

Mississauga Long Term Care Facility

Sample Daily Menu

Breakfast

Orange Juice or Prune Juice
Cream of Wheat with Flax

Cottage Cheese
Buttered Raisin Toast

Alternate Choices

Assorted Cold Cereal
Buttered Whole Wheat Toast



Lunch

Stuffed Peppers
with Sour Cream
Whole Wheat Dinner Roll
Savoury Carrots

Homemade Cheesecake or
Spiced Pears

Alternate Choices

Butter Chicken
Steamed Rice
Asparagus

Dinner

Homemade Borscht
Deli Meat Sandwich
Mixed Greens Salad
*with Cranberries and
Raspberry Dressing*

Baked Cinnamon Apple Slices
or Coconut Cream Pudding

Alternate Choices

Black Bean Chili
Ciabatta Bun
Broccoli Salad



Note: Coffee/Tea, Milk, and Water served at every meal. Bread and Butter offered at Lunch and Dinner. Assorted Juices available at Lunch and Dinner.