salem manor fall winter 2026/27 menu - Week 1

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	**Strawberries**	**Sliced Pears**	**Banana Half**	**Honeydew Melon**	**Fruit Cocktail**	**Chilled Diced Pears**
Oatmeal	**Cream of Wheat**	**Cinnamon Oatmeal**	**Cream of Wheat**	**Oatbran Cereal**	**Cream of Wheat**	**Cinnamon Oatmeal**
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Hard Boiled Egg	**Fried Eggs**	**Scrambled Eggs**	**Poached Eggs**	**Hard Boiled Eggs**	**Scrambled Eggs**	**Poached Eggs**
Peanut Butter	Vanilla Yogurt	Peanut Butter	Assorted Greek Yogurt	Peanut Butter	Cheddar Cheese Slice	Peanut Butter
Whole Wheat Toast	**Whole Wheat Toast**	**Bacon**	**Whole Wheat Toast**	**Whole Wheat Toast**	**Hashbrown Patty**	**Bacon Strips**
Mini Cinnamon Roll		**Whole Wheat Toast**		**Mini Pancakes Bites**	**Whole Wheat Toast**	Whole Wheat Toast
LUNCH						
Unsalted Soda Crackers	**Vegetable Noodle Soup**	**Cream of Cauliflower Soup**	**Fall Harvest Soup**	**Pasta e Fagioli Soup**	**Unsalted Soda Crackers**	**Unsalted Soda Crackers**
Cream of Squash Soup	**Unsalted Soda Crackers**	**Unsalted Soda Crackers**	**Unsalted Soda Crackers**	**Unsalted Soda Crackers**	**Hearty Beef Soup with Lentils & Barley**	**Cream of Mushroom Soup**
Panko Pollock Fingers	**Grilled Ham & Cheese Sndw on WW**	Pastrami Sndw on Wheat	**Egg Salad Sndw on Wheat**	Pizza of Choice	Turkey & Cheese Sndw on WW	Crab Salad Sndw on Croissant
Egg Salad Sndw on Wheat	Tuna Penne Bake	**Spaghetti with Turkey Bolognese**	Oktoberfest Sausage on Bun	**Butter Chicken**	**Pulled Pork on Kaiser Bun**	**Alfredo Cheese Tortellini**
Tartar Sauce	**Spinach Onion Salad**	**Homemade Pickled Beets**	Mustard	**Basmati Rice**	**Wheat Hamburger Bun**	**Tossed Salad & Italian Dressing**
French Fries	Sauteed Garlic Mushrooms	**Pineapple Tidbits**	Pickle Relish	**Green Beans**	**Caesar Salad**	**Chilled Apricots**
Creamy Coleslaw	**Chilled Diced Peaches**		Ketchup	**Tomato Cucumber Salad**	**Mandarin Oranges**	
Chilled Apple Slices			**Four Bean Salad**	**Pita Bread**		
			Chilled Apple Slices	**Chilled Tropical Fruit**		
DINNER						
Chicken Pot Pie	**Beef Stroganoff**	**Smokey Maple Pork Chop**	**Chicken Wings Boneless**	**Lemon Herb Panko Pollock**	**Liver & Onions**	**Roast Turkey**
Meatloaf & Gravy	Montreal Spiced Chicken	Salmon & Hollandaise Sauce	Beef & Mushroom Stew	Teriyaki Pork Loin	Honey Garlic Chicken	Beef Shepherd's Pie
Garlic Whipped Potatoes	Poultry Gravy	**Lemon Potatoes**	**Ketchup**	**Jasmine Rice**	**Mashed Potatoes**	**Brown Gravy**
Zesty Balsamic Carrots	**Mashed Potatoes**	**Garlic Green Beans**	**Baked Potato**	**Mashed Potatoes**	Vegetable Fried Rice	**Stuffing**
Profiteroles	**Zucchini Medley**	**Cherry Gelatin**	**Baked Butternut Squash**	**Asian Vegetables**	**Italian Mixed Vegetables**	**Mashed Potatoes**
	Ice Cream Sandwich		**Banana Pudding**	**Lemon Bundt Cake**	**Blueberry Jello with Topping**	**Brussels Sprouts**
						Vanilla Caramel Swirl Cake

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

salem manor fall winter 2026/27 menu - Week 2

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	**Strawberries**	**Sliced Pears**	**Banana Half**	**Honeydew Melon**	**Fruit Cocktail**	**Chilled Diced Pears**
Oatbran Cereal	**Oatmeal**	**Cream of Wheat**	**Cinnamon Oatmeal**	**Oatbran Cereal**	**Oatmeal**	**Cream of Wheat**
Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal	Assorted Cold Cereal
Scrambled Eggs	**Hard Boiled Egg**	**Scrambled Eggs**	**Fried Eggs**	**Poached Eggs**	**Hard Boiled Egg**	**Scrambled Eggs**
Peanut Butter	Vanilla Yogurt	Peanut Butter	Assorted Greek Yogurt	Peanut Butter	Cheddar Cheese Slice	Peanut Butter
Whole Wheat Toast	**Whole Wheat Toast**	**Pork Sausage Patty**	**Whole Wheat Toast**	**Whole Wheat Toast**	**Hashbrown Patty**	**Bacon Strips**
	Croissant	**Whole Wheat Toast**			**Whole Wheat Toast**	Whole Wheat Toast
LUNCH						
Unsalted Soda Crackers	**Corn Chowder**	**Unsalted Soda Crackers**	**Unsalted Soda Crackers**	**French Canadian Pea Soup Hmd**	**Unsalted Soda Crackers**	**Unsalted Soda Crackers**
Homemade Vegetable Barley Soup	**Unsalted Soda Crackers**	**Turkey Vegetable Soup**	**Creamy Broccoli Rotini Soup**	**Unsalted Soda Crackers**	**Garden Vegetable Soup**	**Broccoli Cheese Soup**
Ham w/Lettuce on Wheat	Chicken Salad Sndw on WW	Egg Salad Sndw on Brioche Bun	Bologna Sandwich	Turkey w/Lettuce on Whole Wheat	**Sweet & Sour Chicken**	**Egg Salad Sndw on Wheat**
Macaroni & Cheese	**Pork Vegetable Stir Fry**	**Tuscan Turkey Meatballs**	**Beer Btrd Haddock Fillet**	**Gnocchi w/ Beef & Mushroom in Creamy Garlic Sauce**	Ham & Cheddar Sndw on Croissant	Cottage Cheese Fruit Salad Plate
Vinaigrette Coleslaw	**Vegetable Fried Rice**	**Lemon Orzo Pasta**	**Tartar Sauce**		**Cilantro Lime Jasmine Rice**	Banana Muffin
Chilled Apple Slices	Asian Cucumber Salad	**Beet & Onion Salad**	**Potato Hashbrowns**	**Greek Salad**	**Tomato & Cucumber Salad**	**Stewed Tomatoes**
	Chilled Diced Peaches	**Pineapple Tidbits**	**Caesar Salad**	**Chilled Tropical Fruit**	**Mandarin Oranges**	**Chocolate Mousse**
			Chilled Apple Slices			
DINNER						
Veal Cutlet	**Shrimp Cake**	**Pork Meatloaf**	**Turkey Parmigiana**	**Lemon Dill Salmon**	**Turkey Shepherd's Pie**	**Roast Beef**
Baked Chicken with Chalet Sauce	Beef Ragout	Tilapia & Dill Sauce	Farmers Sausage	Beef Biscuit Bake	Salisbury Steak	Turkey Schnitzel
Mini Roasted Potatoes	**Rice Pilaf**	**Roasted Potatoes**	Sweet Hickory BBQ Baked Beans	Mushroom Gravy	**RS Brown Gravy**	**Brown Gravy**
Broccoli Florets	**Mashed Potatoes**	**Garlic Green Beans**	**Buttered Egg Noodles**	**Mashed Potatoes**	**Mashed Potatoes**	**Mashed Potatoes**
Pumpkin Custard	**Asian Vegetables**	**Chocolate Caramel Cake**	Mashed Potatoes	**Peas & Carrots**	**Brussels Sprouts**	**Duo of Carrots**
	Strawberry Jello with Topping		**Italian Mixed Vegetables**	**Double Chocolate Bundt Cake**	**Butterscotch Pudding**	**Raspberry Sorbet**
			Vanilla Ice Cream			

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

salem manor fall winter 2026/27 menu - Week 3

Diet: Regular / Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana Half	**Strawberries**	**Sliced Pears**	**Banana Half**	**Honeydew Melon**	**Fruit Cocktail**	**Chilled Diced Pears**
Cinnamon Oatmeal	**Oatbran Cereal**	**Oatmeal**	**Cream of Wheat**	**Cinnamon 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**	**Poached Eggs**	**Egg Omelette**	**Scrambled Eggs**	**Fried Eggs**	**Poached Eggs**
Peanut Butter	Vanilla Yogurt	Peanut Butter	Assorted Greek Yogurt	Peanut Butter	Cheddar Cheese Slice	**Bacon Strips**
Belgian Waffle	**Whole Wheat Toast**	**Bacon**	**Whole Wheat Toast**	**Whole Wheat Toast**	**Hashbrown Patty**	Peanut Butter
Whole Wheat Toast		**Whole Wheat Toast**			**Whole Wheat Toast**	Whole Wheat Toast
LUNCH						
Unsalted Soda Crackers	**Unsalted Soda Crackers**	**Cream of Tomato Soup**	**Italian Wedding Soup**	**Unsalted Soda Crackers**	**Minestrone Soup**	**Cream of Vegetable Chowder**
Tomato Herb Florentine Soup	**Tuscan White Bean & Kale Soup**	**Unsalted Soda Crackers**	**Unsalted Soda Crackers**	**Creamy Vegetable Soup**	**Unsalted Soda Crackers**	**Unsalted Soda Crackers**
Salmon Salad on WW	**Steak & Mushroom Pot Pie**	Cucumber Cream Cheese Sndw on WW	Pancakes	**Perogies w/Bacon**	**Spinach Cheese Ravioli w/ Rose Sauce**	Cottage Cheese & Fruit Plate
BBQ Glazed Pork Ribette	Turkey Sandwich w/Cranberry Mayo	**Breaded Chicken Strips**	**OpF Tuna Croissant**	Chicken Salad Sndw on WW	Beef Roast Sandwich on Wheat	**Hot Hamburger Sandwich w/Gravy**
Wheat Hamburger Bun	**California Vegetables**	**Plum Sauce**	Sausage Patty	**Tossed Salad & Italian Dressing**	**Tossed Garden Salad**	Muffin Variety Pack PC
Spring Mix Lettuce Salad	Caesar Salad	**Tator Tots**	**Strawberries & Rhubarb Compote**	**Sauerkraut**	**Sauteed Pepper & Onion**	**Peas & Carrots**
Cucumber Slices	**Chilled Diced Peaches**	**Creamy Coleslaw**	Homemade Pickled Beets	**Chilled Tropical Fruit**	**Mandarin Oranges**	**Caramel Pudding**
Chilled Apple Slices		**Pineapple Tidbits**	**Chilled Apple Slices**			
DINNER						
Creamy Tuscan Turkey	**Sole w/Lemon Pepper**	**Sweet Dijon Glazed Ham**	**Braised Beef in Yorkshire**	**Old Bay Salmon**	**Turkey Stew**	**Honey Garlic Ribs**
Swedish Meatballs w/Mushroom Sauce	Farmers Sausage	Breaded Sole	Chicken Cacciatore	Hamburger Casserole EC	Pork Bacon Wrapped Medallion	Country Style Fried Chicken
Mashed Potatoes	**Lemon Wedge**	Tartar Sauce	**Mashed Potatoes**	**Lemon Butter Sauce**	**Rice Pilaf**	**Brown Gravy**
Green Beans	**Mini Roasted Potatoes w/Dill**	**Scalloped Potatoes**	**Duo of Carrots**	**Mini Roasted Potatoes w/Dill**	**Mashed Potatoes**	**Mashed Sweet Potato**
Grape Gelatin	**Sauteed Zucchini & Red Peppers**	**Brussels Sprouts**	**Gingerbread Cream Cheese Bundt Cake**	**Green Peas**	**Italian Mixed Vegetables**	**Steamed Broccoli**
	Butterscotch Ripple Ice Cream	**Strawberry Mousse**		**Chocolate Ice Cream**	**Rice Pudding**	**Carrot Cake**

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