

# What's Cooking

Our Executive Chef designs our menus on a weekly basis where residents get to choose from a wide assortment of delicious and nutritious meal options. This is just a sampling of items you may see on a menu at Adelaide Place. You will have choices at each meal as well as "favourite alternatives" featured daily for those days you prefer a familiar comfort selection.



## Sampling of Lunches:

Each day, we feature a home-made soup and salad bar for your enjoyment. Types of soup may include: Chicken noodle, tomato rice, minestrone vegetable, cream of broccoli and cheese and harvest squash soup.

## Following your starter you can enjoy choices such as:

- Grilled Reuben Sandwich with Cole Slaw
- Quiche and Garden Salad with Choice of Dressing
- Hot Chicken Sandwich
- Chili with Corn Bread
- Salad plate with potato salad, assorted cold cuts, cheese and julienne carrots

## Dinner Menu Samples:

After a day's activities, relax and enjoy a delicious dinner in the company of friends. After a fresh salad, some of the entrées we have to offer include:

- Shepherd's Pie
- Chicken Breast with Cranberry Brie Sauce
- Beef Stroganoff on Egg Noodles
- Onion Marinated Braised Beef Brisket
- Pork Medallions with sautéed onion and mushroom

## Choices of desserts may include:

- Banana Cream Pie
- Butterscotch Pudding
- Strawberry Shortcake
- Blueberry Tart

*Diabetic options always available*

**Coffee and tea always served with a smile!**

Please note this is only a sample of what is on offer at Adelaide Place. Our residents enjoy a change in menu choices regularly and our Executive Chef prepares meals based on seasonality.