

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**

FRIDAY

BREAKFAST

Honeydew Melon
Oatmeal OR Assorted Cold Cereal
Cottage Cheese Poached Egg
Raisin Toast Whole Wheat Toast

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

LUNCH

Tomato & Macaroni Soup c/w Crackers
Broccoli Cheese Frittata OR Pulled Pork on a Whole
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

Dessert: 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
Cream of Wheat OR
Scrambled Egg
Whole Wheat Toast

Assorted Cold Cereal
Bacon
Mini Pancakes

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

LUNCH

Turkey Vegetable Soup c/w Crackers
Grilled Ham& Cheese on WW OR
Pickled Beets
Whole Wheat Bread

Tuna Salad Sndw
Pickled Beets

Dessert: Crushed Pineapple

SUPPER

Herbed Baked Chicken Breast w/ Onions OR
Scalloped Potatoes
Fall Medley Veggies

Farmers Sausage
Scalloped Potatoes
Fall Medley Veggies

Dessert: Cherry Crisp

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

THURSDAY

BREAKFAST

Mandarin Oranges
Cinnamon Oatmeal OR
Cheese Omelet
Raisin Toast

Assorted Cold Cereal
Peanut Butter
Carrot Muffin

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

LUNCH

Root Vegetable Soup c/w Crackers
Beef Burger on WW Bun OR
Caesar Salad

Chicken Salad Sndw on WW Bun
Caesar Salad

Dessert: Diced Peaches

SUPPER

Honey Mustard Pork
Baked Potato OR
Diced Squash

Turkey Cutlet w/ Mushroom Gravy
Baked Potato
Whole Wheat Bread

Dessert: Vanilla Ice Cream

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