

THE TOWERS

Culinary Delights @ Canal View



Thursday, January 20, 2022

BREAKFAST Egg & cheese croissant, pear slices *additional choice of: Cereal, yogurt, variety of muffins*

LUNCH Pork ribs w/sauerkraut, rosemary potatoes, wax beans, chunky applesauce *additional choice of: Meatloaf*

DINNER Supreme or cheese pizza, cauliflower, salad **Dessert of the day: Blueberry delight** *additional choice of: BLT sandwich*

Friday, January 21, 2022

BREAKFAST Pancakes, sausage, mandarin oranges *additional choice of: Cereal, bacon mini cake donut*

LUNCH Spaghetti w/meat sauce, Italian blend vegetables, garlic toast, blushing peaches *additional choice of: Baked cod, baked potato*

DINNER Butternut squash soup, turkey club croissant, green beans **Dessert of the day: Christmas Strawberry fluff**
additional choice of: Tuna salad croissant

Saturday, January 22, 2022

BREAKFAST Cheesy egg bake, biscuit, fruit cocktail *additional choice of: Cereal, sausage, mini muffin*

LUNCH Roast pork w/ gravy, whipped sweet potatoes, Prince Edward Vegetable blend, wheat roll
Dessert of the day: Assorted ice cream cups *additional choice of: Hot dog on bun*

DINNER Crispy battered fish, steak fries, coleslaw, butterscotch pudding cupcake *additional choice of: Egg salad sandwich*

Sunday, January 23, 2022

BREAKFAST French style waffle, sausage patty, berry fruit *additional choice of: Cereal, egg, toast*

LUNCH Pot roast, mashed potatoes with gravy, parslid carrots **Dessert of the day: Pistachio bar**
additional choice of: Chicken Tenders

DINNER Supreme or cheese pizza, lettuce/tomato/cucumber salad, garlic toast, diced pears
additional choice of: Salami sandwich on rye, vegetable soup