



A TASTE *of* CHARTWELL'S
SEASONAL MENUS



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At Chartwell, our Food & Beverage team **uniquely crafts menus for every season**—Spring, Summer, Fall and Winter. That's because we believe our residents should experience a wide variety of food and flavours reflective of the time of year, conjuring feelings of comfort, familiarity, and anticipation.





Celebrate **THE BOUNTY**

You'll never see the same lunch or dinner entrée repeated within a four-week period; meaning you'll enjoy a wide offering of dishes that celebrate the bounty of each season. We work closely with our fresh produce suppliers to source regional ingredients as much as possible, striving to support local farmers in each province. Through our

suppliers, you'll find ingredients like rhubarb or asparagus on your plate from Thames River Farm in **Innerkip, Ontario**; fraise, tomate or chou-fleur cultivated by the Benjo farm in **Saint-Roch-de-l'Achigan, Quebec**; and fresh corn from farms in **Taber, Alberta** or **Chilliwack, British Columbia**.

These fresh ingredients factor into our 750+ Chartwell Recipes that promote from-scratch cooking and inspire our culinary teams to highlight the best of in-season produce for delicious, wholesome meals.

Explore just a sampling of some of the appetizing meals you can expect to see on your menu each season as you dine alongside friends at Chartwell.

Bon Appetite!



SPRING

What evokes the essence of springtime more than meals that celebrate crisp, peak-season produce full of colour and sweetness? Expect to find dishes that are light, bright, and citrusy that rejoice the days becoming sunnier and warmer weather on the horizon.



FRESH SALADS

- Grilled asparagus salad with lemon Parmigiano vinaigrette
- Roasted peppers, sweet potato, candied walnuts and Chevre cheese salad
- Spinach, roasted beets, toasted almonds, and feta cheese salad

FROM-SCRATCH SOUPS

- Spring harvest asparagus soup
- Borscht - beet soup topped with sour cream and fresh dill
- Carrot and ginger soup
- Lemon chicken with orzo
- Classic chicken noodle soup

LUNCH & DINNER ENTREES

- **Miso-glazed salmon with stir-fried vegetables and rice pilaf**
- Honey garlic beef stir-fry with Shanghai noodles
- Chicken souvlaki with rice pilaf, pita, tzatziki, and side cucumber tomato salad
- Pasta primavera served with warm garlic bread and side Caesar salad
- Sesame ginger chicken with broccoli and cashews
- Moroccan roasted lamb with parsley new potatoes and grilled asparagus
- Fresh vegetable bake—broccoli, carrots, asparagus, red onions, and sweet potato topped with a fresh herb parmesan crumble
- Oven-baked trout almondine with lemon parmesan orzo and broccolini





HOMEMADE DESSERTS

- **Macintosh apple crumble with vanilla ice cream**
- Lemon tart
- Fresh fruit salad
- Pink lady squares
- Cherry clafoutis
- Banana split



SUMMER

Summer is the season where we not only celebrate the abundance of beautiful vegetables and fruits, but dishes that leave us feeling refreshed and content. Our culinary teams help you stave off the heat by celebrating light and fresh ingredients like melons, peaches, mint, cucumber, fish, artisan cheese and much more. And don't forget thirst-quenching drinks that make you feel like you're on a beach vacation.



FRESH SALADS

- **Spinach and strawberry salad with toasted almonds and poppy seed dressing**
- Caprese salad—vine-ripe tomato, bocconcini, basil and balsamic vinaigrette
- Watermelon and feta salad
- Butter lettuce salad with lemon Dijon dressing
- Cucumber dill salad
- Radish salad

FROM-SCRATCH SOUPS

- Roasted corn chowder
- Broccoli cheddar soup
- Fresh tomato basil soup with orzo
- Summer squash soup
- Minted pea soup



LUNCH & DINNER ENTREES

- **Spaghetti tossed with tomato basil sauce, served with garlic bread**
- Ploughman's lunch plate – deviled eggs, black forest ham, cheddar cheese, cherry tomatoes, pickles, chutney, and a warm soft bun
- BBQ lunch - Hayter's farm turkey burger with apple cranberry chutney
- Greek salad and chicken pita pocket
- Turkey club sandwich with sweet potato fries
- Teriyaki salmon and broccoli bowl
- BBQ pork ribs with stuffed baked potato and buttered corn on the cobb
- Mediterranean lemon sole with olives, capers, rice pilaf and ratatouille
- Chicken cacciatore with sweet potato herb mash and sauté green beans

HOMEMADE DESSERTS

- Strawberry shortcake
- Peach cobbler
- Vanilla pudding with fresh summer berries
- Lemon sponge pudding
- Campfire s'mores cake
- Summer fruit pavlova
- Peach melba



AUTUMN

Apple, caramel, maple, pear, ginger, pumpkin—these are only a handful of classic flavours you can expect to see infused into our menus in the fall.

It's one of the best times of the year to celebrate food—thanks to the bounty of the harvest—and a time when you'll find our residences steeped in the scents of spices and home cooking.



FROM-SCRATCH SOUPS

- **Roasted butternut squash soup topped with fresh herb croutons**
- Cream of mushroom and tarragon soup
- Chicken and fall vegetable broth
- Minestrone
- Curried red lentil soup

FRESH SALADS

- Apple and fennel slaw
- Carrot and raisin salad
- Kale and brussels sprouts salad
- Roasted beets and orange salad
- Harvest salad with blue cheese and avocado



LUNCH & DINNER ENTREES

- Potato latkes with smoked salmon
- Open-faced tuna melt served with pickles and a side salad
- Baked spinach and ricotta cheese cannelloni
- BBQ beef brisket with creamy mashed potatoes, green beans and red cabbage
- Shrimp and vegetable Chow Mein
- Cajun chicken jambalaya
- Beer-battered haddock and chips with coleslaw, tartar sauce and lemon
- Classic chicken parmesan with linguini and garlic cheese bread
- Honey-glazed baked ham, scalloped potatoes and buttered peas and carrots





HOMEMADE DESSERTS

- **Tiramisu**
- Lemon poppy seed cake
- Baked plum pudding with vanilla ice cream
- Red wine and cinnamon poached pear
- Maple crème brûlée
- Pumpkin cheesecake tart
- Cherries jubilee
- Caramel pecan dream bars



WINTER

The season of snowy days and longer nights is when our culinary teams serve dishes designed to warm and nourish you against the cold. While cozying up with a good book by the fire, sharing conversation with friends and enjoying the company of family, picture yourself with an array of hot beverages, fresh-from-the-oven desserts, hearty soups, and classic comfort food everyone looks forward to around the holidays.



FROM-SCRATCH SOUPS

- **French onion soup**
- Cream of potato and leek soup
- Turkey and wild rice soup
- Winter vegetable broth
- Beef barley soup

FRESH SALADS

- Spinach and apple salad with walnuts
- Lentil arugula salad with lemon vinaigrette
- Roasted vegetable and quinoa salad
- Classic wedge salad with crispy bacon and blue cheese dressing

LUNCH & DINNER ENTREES

- **Chicken pot pie with creamy mashed potato, minted peas, and glazed carrots**
- Roast prime rib with Yorkshire pudding, roasted carrots, and parsnips
- Chicken Coq au vin
- Shepherd's pie
- Butter chicken with basmati rice and naan bread
- Roast turkey with apple sage stuffing, brussels sprouts, and sweet yam mash



HOMEMADE DESSERTS

- Pear and cranberry cobbler with vanilla ice cream
- Gingerbread cake
- Apple crumble tart
- Gluten-free black bean brownies
- Fruit trifle
- Apple ricotta cake
- Cream puff
- Caramel pecan dream bars





Learn more about Chartwell's dining experience by visiting [chartwell.com](https://www.chartwell.com) or calling **1-855-461-0685** to speak with one of our Retirement Living Consultants.