



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p style="text-align: center;"><b>JULY MENU 2011</b></p>			<p><b>1 LUNCH:</b> Cream of Asparagus Soup Roast beef Sandwich on Harvest Bread or fish &amp; Chips</p> <p><b>DINNER:</b> Pork Stew &amp; Roll or Chef Salad with Chicken Strips &amp; Roll, Boiled Potatoes Wax beans</p>	<p><b>2 LUNCH:</b> : Minestrone Soup Tuna Pickle Salad on ww or South Western Frittata</p> <p><b>DINNER:</b> Turkey Pot Pie or Roasted lamb with Mint Hollandaise Sauce, Mashed Potatoes, Turnip</p>
<p><b>3 LUNCH:</b> Cream of Cauliflower Soup Ham &amp; Cheese on ww Kaiser or Mac Cheese/Roll</p> <p><b>DINNER:</b> Prime Rib with Yorkshire Pudding/Gravy Mini Roasted Potatoes Carrots or Salad Plate with Devilled eggs, cold meat</p>	<p><b>4 LUNCH:</b> : Vegetable &amp; Rice Soup Roast Beef &amp; Horsey Sauce on WW or Quiche Loraine</p> <p><b>DINNER:</b> Herb Roasted Chicken Breast Or Farmer Sausages with Baked Apples, Ranch Mashed Potatoes and Peas</p>	<p><b>5 LUNCH:</b> Cream of Tomato Soup, Salmon on Harvest Bread or Chicken Wings Barbequed Ranch Salad</p> <p><b>DINNER:</b> Sweet &amp; Sour Ribettes or Liver &amp; Onions Whipped Potatoes Green beans</p>	<p><b>6 LUNCH:</b> Beef Noodle Soup Turkey with Spinach, Mayo Cranberry on Cheese Kaiser Or Salad &amp; Fruit Pasta Salad</p> <p><b>DINNER:</b> Beef Stir Fry or Poached Cod &amp; Lemon slice Rice and Broccoli</p>	<p><b>7 LUNCH:</b> Cream of Potato &amp; Onion soup, Tomato Meatball Sub with mozzarella cheese Or Cheesy Penne Chicken &amp; Salsa Skillet</p> <p><b>DINNER:</b> Pizza Pork Chops or Greek Crepe, Buttered Noodles Mixed Vegetables</p>	<p><b>8 LUNCH:</b> Chicken Noodle Soup Egg Salad on Harvest Bread or Fish &amp; chips, Tartar Sauce</p> <p><b>DINNER:</b> Meatloaf Tomato Sauce Roasted Mini Potatoes, Brussels Sprouts or Salad Plate with Lemon Jelly Salad, Potato Salad, Cold Cuts, Roll</p>	<p><b>9 LUNCH:</b> Cream of Spinach Soup, Meat Sub, Tossed Salad or Pancakes and Sausages</p> <p><b>DINNER:</b> Cottage Roll or Torpedo Shrimp, Scalloped Potatoes, Peas &amp; Carrots</p>
<p><b>10 LUNCH:</b> Tuscan Vegetable &amp; Barley Soup, Tuna Salad on Pumpernickel Bread or Egg in a Basket, Mixed Green Salad</p> <p><b>DINNER:</b> Prime Rib with Yorkshire, Gravy Whipped Potatoes or Cottage Cheese Fruit Plate with Scone</p>	<p><b>11 LUNCH:</b> Mushroom Soup, Ham Sandwich on Whole Wheat or Veal Parmesan on Kaiser</p> <p><b>DINNER:</b> Chicken Salad, Roll, Vegetable Slices or Swiss Steak, Mashed Potatoes, Mixed Vegetables</p>	<p><b>12 LUNCH:</b> French Onion Soup Grilled Cheese Sandwich or Shrimp &amp; Crab Caesar Salad Plate</p> <p><b>DINNER:</b> Beef Stroganoff or Devilled Pork Chops Buttered Noodles Green Beans</p>	<p><b>13 LUNCH:</b> : Cream Vegetable Soup Fried Egg Sandwich or Ham &amp; Peach Salad, Macaroni Salad and Roll</p> <p><b>DINNER :</b> Apricot Pineapple Meatballs or Tilapia with Tomato &amp; Zucchini Confetti Rice Peas</p>	<p><b>14 LUNCH:</b> Barley &amp; Beef Soup Corned Beef on Rye Bread with Dill Pickle or Tomato Macaroni &amp; Cheese</p> <p><b>DINNER:</b> Roasted Turkey Breast with Apple Cranberry Stuffing or Tomato, Red Pepper Quiche Mashed Potatoes, Honey Glazed Carrots</p>	<p><b>15 Lunch:</b> Cream of Broccoli Soup Roast Beef with Herb Garlic Cream Cheese or Pizza</p> <p><b>DINNER:</b> Pork Tenderloin with Peach Salsa or Rose Fish with dill Sauce Sour Cream Potatoes Asparagus</p>	<p><b>16 LUNCH:</b> Chicken Rice &amp; Vegetable Soup Salami &amp; Onion on ww or Broccoli &amp; Mushroom Strata</p> <p><b>DINNER:</b> Steak with Mushroom &amp; Onions or Salad Plate with Assorted Cold Mea Macaroni Salad Baked Potato Turnip</p>
<p><b>17 LUNCH:</b> Cream of Carrot Soup Salmon Salad Sandwich on Harvest Bread or CBLT Pea Meal</p> <p><b>DINNER:</b> Prime Rib with Yorkshire Pudding or Barbequed Farmer Sausages Roasted Potatoes Brussels Sprouts</p>	<p><b>18 LUNCH:</b> Chicken &amp; Rice Soup, Ham &amp; Pineapple Salad or Salad Plate with pasta ranch salad</p> <p><b>DINNER:</b> Mediterranean Salmon or Turkey Schnitzel with Honey Mustard Scalloped Potatoes Mixed Beans</p>	<p><b>19 LUNCH:</b> Cream of Onion Soup Tuna &amp; Cranberry on ww or Chicken Strips &amp; Plum Sauce</p> <p><b>DINNER:</b> Pork Roast with Cranberry Glaze / Gravy or Spaghetti with Tomatoes and Meat Sauce Caesar Salad, Garlic Bread Whipped Potatoes, Carrots</p>	<p><b>20 LUNCH:</b> Beef Vegetable Soup Toasted Tomato &amp; Bacon or Barbeque Cheeseburger Joes</p> <p><b>DINNER:</b> Herb Roasted Chicken Legs or Sole with Lemon / Tartar Sauce Baked Potatoes Squash</p>	<p><b>21 LUNCH:</b> Cream of Tomato Soup, Chicken Cranberry Salad or Spinach Frittata</p> <p><b>DINNER:</b> Herb Crusted Pacific Snapper, Potatoes, or Salad Plate Potato Salad Sour Cream Mashed Cauliflower Parsley</p>	<p><b>22 LUNCH:</b> Pea Soup Egg Salad on ww or Fish &amp; Chips</p> <p><b>DINNER:</b> Chicken Pot Stew with Dumplings or BBQ Meatloaf Mashed potatoes Mexican Corn</p>	<p><b>23 LUNCH:</b> Cream Chicken Soup, Peach Stuffed Raisin Bread French Toast, Sausage Pulled Beef Bun</p> <p><b>DINNER:</b> Pork Chops in Barbeque Sauce or Fruit Plate with Cottage Cheese Cracker, Apple Pear Garlicky Roasted Potatoes Spinach</p>
<p><b>LUNCH:</b> Cream of Tomato Vegetable up, Salmon Sandwich on ww or icken Fingers with French Fries</p> <p><b>NNER:</b> Prime Rib with Yorkshire dding, Gravy, or Chicken, Butternut uash Baked, Buttermilk Potatoes, Peas arrots</p> <p><b>LUNCH</b> Cream of Cauliflower Soup m &amp; Cheese on ww Kaiser or Mac eese/Roll</p> <p><b>NNER:</b> Prime Rib with rkshire Pudding/Gravy Mini Roasted atoes Carrots or Salad Plate with villed eggs, cold meat</p>	<p><b>25 LUNCH :</b> Cream of Toasted Red Pepper &amp; Potato Soup Pulled Chicken on a Bun or Linguine &amp; Mushrooms</p> <p><b>DINNER:</b> Coquille St. Jacques Scallop Casserole or Beef Pot Roast Whipped Potatoes Green Beans</p>	<p><b>26 LUNCH:</b> Chicken Barley Veg Soup ,Tomato Sandwich or Cheese &amp; Onion Quiche</p> <p><b>DINNER:</b> Pork Tenderloin with Corn &amp; Black Bean Salsa, Tomatoes with Zucchini or Seafood Caesar Salad with Garlic Bread Mashed Potatoes</p>	<p><b>27 LUNCH</b> Cream of Mushroom Soup Turkey, Cheese, Lettuce Club Sandwich or Baked Macaroni &amp; Cheese Greek Salad</p> <p><b>DINNER:</b> Herb/Garlic Tilapia or Baked Ham Baked Potato Broccoli &amp; Cheese</p>	<p><b>28 LUNCH:</b> Goulash Soup with Rice, Cheese Dreams on ww or Salad Plate with Potato Salad, Egg Salad, Carrot Raisin Salad</p> <p><b>DINNER:</b> Sweet &amp; Sour Chicken Breast, Tomato Rice, Carrots or Lasagna Tossed Salad, French Stick</p>	<p><b>29 LUNCH</b> Cream of Asparagus Soup Roast Beef Sandwich on Harvest Bread or fish &amp; Chips</p> <p><b>DINNER:</b> Pork Stew &amp; Roll or Chef Salad with Chicken Strips &amp; Roll, Boiled Potatoes Wax beans</p>	<p><b>30 LUNCH:</b> : Minestrone Sou Tuna Pickle Salad on ww or South Western Frittata</p> <p><b>DINNER:</b> Turkey Pot Pie Roasted lamb with M Hollandaise Sauce, Mas Potatoes, Turnip</p>

CHAMPLAIN MANOR JULY 2011 ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>PROGRAM LOCATIONS</b> M - Main Activity Room EW - East Wing Activity Room C - Chapel 3 <sup>rd</sup> - Third floor OS - Outside TH - Throughout Home FL - Fireplace Lounge	<b>BIRTHDAYS</b> July 2 Hilda Alexander July 4 Edith Woodfine July 7 Rose Smith July 7 Grace Talbot July 10 Roy Luscombe July 13 Olive Charles July 15 Lorraine Brown	<b>BIRTHDAYS</b> July 15 Bill Johnson July 20 Gerald Mohun July 22 Betty Kent July 22 Helen Tomkinson July 29 Aileen Blackburn		<b>HAPPY CANADA DAY</b> 	2 10:30 Exercises (EW) 11:00 Shuffleboard (FL) or outside walks 1:30 BINGO (FL)
3 2:30 Ministry in Music (M) and afternoon tea social	4 HAIR SALON OPEN TODAY 9-12 Bookcart (TH) 9:30 Sunshine Strollers (TH) (meet in the front lobby) 10:30 Chair Yoga (M) 1:30 Reflexology (TH) 1:30 - 3:30 Shopping to Zellers 6:15 Pamper (M)	5 9:30 Physio (EW) 10:00 Travelling Spa & Friendly Visits (3 <sup>rd</sup> fl.) 2:00 Afternoon Tea on the Patio 6:30 Euchre/Bridge Cards (M) 6:30 Friendly Visits (TH)	6 HAIR SALON OPEN TODAY 9:30 Physio (EW) 10:15 Reminisce with Joan (EW) 11:15-12:00 Tuck Cart Open (FL) 2:00 Presbyterian Church Service 3:00 Bingo (EW) 6:30 Crosswords (M)	7 9:30 Exercises (EW) 10:00 Visit with Tom from SPCA (M) 2:00 Games: Chinese Checkers (M) 6:30 Wheel of Fortune (M)	8 9:30 Physio (EW) 10:15 Brain Busters (EW) 11:15-12:00 Tuck Cart Open (FL) 1:00 Reading with Brenda (EW) 2:15 Happy Hour & Entertainment with Murray (M) 6:30 Movie Night: "The Errand Boy" Starring: Jerry Lewis	9 10:30 Exercises (EW) 11:00 Bocce Ball Outside 1:30 BINGO (FL)
10 2:30 Country Gospel Sing-along (M) and afternoon tea social	11 HAIR SALON OPEN TODAY 9-12 Bookcart (TH) 9:30 Sunshine Strollers (TH) 10:30 Exercise (EW) 11:00 Trivia with Jeff (EW) 1:30 Reflexology (TH) 2:00 Painting Class (M) 6:15 Pamper (M)	12 9:30 Physio (M) 10:00 Travelling Spa & Friendly Visits (3 <sup>rd</sup> fl.) 10:45 Bible Study with Bill Fyvie (Chapel) 2:00 Crafts with Dorothy (M) 6:30 Euchre/Bridge Cards (M) 6:30 Friendly Visits (TH)	13 HAIR SALON OPEN TODAY 9:30 Physio (EW) 10:15 Reminisce with Joan (EW) 10:30 Pet Therapy (TH) 11:15 -12:00 Tuck Cart Open (FL) 2:00 Anglican Church Service 3:00 Tea & Trivia with Tom (M) 6:30 Crosswords (M)	14 9:30 Exercises (EW) 10:30 News & Views (M) 1:30 Trip to the OPP Museum 6:30 Wheel of Fortune (M)	15 9:30 Physio (EW) 10:15 Readers Digest Word Power (EW) 11:15 -12:00 Tuck Cart Open (FL) 1:00 Reading with Brenda (EW) 2:00 Outing to Couchiching Park for the afternoon 6:30 Movie Night: "Gunga Din" (M)	16 10:30 Exercises (EW) 11:30 FAMILY BBQ 2:00 Strawberry Social Fundraiser \$5.00 & entertainment (family and friends are welcome to attend)
17 2:30 Sundae Sunday (M) (enjoy an ice cream sundae) 3:30 Friendly Visits (TH)	18 HAIR SALON OPEN TODAY 9-12 Bookcart (TH) 9:30 Sunshine Strollers (TH) 10:30 Chair Yoga (EW) 11:00 Trivia with Jeff (EW) 1:30 Reflexology (TH) 2:00 Entertainment with Jim Rutledge (M) 6:15 Pamper (M)	19 9:30 Physio (EW) 10:00 Travelling Spa & Friendly Visits (3 <sup>rd</sup> fl.) 11:30 Toonie Tuesday Lunch (M) 2:00 Entertainment with Country Ways Duo (M) 6:30 Euchre/Bridge Cards (M) 6:30 Friendly Visits (TH)	20 HAIR SALON OPEN TODAY 9:30 Physio (EW) 10:15 Reminisce with Joan (EW) 11:15-12:00 Tuck Cart Open (FL) 2:00 Salvation Army Church Service 3:00 Board Games (café) 6:30 Crosswords (M)	21 FOOT CARE TODAY 9:30 Exercises (M) 10:30 Guardian Angels Church Service (Chapel) 1:30 Shopping Trip to Walmart \$5.50 6:30 Wheel of Fortune (M)	22 9:30 Physio (EW) 10:15 Dear Abby 11:15-12:00 Tuck Cart Open (FL) 1:00 Reading with Brenda (EW) 2:15 Happy Hour 6:30 Movie Night: "Wuthering Heights" Starring: Laurence Olivier (M)	23 10:30 Exercises 11:00 Wii Games or outside walks 1:30 BINGO
24 2:30 Sunday Afternoon at the Movies (M) 3:00 Friendly Visits (TH) 31 3:00 REV. AMY (piano entertainment) (M)	25 HAIR SALON OPEN TODAY 9-12 Bookcart (TH) 9:30 Sunshine Strollers (TH) 10:30 Exercise (EW) 11:00 Trivia with Jeff (EW) 1:30 Reflexology (TH) 2:00 Sing a Long (M) 6:30 Outing to Birchmere for entertainment with "The Entertainers"	26 9:30 Physio (EW) 10:00 Travelling Spa & Friendly Visits (3 <sup>rd</sup> fl.) 10:45 Bible Study with Bill Fyvie 2:00 Movie Matinee (M) 6:30 Euchre/Bridge Cards (M) 6:30 Friendly Visits (TH)	27 HAIR SALON OPEN TODAY 9:30 Physio (EW) 10:15 Reminisce with Joan (EW) 10:30 Pet Therapy 11:15-12:00 Tuck Cart Open (FL) 2:00 Christian Fellowship Chapel Church Service 2:30 Book Club (EW) 6:30 Crosswords (M)	28 9:30 OPEN FORUM (EW) 2:00 Entertainment with Bob Thomas (M) 6:30 Wheel of Fortune (M)	29 9:30 Physio (EW) 10:15 Mini Mysteries (EW) 11:15 - 12:00 Tuck Cart Open (FL) 1:00 Reading with Brenda (EW) 2:15 Wine & Cheese Party & Entertainment with Ken Losell (M) 6:30 Movie Night "After the Fox" Starring: Peter Sellers	30 10:30 Exercises 11:00 Shuffleboard or outside walks 1:30 BINGO