

PLEASANT MANOR FALL AND WINTER MENU

WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|---|---|---|
| BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Boiled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Boiled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast |
| AM NOURISHMENT – CHOICE OF JUICE 120 ml/Water/Coffee & Tea SNACK - Fruit | | | | | | |
| LUNCH Tropical Punch Baked Chicken Leg Mashed Potato/Gravy Brussel Sprouts DESSERT: Cherry Crisp ALTERNATE: Goulash w Noodles Glazed Parsnips Dessert: Melon | LUNCH Orange Peach Pork Chop/Gravy Baby Roast Potato Turnip DESSERT: Chocolate Brownie ALTERNATE: Beef Pot Pie Mashed Potato San Francisco Mix Dessert: Grapes | LUNCH Apple Meatloaf Oven Roast Potato Asparagus DESSERT: Mandarin Oranges ALTERNATE: Salmon Patty Mashed Potato Sliced Carrots Dessert: Cheesecake | LUNCH V-8 Juice Sweet&Sour Chicken Rice Peppers & Onions DESSERT: Lemon Meringue Pie ALTERNATE: Lamb Patty Mashed Potato Sugar Snap Pea Dessert: Fresh Pineapple | LUNCH Grape Fried Haddock Mashed Potato Winter Mix DESSERT: Cherries ALTERNATE: Beef Stroganoff Noodles PEI Vegetables Dessert: Two Bite Tart | LUNCH Cranberry Turkey Schnitzel Mashed Potato Corn DESSERT: Diced Peaches ALTERNATE: Bavarian Veal Rice Pilaf Squash Dessert: Chocolate Pudding | LUNCH Tomato Roast Beef/Yorkie Mashed Potato San Francisco DESSERT: Chocolate Maple Cake ALTERNATE: Chicken Casserole Baby Roast Potato Green&Yellow Beans Dessert: Blueberries |
| PM NOURISHMENT - CHOICE OF JUICE 120 ml Juice /Water/Coffee & Tea SNACK – Fruit/Cookie | | | | | | |
| SUPPER Vegetable Soup Egg Salad Sandwich Carrot Coin Salad DESSERT: Apricots ALTERNATE: Baked Beans & Wieners ww Bun Dessert: Cake of the Day | SUPPER Cream of Tomato Soup Salami Sandwich Tossed Salad DESSERT: Tropical Fruit ALTERNATE: Perogies/Onion Sour Cream & Corn Dessert: Jello | SUPPER Butternut Squash Soup Spanikopita Greek Pasta Salad DESSERT: Carrot Cake ALTERNATE: Turkey Sandwich Four Bean Salad Dessert: Prunes | SUPPER Corn Chowder Waffles&Sausage Fruit Compote DESSERT: Ice Cream ALTERNATE: Havarti Cheese Sandwich/Lettuce/ Tomato/Pickle Dessert: Apple Slices | SUPPER Barley Soup Pepperoni Pizza Caesar Salad DESSERT: Rice Pudding ALTERNATE: Chicken Sandwich Pea Salad Dessert: Mango | SUPPER Beef Noodle Soup Cottage Cheese Plate/Muffin Pineapple/Peach DESSERT: Fruit Platz ALTERNATE: Roast Beef Sandwich Cucumber Salad Dessert: Banana & Cream | SUPPER Borscht Crepe Suzette Mandarins DESSERT: Butterscotch Pudding ALTERNATE: Cabbage Rolls Pea’s Dessert: Fruit Cocktail |
| HS NOURISHMENT - CHOICE OF JUICE 120 ml Juice /Water/Coffee & Tea – Protein Snack | | | | | | |
| NOTE: Whole Wheat Bread, Butter, Margarine, Water, Milk, Tea and Coffee are served at every meal. ♣ Jams, Jellies, Marmalade and Honey are available at Breakfast. | | | | | | |

PLEASANT MANOR FALL AND WINTER MENU

WEEK 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|---|--|
| BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Boiled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Boiled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast |
| AM NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee & Tea Snack - Fruit | | | | | | |
| LUNCH Apple Chicken Alfredo Baby Shell Noodles Scandinavian Mix DESSERT: Black Forest Cake ALTERNATE: Beef Pot Roast/Gravy Mashed Potato Turnip Dessert: Grapes | LUNCH Grape Pork Ribs Sauerkraut/Turnip Mashed Potato DESSERT: Peaches ALTERNATE: Breaded Fish Rice PEI Vegetables Dessert: Tangerine Mousse | LUNCH Cranberry Chicken Stew Baby Roast Potato Montego Blend DESSERT: Caramel Bread Pudding ALTERNATE: Vegetable Lasagna Mashed Potato Brussel Sprouts Dessert: Mango | LUNCH V-8 Juice Pork Chop Oven Roasted Potatoes Broiled Tomato DESSERT: Fruit Compote ALTERNATE: Roast Lamb Mashed Potato Seasoned Spinach Dessert: Butter Tart | LUNCH Peach Juice Fried Haddock Mashed Potato SanFrancisco Vegetables DESSERT: Tiramisu Cake ALTERNATE: Honey garlic Chicken Roasted Baby Potato Green Beans Dessert: Apricots | LUNCH Tomato Juice Bavarian Veal Potato Wedges Beets DESSERT: Fruit Trifle ALTERNATE: Baked Tilapia Mashed Potato Winter Mix Dessert: Appleslices | LUNCH CranApple Juice Turkey Meatloaf Mashed Potato Squash DESSERT: Baked Apples ALTERNATE: Octoberfest Sausage French Fries Fried Onions & Peppers Dessert: Cake/Pie of the Day |
| PM NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee & Tea Snack - Fruit Cookie | | | | | | |
| SUPPER Cream of Broccoli Reuben/Sourdough Dill Pickle DESSERT: Mandarin Oranges ALTERNATE: Roasted Red Pepper Frittata & Bun Dessert: Pear | SUPPER Garden Vegetable Soup Grilled Chicken/Bun Pickled Beets DESSERT: Chocolate Pie ALTERNATE: Cheddar Cheese Fruit Plate/Scone Dessert: Tropical Fruit | SUPPER Borscht Pancakes & Bacon Baked Apples DESSERT: Date Square ALTERNATE: Salmon Salad Sandwich Sliced Tomato Dessert: Grapes | SUPPER Cream of Mushroom Tuna Sandwich Tossed Salad DESSERT: Orange Slices ALTERNATE: Chili Coleslaw Dessert: Lemon Pudding | SUPPER Minestrone Soup Peameal Bacon Bun Tuscan Salad DESSERT: Strawberries ALTERNATE: Beef Pot Pie/Gravy Cauliflower Dessert: Loaf Cake | SUPPER Tomato Soup Chicken Fingers French Fries DESSERT: Peach Cobbler ALTERNATE: Salami on a Bun Carrot Coin Salad Dessert: Cherries | SUPPER Chicken & Rice Soup Vegetable Omelet Dinner Roll DESSERT: Fruit Flan ALTERNATE: Crab Salad Croissant Sliced Tomato Dessert: Diced Melon |
| HS NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee & Tea - Protein Snack | | | | | | |
| <i>NOTE: Whole Wheat Bread, Butter, Margarine, Water, Milk, Tea and Coffee are served at every meal.</i> | | | | | | |
| <i>♣ Jams, Jellies, Marmalade and Honey are available at Breakfast.</i> | | | | | | |

PLEASANT MANOR Fall AND WINTER MENU

WEEK 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|---|---|
| BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Boiled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Boiled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin Bread/Toast | BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Muffin/Toast |
| AM NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee & Tea Snack - Fruit | | | | | | |
| LUNCH Tropical Punch Shepherd's Pie Mexican Corn DESSERT: Tropical Fruit ALTERNATE: Lemon Herb Fish Mashed Potato SanFrancisco Vegetables Dessert: Nanaimo Bar | LUNCH Orange Peach Baked Ham Au Gratin Scalloped Potato Baby Carrots DESSERT: Cherry Cheesecake ALTERNATE: Meat Lasagna Mashed Potato Cauliflower Dessert: Blueberries | LUNCH Apple Hot Beef Baby Roast Potato Herb Roasted Tomatoes DESSERT: Strawberries & Cream ALTERNATE: Lamb Patty Mashed Potato Sugar Snap Peas Dessert: Cake of the Day | LUNCH V-8 Juice Chicken Thigh Scalloped Potatoes Green Beans DESSERT: Lemon Bar ALTERNATE: Glazed Pork Chop Mashed Potato Roasted Butternut Squash Dessert: Pears | LUNCH Grape Fried Haddock Oven Roasted Potato Montego Blend DESSERT: Banana Cream Pie ALTERNATE: Chopped Sirloin Mashed Potato Mexican Dessert: Cherries | LUNCH Cranberry/Grape Turkey Pot Pie/Gravy Mashed Potato Scandinavian Mix DESSERT: Mandarin Oranges ALTERNATE: Braised Liver & Onions Potato Wedges Brussel Sprouts Dessert: Vanilla Mousse | LUNCH Tomato Cabbage Rolls Baby Roast Potato California Mix DESSERT: Baked Apples ALTERNATE: Tortiere/Gravy Mashed Potato Seasoned Spinach Dessert: Chocolate Pudding |
| PM NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee & Tea Snack - Fruit Cookie | | | | | | |
| SUPPER Potato Soup Grilled Cheese Sliced Tomato DESSERT: Boston Cream Cake ALTERNATE: Deli Meat Salad Plate Deli Meat, Apple Zucchini Slaw & Bun Dessert: Grapes | SUPPER French Onion Soup Shaved Roast Beef on a bun Broccoli Salad DESSERT: Peaches ALTERNATE: Spinach & Cheese Omelette w bun Dessert: Fruit Pie | SUPPER Borscht French Toast & Bacon Blueberries DESSERT: Cherries ALTERNATE: Sliced Chicken Sandwich Pickled Beets Dessert: Chocolate Mousse | SUPPER Beef Barley Soup Salmon on ww Bun Cucumber Salad DESSERT: Ice Cream Sundae ALTERNATE: Hotdog Potato Salad Dessert: Apple Slices | SUPPER Chicken Noodle Soup Montreal Smoked Meat on Rye Black Bean Corn Salad DESSERT: Fruit Cocktail ALTERNATE: BBQ Pork Riblette Carrot Salad Dessert: Jello | SUPPER Italian Wedding Soup Tuna Melt Citrus Beet Salad DESSERT: Cupcakes ALTERNATE: Ham & Cheese Strata Broccoli Dessert: Melon | SUPPER Lentil Soup Chef Chicken Salad Zwieback DESSERT: Apricot Halves ALTERNATE: Cheese Plate 4 Bean Salad & Bun Dessert: Cookie |
| HS NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee & Tea - Protein Snack | | | | | | |
| NOTE: Whole Wheat Bread, Butter, Margarine, Water, Milk, Tea and Coffee are served at every meal. ♣ Jams, Jellies, Marmalade and Honey are available at Breakfast. | | | | | | |