

SUNDAY

BREAKFAST

Cantaloupe Chunks Whole Wheat Toast
Cinnamon oatmeal OR Assorted Cold Cereal
Fried Eggs Potato Hash browns
Bacon Strips

* **Condiments:** your choice of peanut butter, margarine, assorted
jams and jelly

LUNCH

Cream of Mushroom Soup W/ Crackers

Breaded Haddock Turkey & Cheese Sand-
Sweet Potato Fries OR wich on WW
Greek Salad
Tarter Sauce Dessert: Strawberries

SUPPER

Beef Pot Roast Honey Garlic Chicken
Mashed Potatoes OR Whole Wheat Bread
Fall Medley Veggies
Yorkshire Pudding Dessert: Cinnamon Roll Cake

* **Meals include one beverage choice: Tea/Coffee, Juice or Milk**



SALEM MANOR NURSING HOME

NEW MENU

Week 1

**To Order please call:
(780) 986-8654 ext. 248**

**Breakfast - \$9.00
Lunch - \$12.00
Dinner - \$14.00**

MONDAY

BREAKFAST

Strawberries

Oatmeal OR Assorted Cold Cereal

Hard Boiled Egg Lemon Smooth Cottage

Croissant Cheese

* **Condiments:** your choice of peanut butter, margarine, assorted jams and jelly

LUNCH

Cream of Tomato & Pepper Soup c/w Crackers

Turkey Pot Pie Egg Salad Sndw on WW

Tossed Salad OR Tossed Salad

Dessert: Hot Spiced Apples

SUPPER

Apricot Braised Chicken OR Herbed Baked Fish

Mashed Potatoes Whole Wheat Bread

Sunrise Veggies

Dessert: Brownie

* **Meals include one beverage choice: Tea/Coffee, Juice or Milk**

SATURDAY

BREAKFAST

Banana Half

Cream of Wheat OR Assorted Cold Cereal

Scrambled Eggs Lemon Smooth Cottage

Mini Pancakes Cheese

* **Condiments:** your choice of peanut butter, margarine, assorted jams and jelly

LUNCH

Tomato Rice Soup c/w Crackers

Chicken Caesar Salad Pastrami sndw on

LoCal Caesar Salad OR Wheat

WW Hamburger Bun LoCal Caesar Salad

Dessert: Chilled Tropical Fruit

SUPPER

Roasted Vegetable Lasagna OR Sweet & Sour Pork

Garlic Bread Vegetable Fried Rice

Asian veggies

Dessert: Tapioca Pudding

* **Meals include one beverage choice: Tea/Coffee, Juice or Milk**

FRIDAY

BREAKFAST

Honeydew Melon

Oatmeal OR Assorted Cold Cereal

Egg Omelet Peanut Butter

Whole Wheat Toast Waffles

* **Condiments: your choice of peanut butter, margarine, assorted jams and jelly**

LUNCH

Split Pea Soup c/w Crackers

Sausage Patty Grilled Cheese on

Lettuce & Tomato Salad OR Wheat

Whole Wheat Toast

Dessert: Ice Cream

SUPPER

Beef Shepherd's Pie

Broccoli Florets OR Baked Lemon Salmon

Whole Wheat Bread Mashed Potatoes

Dessert: Butter Tart Square

* **Meals include one beverage choice: Tea/Coffee, Juice or Milk**

TUESDAY

BREAKFAST

Blueberries

Cream of Wheat OR Assorted Cold Cereal

Cheese Omelet Vanilla Yogurt

Whole Wheat Toast Carrot Muffin

* **Condiments: your choice of peanut butter, margarine, assorted jams and jelly**

LUNCH

Chicken Vegetable noodle Soup c/w Crackers

Captain Burger on WW OR Swiss & Salami Sndw on WW

Vinaigrette Coleslaw

Dessert: Stewed Rhubarb

SUPPER

Honey Glazed Ham OR Turkey Schnitzel

Potato Bites

Winter Veggies

Whole

Wheat Dessert: LoCal Strawberry Ice Cream

* **Meals include one beverage choice: Tea/Coffee, Juice or Milk**

WEDNESDAY

BREAKFAST

Chilled Diced Pears

Cinnamon Oatmeal OR Assorted Cold Cereal

Scrambled Eggs Turkey Sausage Link

Turkey Sausage Link Whole Wheat Toast

* **Condiments:** your choice of peanut butter, margarine, assorted jams and jelly

LUNCH

Cream of Cauliflower Soup c/w Crackers

Shredded Chicken on WW Ham & Lettuce Sand-
Bun OR wich on Whole Wheat

Beet & Onion Salad Beet & Onion Salad

Dessert: Crushed Pineapple

SUPPER

Hamburger Steak w/ on- Lamb & Veggie Stew
ions OR Mashed Potatoes

Mashed Potatoes Whole Wheat Bread

Green Peas

Dessert: Cherry Crisp

* **Meals include one beverage choice: Tea/Coffee, Juice or Milk**

THURSDAY

BREAKFAST

Banana Loaf

Oatbran Cereal OR Assorted Cold Cereal

Poached Egg Vanilla Yogurt

Whole Wheat Toast Bran Muffin

* **Condiments:** your choice of peanut butter, margarine, assorted jams and jelly

LUNCH

Minestrone Soup c/w Crackers

Perogies w/ Bacon Tuna Salad Sandwich WW
Sour Cream OR Sauerkraut

Dessert: Mandarin Oranges

SUPPER

BBQ Glazed Pork Riblet Turkey Stew

Baked Potato OR Tea Biscuit

Buttered Corn

Whole Wheat Bread

Dessert: Blueberry Pie Slice

* **Meals include one beverage choice: Tea/Coffee, Juice or Milk**