

Meals included in rent:
Hallmark on the Park - All three meals & snacks
Hallmark on the Lake - Lunch and Supper & snacks

One Week Sample Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>
Rolled Oats Cold Cereals Boiled Eggs Toast	Red River Cold Cereals Yogurt with Muffins Toast	Corn Meal Cold Cereals Fruit Danish Toast	Oat bran Cold Cereals Bacon & Eggs Toast	Rolled Oats Cold Cereals Scones with Fruit Toast	Cream of Wheat Cold Cereals Cheese Omelet Toast	Red River Cold Cereals Blueberry Pancakes Toast
<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>
Chicken Rice or Corn Chowder Soup	Smoked Turkey or Cream of Spinach Soup	Vegetarian Veggie or Cream of Chicken Soup	Beef Barley or Butternut Squash Soup	French Onion or Cream of Broccoli Soup	Thai Vegetable or Potato Leek Soup	Lentil or Mulligatawny Soup
Frittata or Ham & Asparagus Crepes	Salmon Sandwich or Macaroni & Cheese	Chicken Caesar Wrap or Single Clubhouse	Roast Beef Sandwich or Lunch Quiche	Turkey Cranberry Bun or Hot Dog & Beans	Egg Salad Croissant or Fruit, Cheese & Warm Bread	Ham Sandwich or Chicken Burger
Rice Pudding	Nanaimo Squares	Chocolate Cake	Pineapple Delight	Apple Crisp	Butter Tarts	Assorted Desserts
<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>	<u>DINNER</u>
Garden Salad	Coleslaw	Foo Yung Salad	Cucumber Salad	Spring Salad	Spinach Salad	Caesar Salad
BBQ Ribs Baked Potato Corn	Meatloaf Mashed Potatoes Buttered Carrots	Shrimp Stir-fry Rice Asian Vegetables	Beef Souvlaki Roasted Potatoes Vegetable Medley	Pork Tenderloin Steamed Potatoes Broccoli & Cheese Sauce Pudding & Fruit	Grilled Salmon Egg Noodles Baked Squash	Roasted Chicken Baked Potatoes Asparagus
Apple Pie	Fruit Salad & Jell-O	Assorted Desserts	Cherries		Fruit Pizza	Coffee Cake

A selection of juices as well as milk, tea and coffee are available at each meal