SUNDAY

BREAKFAST

Fruit Cocktail Whole Wheat Toast

Cream of Wheat OR Assorted Cold Cereal

Scrambled Eggs Potato Hashbrowns

Bacon Strips

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

LUNCH

Garden Vegetable Soup c/w Crackers

Chicken Burger w/ Let- Cheese & Tomato Croissant

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OR Cheese & Tolliat

tuce & Tomato

Potato & Egg Salad

Potato & Egg Salad

Dessert: Hot Spiced Apples

SUPPER

Roast Turkey w/ Gravy &

Glazed Ham

Cranberry Sauce

<u>OR</u>

Mashed Potatoes

Mashed Potatoes

Green Beans

Green Beans

Whole Wheat Bread

Dessert: Boston Cream Cake

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



SALEM MANOR NURSING HOME

NEW MENU

Week 2

To Order please call:

(780) 986-8654 ext. 248

Breakfast - \$9.00

Lunch - \$12.00

Dinner - \$14.00

MONDAY

BREAKFAST

Fruit Cocktail

Oatbran Cereal OR Assorted Cold Cereal

Egg Omelet Bran Muffin

Whole Wheat Toast

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

LUNCH

Country Bean & Vegetable Soup c/w Crackers

Cabbage Rolls Egg Salad Sandwich

Sausage Links

OR

Mixed Green Italian Sal-

Mixed Green Italian Salad ad

Dessert: Chilled Diced Pears

SUPPER

Turkey Sausage w/ Gravy OR Pork Stir Fry

Mashed Potatoes Rice Pilaf

Sliced Carrots Sliced Carrots

Whole Wheat Bread

Dessert: Date Square

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

SATURDAY

BREAKFAST

Blueberries

Oatmeal OR Assorted Cold Cereal

Fried Egg Vanilla Yogurt

Whole Wheat Toast Whole Wheat Toast

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

LUNCH

Cream of Broccoli Soup c/w Crackers

Mac & Cheese Turkey & Lettuce Sand-

Romaine Salad w/ Onions OR wich on Whole Wheat

Romaine Salad w/ Onions

Dessert: LoCal Diced Pears

SUPPER

Salisbury Steak w/ Gravy Baked Haddock w/ Dill OR

Mashed Potatoes Sauce

Diced Parsnips Mashed Potatoes

Whole Wheat Bread Diced Parsnips

Dessert: Banana Pudding

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

FRIDAY

BREAKFAST

Honeydew Melon Assorted Cold Cereal

Oatmeal OR Poached Egg

Cottage Cheese Whole Wheat Toast

Raisin Toast

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

LUNCH

Tomato & Macaroni Soup c/w Crackers

Broccoli Cheese Frittata Pulled Pork on a Whole

OR Italian Mixed Vegetables Wheat Bun

Whole Wheat Roll Tossed Ranch Salad

Dessert: Fruit Cocktail

SUPPER

Maple Glazed Salmon Loin Turkey Meatballs in a

Boiled Red Potatoes OR Yogurt Sauce

Minted Peas Brown Rice Veggie Pilaf

Fresh House Salad

Dessert: Mango or Vanilla Ice Cream

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

TUESDAY

BREAKFAST

Banana Half

Oatmeal OR Assorted Cold Cereal

Hard Boiled Egg Lemon Smooth Cottage

Cheese

Whole Wheat Toast

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

LUNCH

Chicken Rice Soup c/w Crackers

Vegetable Quiche OR Turkey & Lettuce Sandwich

Greek Salad on Whole Wheat

Whole Wheat Bread Greek Salad

<u>Dessert</u>: Chilled Tropical Fruit

SUPPER

Beef Stroganoff OR Sole w/ Lemon Pepper

Buttered Egg Noodles Roasted Potatoes

Dilled Peas Dill Peas

Whole Wheat Bread

Dessert: Crème Caramel

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

WEDNESDAY

BREAKFAST

Sliced Strawberries Assorted Cold Cereal

Cream of Wheat OR Bacon

Scrambled Egg Mini Pancakes

Whole Wheat Toast

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

LUNCH

Turkey Vegetable Soup c/w Crackers

Grilled Ham& Cheese on Tuna Salad Sndw

WW OR Pickled Beets

Pickled Beets

Whole Wheat Bread

<u>Dessert</u>: Crushed Pineapple

SUPPER

Herbed Baked Chicken OR Farmers Sausage

Breast w/ Onions Scalloped Potatoes

Scalloped Potatoes Fall Medley Veggies

Fall Medley Veggies

Dessert: Cherry Crisp

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

THURSDAY

BREAKFAST

Mandarin Oranges Assorted Cold Cereal

Cinnamon Oatmeal OR Peanut Butter

Cheese Omelet Carrot Muffin

Raisin Toast

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

LUNCH

Root Vegetable Soup c/w Crackers

Beef Burger on WW Bun OR Chicken Salad Sndw on

Caesar Salad WW Bun

Caesar Salad

Dessert: Diced Peaches

SUPPER

Honey Mustard Pork Turkey Cutlet w/ Mushroom

Baked Potato OR Gravy

Diced Squash Baked Potato

Whole Wheat Bread

Dessert: Vanilla Ice Cream

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