

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/ Lettuce & Tomato OR Cheese & Tomato Croissant
Potato & Egg Salad Potato & Egg Salad

Dessert: Hot Spiced Apples

SUPPER

Roast Turkey w/ Gravy & Cranberry Sauce OR Glazed Ham
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 Salad

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 OR Baked Haddock w/ Dill Sauce

Mashed Potatoes

Diced Parsnips Mashed Potatoes

Whole Wheat Bread Diced Parsnips

Dessert: Banana Pudding

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

WEDNESDAY

BREAKFAST

Sliced Strawberries		Assorted Cold Cereal
Cream of Wheat	<u>OR</u>	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 WW	<u>OR</u>	Tuna Salad Sndw
Pickled Beets		Pickled Beets
Whole Wheat Bread		

Dessert: Crushed Pineapple

SUPPER

Herbed Baked Chicken Breast w/ Onions	<u>OR</u>	Farmers Sausage
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	<u>OR</u>	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	<u>OR</u>	Chicken Salad Sndw on WW Bun
Caesar Salad		Caesar Salad

Dessert: Diced Peaches

SUPPER

Honey Mustard Pork		Turkey Cutlet w/ Mushroom
Baked Potato	<u>OR</u>	Gravy
Diced Squash		Baked Potato
		Whole Wheat Bread

Dessert: Vanilla Ice Cream

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