



Menu



South Meadows Residential Care Home



Breakfast

All breakfast served with banana or berries and/or seasonal fruit, and bread. Drink: Coffee or Tea, Water or Juice

- **Egg options:**
 - **Egg sandwich with bacon or fresh Italian breakfast sausage**
 - **Scramble Egg and cheese serve** with bacon or fresh pork Italian breakfast sausage.
 - **Egg burritos**
 - **Fried Egg served** with bacon or fresh pork Italian breakfast sausage/Turkey sauces
- **Cold Cereal** with choice of banana or berries, toasted bread
- **Waffles** served with bacon or fresh Italian breakfast sausage
- **Pancakes** served with bacon or fresh pork Italian breakfast sausage
- **Warm Oatmeal** cooked with mixed berries or Fruit, Toasted bread
- **Donuts serve with bacon** or fresh pork Italian breakfast sausage

Lunch/Dinner

Salad/Soup/Stew (served with toasted bread or rice)

- **Wonton soup** with ground turkey or beef with mixed organic vegetables
- **Chinese noodle soup** with ground meat, celery, broccoli, carrot
- **Pork/beef/chicken soup** with potatoes, carrot
- **Garden healthy dishes:** BBQ meat (beef, Pork, chicken/Prawn) served with green mix organic kale, spinach, fruit
- **Italian noodle (with beef, chicken, or pork)** tomato soup
- **Pea/ham soup** (split peas, onion, celery, garlic, pepper, flour, bay leaf
- **Broccoli/pumpkin/butternut squash** with ground meat soup with onion, celery, garlic, pepper, flour

Fish/Seafood

Served with rice/bread and side dishes (see last page)

- **Salmon steak:** Pan cooked salmon with seasoning spices
- **Cod steak:** Pan cooked cod with seasoning spices
- **Tilapia Steak:** Pan cooked Tilapia with seasoning spices
- **BBQ Prawn, Cocktail Prawn** serve with organic healthy green salad
- Trident Seafoods Wild Alaskan Beer Battered Cod
- **The mix Seafood** (shrimp, mussels, scallops, calamari) cooked in tomato red sauces serve over Organic spaghetti or organic Garofalo

American Food (BBQ, Sandwiches/Burger)

Serve with side dishes (see last page)

- **BBQ pork rib** served with side dish
- **BBQ Chicken thighs/legs** served with side dish
- **Roasted whole chicken** served with side dishes
- **Beef steak stew** served with side dish
- **Pork chop stew** served with side dish
- **Pork chop:** Pan fried pork chops, mixed spices, served with mashed potatoes
- **Chicken pot pie** with carrot, peas, celery served with side dish
- **Cheeseburger** with cheddar cheese served with side dish
- **Tuna sandwiches** with Toasted bread with mayonnaise, onion served with side dish
- **Chicken sandwiches** with Toasted bread with Mayonnaise, onion served with side dish
- **Chicken Pattie sandwich** on burger bun with mayonnaise, onion served with side dish
- **Hot dog with/wo chili** served with side dish
- **Fish sticks in corn bread** served with side dish
- **Pizza**—Costco pepperoni sprinkle cheese over tomato sauce served with side dish
- **Fried beef/chicken/pork pot stickers** served with side dish
- **Grilled cheese sandwiches** served with side dish
- **Ham/cheese sandwiches** served with side dish

Italian Food

Served with Choice of meat: Steak, baked chicken breast, ground turkey, ground beef, Choice of vegetable side dishes

organic Garofalo pasta (Casarecce, Penne Ziti Rigate, Gemelli)

- **Italian sausage and beef lasagna** served with side dish
- **Meatloaf** served with toasted bread with side dish
- **Tomatoe sauce with ground Turkey or Beef** with choice of organic spaghetti or Garofalo organic and parmesan cheese
- **Organic spaghetti or Garofalo organic** pasta in red sauce served with baked chicken breast.
- **Baked chicken breast** serve over stir fried organic Garofalo pasta with organic zucchini
- **Alfredo sauce with chicken** serve with organic spaghetti

Lunch/Dinner

Mexican Food

Served with Mexican rice and side dishes

- **Chimichangas**—Chicken&Monterey Jack cheese
- **Chimichangas Shredded Steak&three-cheese**
- **Tacos** chicken/beef and cheese
- **Burrito** (Chicken or beef/bean, rice)
- **Shredded Beef taquitos** in corn tortilla
- **Tamales** (Pork/chicken)

Asian Food (Served with rice, choice of meats: Prawn, pork, chicken, beef)

- **Fried rice with choice of meat** —meat, egg, soy sauce, vegetable
- **Stir fried Chinese vegetable** with choice of meat served over rice—vegetable, meat, soy sauce, oyster sauce
- **Chinese beef/pork/chicken stew** served with potatoes/carrot/onion over rice
- **Cuisine Mandarin Orange Chicken** served over rice with organic steam vegetable
- **Filipino Picadillo** (beef, carrot, potato, pea) serve over rice

- **Chicken Green curry:** Thai basil, eggplants
- **Beef masaman curry** with potatoes, carrots
- **Chicken/beef/pork red curry** with green bean, Thai basil, bamboo shoot
- **Chicken/beef/pork Panang curry** with carro

Side Dishes

All menus served with rice, roasted bread or bread roll and dessert during lunch or fruit at dinner

- House Salad with dressing:
 - Mixed organic green (kale, spinach) mix fruit, parmesan cheese
 - Organic romaine lettuce, mixed fruit, parmesan cheese
- Steamed organic mixed vegetable
- Homegrown summer garden vegetables (zucchini, egg plant, tomatoes, etc)
- Soup of the day
- Homemade Potatoes:
 - mashed potatoes, Fried potatoes, Baked potatoes
- Organic spaghetti or organic Garofalo cooked with parmesan cheese

Desserts

All lunch served with dessert:

Costco seasonal pies

Costco cake

Costco Tiramisu

Ice cream

Costco cheese cake

Cookies, Cupcake

