soup Chicken Burger, Cheese Ketchup & Mayo Fries Lettuce & Tomato Jello	Beef Barley Soup Veg Ratatouille with Parmesan Cheese Garlic Rice Red Velvet Cake	Potato Leek Soup BBQ Pulled Pork on Bun Coleslaw Lemon Delight
	ALTERNATE	Chicken	Pork	Fish	Chicken	Pork	Turkey	Veg Strips
	2 PM Snack	Yogurt Orange Wedges	Yogurt Banana	Yogurt Sliced Apple	Yogurt Tropical Fruit Salad	Yogurt Orange Wedges	Yogurt Banana	Yogurt Fruit Cocktail
	REGULAR	Cheese & Vegetable Quiche Pasta Salad Peach Crisp	Ruben Sandwich on Marble Rye Bread Chickpea Salad with Lemon Vinaigrette & Feta Assorted Pies	Baked Chicken Roasted Potato Sunrise Mixed Vegetables Bread Pudding	Lemongrass Pork Chop Chow Mein Mix Vegetables Fruit Cobbler	Baked Basa Lemon Butter Sauce Parslied Sliced Potato Green Beans Stewed Rhubarb & Strawberries	Beef Meatloaf Mashed Potato Roasted Carrots with Garlic & Herbs Mandarin Oranges	Chicken Pancit & Vegetable Stir Fry Spring Roll Chocolate Cream Pie
	ALTERNATE	Meatballs	Chicken	Sausage	Meatballs	Chicken	Sausage	Beef
DINNER	HS Snack	Peanut Butter/Straw. Jam Sandwich Egg Salad Sandwich	Cheddar Cheese Sandwich PB & Jam Sandwich	Tuna Salad Sandwich Cheddar Cheese	Egg Sandwich Chicken Salad Sandwich	Peanut Butter/Straw. Jam Sandwich Egg Sandwich	Tuna Salad Sandwich Peanut Butter/Straw. Jam Sandwich	Chicken Salad Sandwich Egg Sandwich

Menu subject to change without notice

Congee available at Lunch everyday

Diabetic Diet: offer sweeteners VS sugars; fruit instead of cookies at snacks, water instead of juices at meals

Modified Texture Diets: Soft bite sized (6), Minced & Moist (5) and Pureed (4) are based on the above menu

Assorted Beverages include: 125 ml of milk/juice/water & 180 ml of tea/coffee offered daily

Unsalted crackers served with soup at lunch

Peanut Butter & Assorted jam available at Breakfast

Audited by Corporate Registered Dietitian 2026-2027

Foyer Maillard Fall & Winter Menu Week 2

BREAKFAST	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	REGULAR	Oatmeal Scrambled Egg + Bacon Whole Wheat Toast Oranges	Oatmeal Boiled Egg Raisin Toast Banana	Oatmeal Poached Egg Whole Wheat Toast Oranges	Oatmeal Scrambled Egg Apple Cinnamon Muffin Banana	Oatmeal Boiled Egg Whole Wheat Toast Oranges	Oatmeal Cheese Omelet Whole Wheat Toast Banana	Oatmeal Scrambled Egg French Toast, Syrup Oranges
	ALTERNATE	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Scrambled Egg	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese
LUNCH	10AM	Banana Cake Peanut Butter Cookies	Chocolate Chip Cookies Oatmeal Raisin Cookies	Carrot Cake Orange Cranberry Cookies	Shortbread Cookies Peanut Butter Cookies	Marble Cake Double Chocolate Cookies	Shortbread Cookies Oatmeal Raisin Cookies	Vanilla Cake Chocolate Chip Cookies
	REGULAR	Chicken & Barley Soup	Tomato Basil Soup	Cream of Spinach Soup	Harvest Carrot Soup	Thai Lentil Soup	Cream of Mushroom Soup	Vegetable Quinoa Soup
		Beef Goulash	Grilled Cheese Sandwich	Chicken Strips	Beef Bourguignon	Baked Basa with Tarragon Sauce	Mexican Enchiladas Sour Cream	BBQ Ribs
		Parslied Sliced Potatoes	Quinoa Salad	Yam Fries	Egg Noodles	Mashed Potato	Salsa	Baked Potato with Sour Cream
		Green Beans		Mix Green Salad	Mixed Vegetables	Sunrise Mixed Veg	Mix green salad	Macedonia Mix Veg
		Ice Cream	Tiramisu	Chocolate Cake	Strawberry Rhubarb Pie	Matcha Yogurt Cake	Layered Jello	Layered Carrot Cake
DINNER	ALTERNATE	Chicken	Sausage	Meatballs	Chicken	Pork	Chicken	Fish
	2 PM	Yogurt Orange Wedges	Yogurt Banana	Yogurt Sliced Apple	Yogurt Tropical Fruit Salad	Yogurt Orange Wedges	Yogurt Fruit Cocktail	Yogurt Banana
	REGULAR	Crusted Salmon Lemon & Dill Sauce	Glazed Ham	Crab Salad on a Croissant	Perogies & Pork Sausage	Chef & Residents Choice	Cheese & Veg Frittata	Assorted Sandwiches
		Fluffy Jasmine Rice	Scalloped Potato		Sour Cream		Garlic Bread	
		Peas & Carrots	Mix Veg	Cucumber Salad	Fried Onions		Beet Orange Salad with Dill	Mediterranean Chickpea & Feta Salad
		Cinnamon Apple Slices	Mandarin Oranges	Trifle	Assorted Desserts		Egg Tart	Diced Peaches
	ALTERNATE	Meatballs	Chicken	Pork	Beef	Breaded Fish	Meatball	Pork
	HS	Peanut Butter/Straw. Jam Sandwich Egg Salad Sandwich	Cheddar Cheese Sandwich PB/ Jam Sandwich	Tuna Salad Sandwich Cheddar Cheese	Egg Sandwich Chicken Salad Sandwich	Peanut Butter/Straw. Jam Sandwich Egg Sandwich	Tuna Salad Sandwich Peanut Butter/Straw. Jam Sandwich	Chicken Salad Sandwich Egg Sandwich

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Assorted Beverages include: 125 ml of milk/juice/water & 180 ml of tea/coffee offered daily
Unsalted crackers served with soup at lunch
Peanut Butter & Assorted jam available at Breakfast

Foyer Maillard Fall & Winter Menu Week 3

		MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		REGULAR	Oatmeal Scrambled Egg + Bacon Whole Wheat Toast Banana	Oatmeal Boiled Egg Raisin Toast Orange	Oatmeal Poached Egg Whole Wheat Toast Banana	Oatmeal Scrambled Egg Triple Berry Muffin Orange	Oatmeal Boiled Egg Whole Wheat Toast Banana	Oatmeal Cheese Omelet Whole Wheat Toast Orange	Oatmeal Scrambled Egg Pancakes/ Syrup Banana
		ALTERNATE	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Scrambled Egg	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese
LUNCH		10AM	Banana Cake Peanut Butter Cookies	Chocolate Chip Cookies Oatmeal Raisin Cookies	Carrot Cake Orange Cranberry Cookies	Short Bread Cookies Peanut Butter Cookies	Marble Cake Double Chocolate Cookies	Shortbread Cookies Oatmeal Raisin Cookies	Vanilla Cake Chocolate Chip Cookies
		REGULAR	Navy Bean Soup Battered Fish Yam Fries Coleslaw Mandarin Oranges	Cream of Celery Soup Vegetable Lasagna Garlic Bread Caesar Salad Banana Cake	Split Pea Soup Turkey a la King Egg Noodles Roasted Carrots Ambrosia	Mulligatawny Soup Baked Salmon Lemon Dill Sauce Rice Pilaf Green Beans Orange Cake	Borscht Roast Pork Roasted Potatoes Macedonia Mix Veg Apple Tart	Italian Veg Soup Seafood Newburg Tri Color Pasta Spinach & Mandarin Salad Strawberry Shortcake	Cream of Spinach Soup Chicken Teriyaki Steamed Jasmine Rice Sunrise Mixed Vegetables Fruit Cup
		ALTERNATE	Chicken	Meatloaf	Chicken	Pork	Veggie Patty	Turkey	Pork
		PM	Yogurt Sliced Apple	Yogurt Orange Wedges	Yogurt Banana	Yogurt Sliced Apple	Yogurt Fruit Cocktail	Yogurt Banana	Yogurt Orange Wedges
		REGULAR	Beef Meatloaf Mashed Potato Roasted Mix Veg Bread Pudding	Chicken Souvlaki w/ Tzatziki Sauce Lemon Rice Greek Salad Tapioca Pudding	Ham & Cheese Sandwich on a Croissant Tomato & Cucumber Salad Chocolate Mousse	Chicken Chow Mein Spring roll with Plum Sauce Tropical Fruit Salad	Roast Beef Sandwich Carrot Raisin Salad Coffee Jello	Mushroom & Veg Frittata Ancient Grain Salad Assorted Desserts	Hot Dog in Bun with Chopped Onions Potato Chips Ket, Mus, Relish Baked Beans Ice Cream
DINNER		ALTERNATE	Fish	Turkey	Meatball	Beef	Chicken	Meatballs	Fish
		HS	Peanut Butter/Straw. Jam Sandwich Egg Salad Sandwich	Cheddar Cheese Sandwich Peanut Butter/Straw. Jam Sandwich	Tuna Salad Sandwich Cheddar Cheese	Egg Sandwich Chicken Salad Sandwich	Peanut Butter/Straw. Jam Sandwich Egg Sandwich	Tuna Salad Sandwich Peanut Butter/Straw. Jam Sandwich	Chicken Salad Sandwich Egg Sandwich

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Foyer Maillard Fall & Winter Menu Week 4

	MEAL	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	REGULAR	Oatmeal Scrambled Egg+ Bacon Whole Wheat Toast Oranges	Oatmeal Boiled Egg Raisin Toast Banana	Oatmeal Poached Egg Whole Wheat Toast Oranges	Oatmeal Scrambled Egg Blueberry Muffin Banana	Oatmeal Boiled Egg Whole Wheat Toast Oranges	Oatmeal Cheese Omelet Whole Wheat Toast Banana	Oatmeal Scrambled Egg French Toast, Syrup Oranges
	ALTERNATE	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese	Cold Cereal, PB, Cheese
	10AM	Banana Cake Peanut Butter Cookies	Chocolate Chip Cookies Oatmeal Raisin Cookies	Carrot Cake Orange Cranberry Cookies	Short Bread Cookies Peanut Butter Cookies	Marble Cake Double Chocolate Cookies	Shortbread Cookies Oatmeal Raisin Cookies	Vanilla Cake Chocolate Chip Cookies
LUNCH	REGULAR	Chicken Noodle Soup Fish Nuggets Tartar Sauce Sweet Potato Fries Hawaiian Coleslaw Vanilla Pudding	Mediterranean Tomato Soup Chicken Souvlaki Tzatziki Sauce Parslied Potato, Pita Bread Greek Salad Baked Cinnamon Apple Slices	Egg Drop Soup Sweet & Sour Fish Jasmine Rice Sauteed Green Beans Mix Berry Layered Cake	Cream of Mushroom Soup Roast Beef Gravy Mashed Potato Crinkle Cut Carrots Muesli	Vegetable Quinoa Soup Turkey a La King Buttered Biscuit Peas Ice Cream	Beef Barley Soup Pasta with Rosé Sauce Parmesan Cheese Caesar Salad Pineapple Upside Down Cake	Split Pea Soup Chicken Curry Parslied Potato Broccoli & Peppers Creamy Mango Dessert
	ALTERNATE	Chicken	Pork	Meatballs	Chicken	Pork	Turkey	Breaded Fish
	2 PM	Yogurt Tropical Fruit Salad	Yogurt Banana	Yogurt Orange Wedges	Yogurt Sliced Apple	Yogurt Banana	Yogurt Orange Wedges	Yogurt Fruit Cocktail
	REGULAR	Quiche Lorraine Bean Salad Lemon Pound Cake	Beef Lasagna Garlic Bread Caesar Salad Mandarin Oranges	Ham & Cheese Sandwich Broccoli Slaw Salad Chocolate Mousse	Jambalaya California Mix Veg Lemon Tart	Baked Salmon Lemon Dill Sauce Roasted Potatoes Green Beans Diced Peaches	Pork Adobo Jasmine Rice Sauteed Cabbage Apple Crisp	Shepherd’s Pie Gravy Soft Dinner Roll Parisian Mix Vegetables Cupcake
DINNER	ALTERNATE	Pork	Breaded Fish	Chicken	Meatball	Beef	Chicken	Ham
	HS	Peanut Butter/Straw. Jam Sandwich Egg Salad Sandwich	Cheddar Cheese Sandwich Peanut Butter/Straw. Jam Sandwich	Tuna Salad Sandwich Cheddar Cheese	Egg Sandwich Chicken Salad Sandwich	Peanut Butter/Straw. Jam Sandwich Egg Sandwich	Tuna Salad Sandwich Peanut Butter/Straw. Jam Sandwich	Chicken Salad Sandwich Egg Sandwich

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