

## Sample Winter Menus - Lunch

Cream of Potato Bacon Soup
Chicken Salad Sandwiches
Tossed Green Salad
Diced Peaches with Whipped Cream



Deli Cheese Buns Country Potato Salad Fruit Slices Strawberry Ice Cream



Beef Barley Soup
Shaved Roast Turkey Sandwiches
Fruit Slices
Lemon Pudding with Whip



Western Omelette
Seasoned Hash Browns
Fruit Slices
Ice Cream Sundae

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 Winter Menus - Dinner

Roast Turkey
Creamy Mashed Potatoes
Homemade Gravy
Buttered Peas & Carrots
Pumpkin Pie with Whipped Cream



Roast Beef
Yorkshire Pudding
Creamy Mashed Potatoes
Homemade Gravy
Seasonal Vegetables
Butterscotch Squares



Breaded Baked Chicken
Seasoned Roast Potatoes
Buttered Peas and Carrots
Baked Custard



Roast Pork Loin with Mushroom Sauce
Scallop Potatoes
Red Cabbage
Coconut Cream Pie

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

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