



the residence at **LITTLEDALE**

DINING AT THE RESIDENCE

At the Residence, we are committed to providing an outstanding dining experience. Every meal is lovingly prepared using fresh healthy ingredients and brought to you in a restaurant style dining area. Our chef and dietitian enjoy planning monthly menus that always offer something new to try along with your traditional favourites. Sit, relax and enjoy a delicious meal with friends and family.

Here is a snapshot of a daily menu at the Residence:

BREAKFAST

Always Available

Assorted hot and cold cereals
Fresh fruit
Whole-wheat or whole grain toast
Assortment of jam/jelly
Tea or coffee

Additional Selections

Eggs made to order
Canadian peameal bacon
Homemade cinnamon rolls

LUNCH

Choice of two daily homemade soups

Tuscan vegetable soup
Chicken vegetable
Pea soup
Beef and barley
Fresh assortment of rolls

Choice of fresh prepared salads

Mixed tossed salad
Cobb salad
Spinach salad
Chickpea and carrot salad

Choice of entrée

Shepherd's Pie

A traditional English dish filled with lean ground beef, carrots and peas topped with mashed potatoes.

Pan-fried cod

Pan fried in olive oil and seasoned with fresh lemon. Served with mashed potatoes and steamed vegetables.

SUPPER

Choice of two daily homemade soups

Tuscan vegetable soup
Chicken vegetable
Pea soup
Beef and barley

Choice of fresh prepared salads

Mixed tossed salad
Cobb salad
Spinach salad
Chickpea and carrot salad

Choice of entrée

Lemon chicken breast

Baked in fresh in a blended lemon and herb sauce served on a bed of balsamic rice and steamed vegetable medley.

Vegetable lasagna or meat lasagna with garlic bread.

Mandarin salad, made with baby romaine lettuce, tomatoes, cucumber and mandarins topped with balsamic vinaigrette.

DESSERT

Fresh fruit
Chocolate mousse
Rhubarb and strawberry crumble