

Sample Summer Menus - Lunch

Cold Cut Salad Plate
Deli Meat, Cubed Cheese, Crusty Roll &
Pasta Salad
Cherry Tart with Whipped Cream



Cream of Broccoli Soup
Grilled Cheese Sandwich
Fresh Fruit Slices
Sherbet



Italian Tomato Soup
Shaved Ham Sandwich
Fresh Fruit Slices
Chocolate Pudding



Cheesy Beef Casserole

Crusty Roll

Fresh Fruit Slices

Jell-o with Fruit

Juices, Milk, Coffee, and Tea are offered at each meal.

Valley Care | tel: 604.796.3886 | fax: 604.796.3844 | email: inquiries@valleycare.info | www.valleycare.info



Sample Summer Menus - Dinner

BBQ Chicken
Potato Salad
Buttered Broccoli & Cauliflower
Rhubarb Cake with Whipped Cream



Homemade Lasagne Garlic Toast Tossed Green Salad Blueberry Coffee Cake



Battered Fish
Tartar Sauce
Roast Potato Fries
Creamy Coleslaw
Fresh Fruit Salad



Breaded Turkey Cutlets
Creamy Mashed Potatoes
Gravy
Parsley Buttered Carrots
Ice Cream Sundae

Juices, Milk, Coffee, and Tea are offered at each meal.

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