

SUNDAY

BREAKFAST

Chilled Diced Peaches

Cream of Wheat OR Assorted Cold Cereal

Fried Eggs Vanilla Yogurt

Bacon Strips Whole Wheat Toast

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

LUNCH

French Onion Soup c/w Crackers

Fish & Chips Roast Beef Sandwich on

Creamy Coleslaw OR Whole Wheat

Whole Wheat Bread Chickpea & Veggie Salad

Dessert: Chilled Diced Peaches

SUPPER

Roast Pork w/ Gravy OR Spaghetti & Meat Sauce

Roasted Potatoes Garlic Bread

Broccoli Florets

Dessert: Pumpkin Pie

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



SALEM MANOR NURSING HOME

NEW MENU

Week 3

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

Breakfast - \$9.00

Lunch - \$12.00

Dinner - \$14.00

MONDAY

BREAKFAST

Mango

Cinnamon Oatmeal OR Assorted Cold Cereal

Hard Boiled Egg Lemon Smooth Cottage Cheese

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

LUNCH

Vegetable Barley Soup c/w Crackers

Pulled Beef on Wheat Bun OR Monte Cristo Sndw
Dixie Coleslaw

Dessert: Mandarin Oranges

SUPPER

Baked Cod Fish w/ Lemon Wedge Country Fried Chicken

Mashed Potatoes OR Mashed Potatoes

Broccoli Florets Broccoli Florets

WW Bread

Dessert: Chocolate Mania Cake

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

SATURDAY

BREAKFAST

Banana Half

Oatbran Cereal OR Assorted Cold Cereal

Cheese Omelet Lemon Cottage Cheese

Whole Wheat Toast

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

LUNCH

Lentil & Veggie Soup c/w Crackers

Pepperoni Calzone Chicken Salad on
Greek Salad OR Croissant

Greek Salad

Dessert: Fruit Cocktail

SUPPER

Chicken a la King OR Veal Schnitzel

Buttered Egg Noodles Mashed Potatoes

Seasoned Carrots Seasoned Carrots

Whole Wheat Bread

Dessert: Rice Pudding

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

FRIDAY

BREAKFAST

Cantaloupe Chunks Assorted Cold Cereal
Cinnamon Oatmeal OR Peanut Butter
Scrambled Egg Carrot Muffin
Whole Wheat Toast

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

LUNCH

Creamy Vegetable Soup c/w Crackers

Pork Weiners & Beans OR Egg salad Sndw on Wheat
Tossed Italian Dressing Salad Tossed Italian Dressing
Garlic Bread Salad

Dessert: Strawberries & Topping

SUPPER

Seasoned Cowboy Steak Chicken Cacciatore
Beef Gravy OR Mashed Potatoes
Mashed Potatoes Italian Mixed Veggies
Italian Mixed Veggies

Dessert: Chocolate Ice Cream

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

TUESDAY

BREAKFAST

Banana Half
Oatbran Cereal OR Assorted Cold Cereal
Scrambled Eggs Vanilla Yogurt
Whole Wheat Toast Bran Muffin

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

LUNCH

Cream of Tomato Soup c/w Crackers

Turkey Burger on Wheat OR Cheddar Cheese Sndw on
Bun WW
Carrot Raisin Salad Carrot Raisin Salad

Dessert: Crushed Pineapple

SUPPER

Pork Bacon Wrapped OR Beef & Vegetable Stew
Medallion Tea Biscuit
Baked Potato Sunrise Veggies
Sunrise Vegetables
Whole Wheat Bread

Dessert: Pudding Parfait

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

WEDNESDAY

BREAKFAST

Fruit Cocktail		Assorted Cold Cereal
Oatmeal	<u>OR</u>	Smoked Bacon
Egg Omelet		Raisin Toast
French Toast		

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

LUNCH

Beef & Rice Soup c/w Crackers

Cheese Tortellini & Marina- ra	<u>OR</u>	Tuna Salad Sandwich on Whole Wheat
Caesar Salad		Caesar Salad

Dessert: Chilled Diced Peaches

SUPPER

Butter Chicken		Meatloaf w/ Beef Gravy
Fluffy Rice	<u>OR</u>	Garlic Whipped Potatoes
Asian Vegetables		Asian Vegetables
Whole Wheat Bread		

Dessert: Strawberry Mousse

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

THURSDAY

BREAKFAST

Mandarin Oranges		Assorted Cold Cereal
Cream of Wheat	<u>OR</u>	Lemon Smooth Cottage Cheese
Whole Wheat Toast		Croissant

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

LUNCH

Italian Wedding Soup c/w Crackers

Hot Turkey Sndw on WW w/ gravy	<u>OR</u>	Beef Roast Sndw on Wheat
Buttered Corn		Buttered Corn

Dessert: Hot Spiced Apples

SUPPER

Dijon Maple Glazed Salmon		Sweet & Spiced Ham
Scalloped Potatoes	<u>OR</u>	Scalloped Potatoes
Green Peas		Green Peas
Whole Wheat Bread		

Dessert: Lemon Meringue Pie

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