

# MENU



**THE MAPLES**  
SUPPORTIVE LIVING

ANTIGONISH • NOVA SCOTIA

## BREAKFAST

Breakfast includes a selection of juice, coffee and tea with the residents choice of eggs, toast, cold cereal, hot cereal and/or a muffin. Fruit and yogurt are also available.

## DAILY LUNCH SPECIALS\*

All lunch meals can be ordered in small or large portions, and come with the soup or salad of the day.

### SUNDAY

Turkey sandwich on marble rye

### MONDAY

Beef vegetable chili with fresh baked biscuits

### TUESDAY

Sweet and sour meatballs and basmati rice

### WEDNESDAY

Chicken schnitzel burger and sweet potato fries

### THURSDAY

Baked beans and fish cakes

### FRIDAY

Baked salmon filet

### SATURDAY

Seafood linguini

### BREAKFAST

8:00am to 9:00am



### LUNCH

12:00pm to 1:00pm



### DINNER

5:00pm to 6:30pm

\*This is a sample. Menu items will vary.

## DAILY DINNER SPECIALS\*

All meals can be ordered in small or large portions, and come with a choice of desserts.

### CLASSIC SUNDAY DINNER

Hot turkey dinner with stuffing, mashed potatoes, cranberries, and garden vegetables

### MONDAY

Pesto chicken linguini in light cream sauce

### TUESDAY

Hickory smoked roast beef served with baked potato, mushrooms, onions and mixed garden vegetables

### WEDNESDAY

Seared salmon filet with broccoli and tapenade

### THURSDAY

Rotisserie chicken with mashed potatoes and asparagus

### FRIDAY

Pan fried haddock with home made tartar sauce

### SATURDAY

Pork tenderloin with broccoli and whipped potatoes

## AVAILABLE EVERY DAY\*

Feel free to substitute our daily special with your choice from our everyday offering.

### SOUPS & SALADS

Turkey vegetable soup, soup of the day, garden, spinach & Caesar salads

### SANDWICHES

Hot turkey, ham & cheese, tuna, grilled cheese, egg salad, smoked meat

### FAVOURITES

Chicken breast or chicken burger, meat or veggie lasagna, hamburger or cheeseburger, personal size veggie or pepperoni pizza, spaghetti with garlic toast

\*This is a sample. Menu items will vary.

# Eat well. Live well!

At The Maples, our dining room is focused on taste, nutrition, and choice. Our food service team works hard to make sure your dining experience is one of the highlights of your day. At every meal we present a special entrée that is certain to please.

To compliment our daily special, we are pleased to offer a wide range of popular dishes that are tried, tested, and true. Our menu is under regular review using input from residents, to ensure that we are offering the most popular choices.

**THE**  **MAPLES**  
RETIREMENT LIVING

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