

Swedish Assisted Living – Spring & Summer Menu 2021

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Bowl Carrot Raisin Muffin	Fruit Bowl Bran	Fruit Bowl Bran Muffin	Fruit Bowl Bagel w/Cream Cheese	Fruit Bowl Berry Muffin	Fruit Bowl Scone w/Butter	Fruit Bowls Assorted Pastry
2pm Snack	Banana Loaf	Date Square	Cranberry Orange Loaf	Bavarian Fruit Tart	Squares	Assorted Loaf	Butter Tarts
7pm Snack	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad
Lunch 1st Seating 11:30am 2nd Seating 12:30 pm Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit	Pork Normandy (chops cooked w/apples) OR Liver & Onions w/Gravy With Whipped Potato Broccoli Carrots Dessert Tray	Blackened Cod with Pineapple Salsa OR Chicken Curry With Jasmine Rice Sauteéd Spinach Red peppers Dessert Tray	Chicken & Kimchi Dumpling <small>(Green Onions, Soya Sauce/Sesame Seeds)</small> OR Oriental Pork Meatballs With Fresh Vegetable Medley <small>(Celery/green Pepper /Onion/Carrot)</small> Chow Mein Noodles Dessert Tray	Turkey Schnitzel Gravy/Cranberry Sauce OR Veal Cutlet w/Gravy With Jasmine Rice Roasted Beets French Cut Green Beans Dessert Tray	Chef's Choice Salmon (Lemon Wedge) OR Chicken Adobo With Roasted potatoes Green Zucchini Buttered Carrots w/Dill Dessert Tray	Beef Meatballs in Brown Gravy OR Teriyaki Chicken With Rice Pilaf Fresh Vegetable Medley <small>(celery, mushrooms, zucchini, baby corn)</small> Dessert Tray	Roast Turkey w/Gravy Cranberry Sauce OR Breaded Fish Cake w/Tartar Sauce Lemon Wedge With Mashed Potato Glazed Carrots Buttered Peas Dessert Tray
Supper 1st Seating 4:30 pm 2nd Seating 5:30 pm Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit Feature Dessert	Chicken-Split pea Soup Cottage Cheese Muffin (Bran, Raisin, Carrot) Fresh Fruits OR Captain Burger <small>(Lettuce/Tomato/Tartar Sauce)</small> Coleslaw Fruit Garnish Feature Dessert Tapioca Pudding	French Onion Soup Vegetable Burger <small>(Lettuce, Onion, Tomato, Guacamole)</small> OR Pepperoni Pizza <small>(Pepperoni & Thin Sliced Green Pepper, Mozzarella)</small> With Caesar Salad Feature Dessert Berry Cheesecake	Cream of Mushroom Philly Cheesesteak OR Bacon Quiche With Watermelon Wedges Orange Slices Feature Dessert Raisin Bread Pudding	Creamy Carrot Ginger Soup Grilled Cheese Sandwich OR Tuna Casserole w/Creamy Mushroom Sauce Garlic Bread With Mixed Green Salad Orange Wedge Feature Dessert Apple Crisp	Borscht Soup Baked Beans Dinner Bun OR Chicken & Leek Pot Pie w/Gravy With Caesar Salad Feature Dessert Rice Pudding	Potato Leek Soup Mac & Cheese OR Hot Pastrami Sandwich on Rye Bread With Mixed Greens Salad Fruit Garnish Feature Dessert Peach Halves	Vegetable Beef Noodle Soup Cold Deli Plate: Deli Turkey & Ham Potato Salad Cheese Slice Fresh Fruit Dinner Roll w/Butter Pickles & Olives OR Egg Salad Sandwich Coleslaw Feature Dessert Lemon Meringue Pie

Available at:

- **Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
- **Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee
- **Snacks** - Assorted Juice, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie

Swedish Assisted Living – Spring & Summer Menu 2021

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Bowl Blueberry Muffin	Fruit Bowl Apple Cinnamon Scone	Fruit Bowl Waffle	Fruit Bowl Bagel w/Cream Cheese	Fruit Bowl Cranberry Muffin	Fruit Bowl Bagel w/Cream Cheese	Fruit Bowls Assorted Pastry
2pm Snack	Squares	Loaf	Squares	Tarts	Loaf	Squares	Loaf
7pm Snack	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad
Lunch 1st Seating 11:30am 2nd Seating 12:30 pm Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit	Battered Pollock Lemon Wedge/Tartar Sauce OR BBQ Pork With Fries House Coleslaw Watermelon Dessert Tray	Shepherd's Pie w/Gravy OR Chicken Drumstick (Teriyaki Glazed) Rice Pilaf With Broccoli Buttered Corn Dessert Tray	Pork Chop w/Brown Gravy OR Turkey Schnitzel Gravy /Cranberry Sauce With Mashed Potato Green Beans Roasted Carrots Dessert Tray	Baked Salmon Lemon Wedge/Dill Sauce OR Beef Meatloaf w/Sauce With Herbed Potato wedges Roasted Beets Grilled Zucchini Dessert Tray	Brunch Menu Waffles w/Topping Maple Pork Sausage Hashbrown Boiled Egg Seasonal Fruit OR Egg Salad Sandwich Seasonal Fruits Dessert Tray	Glazed Orange Ginger Chicken OR Liver & Onions With Jasmine Rice Buttered Carrots Mushrooms <small>(Sautéed in Garlic and Parsley Butter)</small> Dessert Tray	Roast Beef w/Gravy OR Pork Cutlet w/Gravy With Garlic Mashed Potato Brussels Sprout Baked Yams Dessert Tray
Supper 1st Seating 4:30 pm 2nd Seating 5:30 pm Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit Feature Dessert	Cream of Broccoli Soup Malibu Avocado Burger (Vegetarian) OR Chicken Strips w/Dipping Sauce With Caesar Salad Orange Wedge Feature Dessert Carrot cake	Carrot Lentil Soup Beef Pot Pie w/Gravy OR Mixed Seafood Cake w/Lemon Dill Aioli With House Salad Cantaloupe Slice Feature Dessert Baked Apples w/Raisins	Hamburger Vegetable Soup Penne Pasta w/Marinara Sauce OR Cheese Omelet With Caesar Salad Garlic Bread Feature Dessert Banana Cream Pie	Chicken Corn Soup Vegetable Dumpling <small>(Green Onion/Soy Sauce/Sesame Seeds)</small> OR Stir Fry Chicken & Onions in Shanghai Sauce With Jasmine Rice Broccoli Feature Dessert Egg Tart	Cream of Spinach Spaghetti w/Meat Sauce OR Breaded Fish Cake <small>(Lemon Wedge/Tartar Sauce)</small> With Garlic Bread Caesar Salad Orange Slices Feature Dessert Peach Cobbler	Vegetable Soup Perogies w/Bacon Grilled Onions Sour Cream OR Chicken & Leek Pot Pie w/Gravy With Italian Salad Feature Dessert Almond Rice Pudding	Tomato Basil Soup Beef Hotdogs w/Condiments OR Chicken Balls w/Plum Sauce Dinner Bun With Caesar Salad Watermelon Slice Feature Dessert Lemon Meringue Pie

Available at:

- **Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
- **Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee
- **Snacks** - Assorted Juice, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie

Swedish Assisted Living – Spring & Summer Menu 2021

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Bowl Waffle w/Butter	Fruit Bowl Carrot Muffin w/Butter	Fruit Bowl Bagel w/Cream Cheese	Fruit Bowl Mixed Berry Scone	Fruit Bowl Bran Muffin w/Butter	Fruit Bowl Tea Biscuit w/Butter & Jam	Fruit Bowls Assorted Pastry
2pm Snack	Squares	Loaf	Squares	Tarts	Loaf	Squares	Loaf
7pm Snack	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad
<p>Lunch</p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit</p>	<p>Sole Fish w/Creamy Dill Sauce</p> <p>OR</p> <p>Veal Cutlet w/Gravy</p> <p>With</p> <p>Jasmine Rice Seasonal Veg Medley (Carrot, Broccoli, Celery, Onion)</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Gravy Cranberry Sauce</p> <p>OR</p> <p>Salisbury Steak (Sliced Onions/Mushrooms in Brown Gravy)</p> <p>With</p> <p>Mashed Potato Buttered Peas Carrots</p> <p>Dessert Tray</p>	<p>Pork Cutlet w/Gravy</p> <p>OR</p> <p>Chef's Choice Fish (Lemon Wedge)</p> <p>With</p> <p>Whipped Potato Vegetable Medley (Zucchini, red Pepper & Onion)</p> <p>Dessert Tray</p>	<p>Herbed Salmon Fillets Lemon Wedge/Dill sauce</p> <p>OR</p> <p>Curried Chickpeas</p> <p>With</p> <p>Rice pilaf Steamed Vegetables (broccoli, cauliflower, red pepper)</p> <p>Dessert Tray</p>	<p>Chicken Cordon Bleu</p> <p>OR</p> <p>Corned Beef w/Creamy Mustard Sauce</p> <p>With</p> <p>Herb Roasted Nugget Potato Grilled Asparagus Glazed carrots</p> <p>Dessert Tray</p>	<p>Festive Ham Scalloped Potatoes</p> <p>OR</p> <p>Shepherd's Pie w/Gravy</p> <p>With</p> <p>Sautéed Spinach and peppers Squash</p> <p>Dessert Tray</p>	<p>Roast Turkey w/Gravy Cranberry Sauce</p> <p>OR</p> <p>Pork Sausages</p> <p>With</p> <p>Mashed Potato</p> <p>Yam Broccoli</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit Feature Dessert</p>	<p>Vegetable Barley Soup</p> <p>Vegetarian Chill w/ Garlic Bread</p> <p>OR</p> <p>Hearty Turkey Sandwich on Cranberry Bread (Lettuce, Tomato, Cucumber, Mayo)</p> <p>With</p> <p>House Coleslaw Fruit Garnish</p> <p>Feature Dessert Iced Lemon Cake</p>	<p>Mulligatawny Soup</p> <p>Cheeseburger</p> <p>OR</p> <p>Vegetable Pot Pie</p> <p>With</p> <p>Carrot Raisin Salad Kiwi Wedge Garnish</p> <p>Feature Dessert Strawberry Rhubarb Pie</p>	<p>Creamy Yam Soup</p> <p>Monte Cristo Sandwich on Rye Bread</p> <p>OR</p> <p>Cod Nuggets Dinner Bun</p> <p>With</p> <p>Caesar Salad</p> <p>Feature Dessert Tapioca Pudding</p>	<p>Yellow Pea Soup</p> <p>Tortellini Pasta with Creamy Pesto Sauce</p> <p>OR</p> <p>Egg Salad Sandwich on Croissant</p> <p>With</p> <p>House Salad</p> <p>Feature Dessert Baked Apples</p>	<p>Cream of Tomato Soup</p> <p>Fish & Chips</p> <p>OR</p> <p>Grilled Cheese Sandwich on Sourdough Bread</p> <p>With</p> <p>Coleslaw Fruit Garnish</p> <p>Feature Dessert Pineapple Upside-down Cake</p>	<p>Wonton Soup</p> <p>Chicken Fried Rice Vegetable Dumplings Garlic Broccoli</p> <p>OR</p> <p>Vegetarian Sandwich (Hummus, Lettuce, Sliced Tomato, Cucumber, Cheese)</p> <p>Feature Dessert Egg Tart</p>	<p>Beef vegetable Noodle Soup</p> <p>Meat-Lovers Pizza</p> <p>OR</p> <p>Open Face Smoked Salmon w/Cream Cheese on Rye Capers, Red Onion, Lemon</p> <p>With</p> <p>House Salad</p> <p>Feature Dessert Pecan Pie</p>

Available at:

- **Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
- **Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee
- **Snacks** - Assorted Juice, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie

Swedish Assisted Living – Spring & Summer Menu 2021

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Bowl Waffle	Fruit Bowl Carrot Muffin	Fruit Bowl Bagel w/Cream Cheese	Fruit Bowl Bran & Raisin Muffin	Fruit Bowl Mixed Berry Scone	Fruit Bowl Apple Cinnamon Muffin	Fruit Bowls Assorted Pastry
2pm Snack	Squares	Loaf	Squares	Tarts	Loaf	Squares	Loaf
7pm Snack	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad
<p>Lunch</p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit</p>	<p>Battered Haddock (Lemon Wedge/Tartar Sauce)</p> <p>OR</p> <p>Chicken Thigh in Shanghai Sauce</p> <p>With Rice Pilaf Sautéed Mushrooms and onions (In Garlic Butter) Green Beans</p> <p>Dessert Tray</p>	<p>Beef Meatloaf w/sauce</p> <p>OR</p> <p>Glazed Ham</p> <p>With Roasted Red Potatoes Steamed Vegetables (broccoli, cauliflower, red peppers)</p> <p>Dessert Tray</p>	<p>Curry Chicken</p> <p>OR</p> <p>Liver & Onions w/Gravy</p> <p>With Mashed Potatoes PEI vegetables (Carrots, green bean, yellow wax bean)</p> <p>Dessert Tray</p>	<p>Baked Pork Chop</p> <p>OR</p> <p>Tomato Herb Turkey Loaf</p> <p>With Jasmine Rice Buttered Peas Seasoned Carrots</p> <p>Dessert Tray</p>	<p>Herbed Salmon (Lemon Wedge/Dill Sauce)</p> <p>OR</p> <p>Turkey Schnitzel w/Gravy & Cranberry</p> <p>With Garlic Mashed Potato Seasonal Vegetable Medley (carrot, broccoli, celery, onion)</p> <p>Dessert Tray</p>	<p>Chicken Afritada (Spanish Chicken Stew w/Peppers, Peas, Potato)</p> <p>OR</p> <p>Sole Fillet (Fish)</p> <p>With Rice Pilaf Sunrise Vegetables (orange/yellow carrots, green beans)</p> <p>Dessert Tray</p>	<p>Roast Pork Applesauce/Gravy</p> <p>OR</p> <p>Chicken Cordon Swiss</p> <p>With Mashed Potato Brussels Sprout Carrots</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit Feature Dessert</p>	<p>Creamy Roasted Carrot Soup</p> <p>Egg Salad Sandwich</p> <p>OR</p> <p>Vegetarian Burger (Patty, Lettuce, Tomato, Red Onion, Cheese, Mayo/Mustard)</p> <p>With Coleslaw Orange Slice</p> <p>Feature Dessert Berry Cobbler</p>	<p>Navy Bean Soup</p> <p>Spring Vegetable Quiche</p> <p>OR</p> <p>Cold Deli Plate (Deli Ham/Turkey/Boiled Egg)</p> <p>With Dinner Roll Green Salad</p> <p>Feature Dessert Zucchini Cake</p>	<p>Green Split Pea Soup</p> <p>Spaghetti & Meatballs</p> <p>OR</p> <p>Fish Cake Lemon/Tartar Sauce Garlic Bread</p> <p>With Caesar Salad Orange Slice</p> <p>Feature Dessert Bread Pudding</p>	<p>Chicken noodle Soup</p> <p>Tuna Salad Sandwich</p> <p>OR</p> <p>Chicken Strips Dipping Sauce</p> <p>With House Green Salad Melon Slice</p> <p>Feature Dessert Chef's Choice Crisp</p>	<p>Rustic Lentil Soup</p> <p>Beef Pot Pie w/Gravy</p> <p>OR</p> <p>Spinach red pepper Quiche</p> <p>With Watermelon Wedges House Salad Dinner roll w/butter</p> <p>Feature Dessert Chocolate cake</p>	<p>Lemon Orzo chickpea Soup</p> <p>Pork Souvlaki</p> <p>OR</p> <p>Spanakopita</p> <p>With Greek Salad Pita Bread Tzatziki Sauce</p> <p>Feature Dessert Apple Pie w/Ice Cream</p>	<p>Chef's Choice Soup</p> <p>Sweet & Sour Fish</p> <p>OR</p> <p>Teriyaki Glazed Chicken</p> <p>With Fried Rice Thai vegetables (broccoli, bell pepper, carrot, baby corn, snap pea...)</p> <p>Feature Dessert Bavarian Fruit Tart 3" (Kiwi, Strawberry)</p>

Available at:

- **Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
- **Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee
- **Snacks** - Assorted Juice, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie

Swedish Assisted Living – Spring & Summer Menu 2021

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit Bowl Blueberry Muffin	Fruit Bowl Apple Cinnamon Scone	Fruit Bowl Waffle	Fruit Bowl Bagel w/Cream Cheese	Fruit Bowl Cranberry Muffin	Fruit Bowl Bagel w/Cream Cheese	Fruit Bowls Assorted Pastry
2pm Snack	Squares	Loaf	Squares	Tarts	Loaf	Squares	Loaf
7pm Snack	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted	Cookies Assorted
Lunch Salads	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad	House Salad
<p>Lunch</p> <p>1st Seating 11:30am</p> <p>2nd Seating 12:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit</p>	<p>Baked Haddock Lemon Wedge/Tartar sauce</p> <p>OR</p> <p>Baked Sausage</p> <p>With</p> <p>Roasted Potatoes Beets Peas</p> <p>Dessert Tray</p>	<p>Turkey Schnitzel w/Gravy & Cranberry</p> <p>OR</p> <p>Veal Cutlet w/Gravy</p> <p>With</p> <p>Rice Pilaf Carrots Zucchini</p> <p>Dessert Tray</p>	<p>Roast Pork w/Gravy Applesauce</p> <p>OR</p> <p>Lemon Garlic Fish</p> <p>With</p> <p>Mashed Potato Braised Red Cabbage Broccoli</p> <p>Dessert Tray</p>	<p>Chicken Piccata OR Meatloaf</p> <p>With</p> <p>Herbed roasted Potato Grilled Asparagus And Carrots</p> <p>Dessert Tray</p>	<p>Herbed Baked Salmon Lemon Wedge/Tartar Sauce</p> <p>OR</p> <p>Vegetarian Chili w/cornbread</p> <p>With</p> <p>Jasmine Rice Sunrise Vegetables (orange/yellow carrots, green beans)</p> <p>Dessert Tray</p>	<p>Glazed Ham</p> <p>OR</p> <p>Breaded Cod w/Tartar Sauce Lemon Wedge</p> <p>With</p> <p>Hashbrown Potatoes Honey glazed carrots Green beans</p> <p>Dessert Tray</p>	<p>Roast Beef w/Gravy</p> <p>OR</p> <p>Chicken Adobo</p> <p>With</p> <p>Rice Pilaf Herbed Carrots Asparagus</p> <p>Dessert Tray</p>
<p>Supper</p> <p>1st Seating 4:30 pm</p> <p>2nd Seating 5:30 pm</p> <p>Dessert Tray Yogurt, Ice Cream, Jell-O, Fruit Feature Dessert</p>	<p>Borscht Soup</p> <p>Chicken Ala King w/Puff Pastry</p> <p>OR</p> <p>Egg Salad Sandwich</p> <p>With</p> <p>House Salad Dinner roll w/butter</p> <p>Feature Dessert Peach Cake</p>	<p>Creamy Carrot Soup</p> <p>BBQ Pulled Pork Sandwich</p> <p>OR</p> <p>Seafood Cake</p> <p>With</p> <p>House Slaw Honeydew Wedge</p> <p>Feature Dessert Tapioca Pudding</p>	<p>Chicken Noodle Soup</p> <p>Grilled Cheese & Tomato Sandwich</p> <p>OR</p> <p>Beef & Potato Pot Pie</p> <p>With</p> <p>Arugula Green Salad Dinner Roll</p> <p>Feature Dessert Stewed Rhubarb</p>	<p>Lentil Rice Soup</p> <p>Cannelloni Pasta in Tomato Cream Sauce</p> <p>OR</p> <p>Chicken Skewers w/Peanut Sauce</p> <p>With</p> <p>Italian Salad Dinner roll w/butter</p> <p>Feature Dessert Strawberry Shortcake</p>	<p>Fish Chowder</p> <p>COLD PLATE Deli Cold Cuts & Cheese</p> <p>OR</p> <p>Honey Garlic Wings</p> <p>With</p> <p>Spinach Salad Orange & Honeydew</p> <p>Feature Dessert Pineapple Upside Down Cake</p>	<p>Beef Barley Soup</p> <p>Cheeseburger</p> <p>OR</p> <p>Vegetarian Quiche</p> <p>With</p> <p>Coleslaw Watermelon Wedges Dinner Roll w/butter</p> <p>Feature Dessert Fruit Crisp w/ Whipped Cream</p>	<p>Vegetable Noodle Soup</p> <p>Cabbage Roll</p> <p>OR</p> <p>Perogies and Onions Turkey Sausages</p> <p>With</p> <p>Green Salad Orange Slices Dinner Roll</p> <p>Feature Dessert Coconut Pie</p>

Available at:

- **Dinner** – Bread, Rice, Mashed Potato, Water, Milk, Tea, Coffee
- **Supper**-Crackers with Soup, Bread, Water, Milk, Tea, Coffee
- **Snacks** - Assorted Juice, Iced Tea, Hot Tea, Coffee, Digestive Cookie, Social Cookie