

Salem manor Spring Summer 2026 - Week 3

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Blueberries	Banana Half	Fruit Cocktail	Mandarin Oranges	Sliced Pears	Banana Half	Chilled Diced Peaches
Super Oatmeal	Cream of Wheat	Oatmeal	Cream of Wheat	Super Oatmeal	Oatbran Cereal	Cream of Wheat
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Hard Boiled Egg	Scrambled Eggs	Omelette	Hard Boiled Egg	Scrambled Eggs	Fried Eggs	Bacon Strips
Vanilla Smooth Cottage Cheese	Peanut Butter	Vanilla Yogurt	Assorted Greek Yogurt	Cheddar Cheese Slice	Lemon Smooth Cottage Cheese	Poached Eggs
Raisin Toast	Whole Wheat Toast	Bacon	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	Peanut Butter
Mini Cinnamon Roll	Croissant	Whole Wheat Toast	Bran Muffin	Waffles	Whole Wheat Toast	Whole Wheat Toast
		Mini Pancakes			Carrot Muffin	Texas French Toast
LUNCH						
Unsalted Soda Crackers	Cream of Broccoli Soup	Golden Minestrone Soup	Chicken Rice Soup	Tomato Lentil Soup	Cream of Cauliflower Soup	Cream of Vegetable Chowder
Garden Vegetable Soup	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers	Unsalted Soda Crackers
Chicken Wings Boneless	Fish 'n Chips	Mini Potato & Cheese Perogies	Cheese Tortellini & Marinara	Monte Cristo Sandwich	Unsalted Soda Crackers	Unsalted Soda Crackers
Egg Salad Sndw on Wheat	Cheese Lettuce Tomato Sndw w/Mayo	Roast Beef & Cheddar Sndw on WW	Turkey w/Lettuce on Whole Wheat	Salmon Salad on WW	Chicken Burger w/ Lettuce & Tomato	G-F Cod Nuggets
Chicken Dipping Sauce	Tartar Sauce	Black Forest Ham	Mixed Green Italian Salad	Tomato Arugula Lettuce Salad	Salami on Wheat	Chicken Salad Sndw on WW
Potato & Egg Salad	Rainbow Coleslaw	Sour Cream	Watermelon Chunks	Mango	Mustard	Tartar Sauce
Mixed Green Salad	Chilled Diced Peaches	Honeydew Melon			Ketchup	Sweet Potato Fries
Cantaloupe Chunks					Spring Mix Lettuce Salad	Caesar Salad
					Pineapple Tidbits	Mandarin Oranges
DINNER						
Broiled Salmon	BBQ Pork Drummies	Chinese Chicken Stew	Salisbury Steak w/ Peppers & Onions	Baked Chicken with Chalet Sauce	Beef & Mushroom Stew	Pork Roast
Beef Shepherd's Pie	Turkey Vegetable Stir Fry	Hawaiian Ham	G-F Pork Stirfry Noodles	Parmesan Crusted Haddock	Turkey Schnitzel	Veal Parmesan
Lemon Dill Sauce	Mashed Potatoes	Lemon Wedge	Roasted Potatoes	Mashed Potatoes	Poultry Gravy	Pork Gravy
Rice Pilaf	Fluffy Rice	Buttered Egg Noodles	Sauteed Spinach & Mushrooms	Lemon Wedge	Herbed Diced Potatoes	Garlic Mashed Potatoes
Parsley Carrots	Buttered Corn	Scalloped Potatoes	Blueberry Tart	Pick of the Day Vegetable Blend	Broccoli Florets	Italian Mixed Vegetables
Apple Crumble Square	French Vanilla Ice Cream	Sunrise Vegetables		Vanilla Chocolate Ice Cream Bar	Carrot Cake	Garlic Toast
		French Cream Cheesecake				Chocolate Cream Mint Pie

Note: Coffee, tea, milk and juice served with every meal