

PLEASANT MANOR SPRING AND SUMMER MENU - HP

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 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 Apple or Guava 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 or Regular Toast	BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast
AM NOURISHMENT – CHOICE OF JUICE 125 ml or WATER - FRUIT - COOKIE						
LUNCH Raspberry Juice Pepper Steak Rice Yellow & Green Beans DESSERT: Peaches ALTERNATE: Fish Patty Mashed Potato Italian Blend Dessert: Chocolate Mousse	LUNCH Punch Roast Chicken Legs Mashed Potato California Vegetable DESSERT: Ice Cream Sandwich ALTERNATE: Veal Parmigiana Noodles Sunrise Blend Dessert: Watermelon	LUNCH Cranberry Juice Baked Pork Chop Oven Roasted Potatoes Glazed Baby Carrots DESSERT: Ambrosia ALTERNATE: Lamb Patty Whipped Potato Pea’s Dessert: Lemon Pudding	LUNCH Cran Apple Meatballs and Spaghetti with Tomato Sauce Broccoli DESSERT Strawberry Cream Pie ALTERNATE: Tortiere Mashed Potato Corn Dessert: Fruit Cocktail	LUNCH Peach Juice Fried Haddock Mashed Potato Asparagus DESSERT Summer Berry Cake ALTERNATE: Honey Garlic Chicken Rosemary Potato & Sprouts Dessert: Apricots	LUNCH Tomato Juice Sausage French Fries Mexican Mixed Veg DESSERT Tropical Fruit Salad ALTERNATE: Stuffed Pepper Mashed Potato Turnip Dessert: Pie of the Day	LUNCH Apple Juice Roast Turkey Cranberry Sauce Mashed Potatoes Squash DESSERT Red Velvet Cake ALTERNATE: Salmon & Rice Cauliflower Dessert: Melon
PM NOURISHMENT – CHOICE OF JUICE 125 ml or WATER - FRUIT - COOKIE						
SUPPER Borscht Soup Sliced Chicken Sandwich w Beets DESSERT: Rice Pudding ALTERNATE: Ravioli w Marinara Caesar Salad Dessert: Mandarin Oranges	SUPPER Minestrone Soup Ham Salad on a Bun Dill Pickle DESSERT: Blueberry Pie ALTERNATE: Broccoli/Cheese Quiche Tossed Salad Dessert: Mango	SUPPER Garden Vegetable Corned Beef Hash Florentine Vegetable DESSERT: Apple Slices ALTERNATE: Turkey & Swiss on Rye Cucumber Salad Dessert: Cupcake	SUPPER Cream of Tomato Peameal Bacon & Tomato on a bun Pickle DESSERT: Blueberries ALTERNATE: Cob Salad w Bun Dessert: Cookie	SUPPER Mushroom Soup Roast Beef Sandwich Carrot & Raisin Salad DESSERT: Pear Mousse ALTERNATE: Pork & Salad Plate w Dinner Roll Dessert: 2 Bite Tart	SUPPER Split Pea & Ham Soup Cottage Cheese & Peach w Zucchini Loaf DESSERT: Fresh Strawberries ALTERNATE: Roasted Red Pepper Frittata & Bun Dessert: Tangerine Mousse	SUPPER Chicken Noodle Soup Corned Beef on Rye Beet & Citrus Salad DESSERT: Chocolate Ice Cream Sundae ALTERNATE Cabbage Rolls Caesar Salad Dessert: Pineapple
HS NOURISHMENT – CHOICE OF JUICE 125 ml / WATER - PROTEIN SNACK						
<i>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.</i>						

PLEASANT MANOR SPRING AND SUMMER MENU - HP

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 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 or Regular Toast	BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast
AM NOURISHMENT – CHOICE OF JUICE 250 ml or WATER - FRUIT						
LUNCH Raspberry Meatloaf Mashed Potatoes Broiled Tomatoes DESSERT: Tiramisu ALTERNATE: Chicken & Rice Mexican Mix Dessert: Pears	LUNCH Orange Peach Herbed Tilapia Sunrise Blend Rice DESSERT: Mandarin Orange ALTERNATE: Sweet & Sour Meatballs Mashed Potatoes Turnip Dessert: Jello	LUNCH Apple Juice Herbed Chicken Leg Baby Roast Potato PEI Blend DESSERT: Strawberry Rhubarb Pie ALTERNATE: Chili Mashed Potato Squash Dessert: Blueberries	LUNCH V-8 Juice Ribs w Sauerkraut Mashed Potatoes Asparagus DESSERT: Baked Cinnamon Apples ALTERNATE: Turkey Pot Pie California Mix Dessert: Chocolate Pudding	LUNCH Orange Juice Fried Haddock Oven Roast Potato Florentine Vegetables DESSERT: Banana's & Cream ALTERNATE: Roast Lamb Mashed Potato Yellow Beans Dessert: Pie of the Day	LUNCH Cranberry Juice Corned Beef Mashed Potato Braised Cabbage DESSERT: Diced Peaches ALTERNATE: Pasta Primavera Sliced Carrots Dessert: Very Berry Mousse	LUNCH Peach Juice Baked Ham Scalloped Potato Montego Blend DESSERT: Ice Cream Chocolate Sundae ALTERNATE: Chicken Stew Mashed Potato Pea's Dessert: Cake of the Day
PM NOURISHMENT – CHOICE OF JUICE 125 ml or WATER - FRUIT - COOKIE						
SUPPER Butternut Squash Pancakes & Bacon Blueberries DESSERT: Watermelon ALTERNATE: Swiss Cheese on Rye Garden Salad Dessert: Cake of the day	SUPPER Potato Turkey Sandwich Tossed Salad DESSERT: Carrot Cake ALTERNATE: Pork Drummie Whole Wheat Roll Peas Dessert: Cherries	SUPPER Chicken Spinach Pea Deli Meat Plate Apple Zucchini Slaw DESSERT: Peach Frozen Yogurt ALTERNATE: Veal Cutlet on a Bun Dill Pickle Dessert: Fruit Cocktail	SUPPER Turkey Rice Soup Meat Lasagna Cauliflower DESSERT: Apple Spice Cake ALTERNATE: Salmon Sandwich Tossed Salad Dessert: Pineapple	SUPPER Vegetable Soup Roast Beef on a Bun Cucumber Salad DESSERT: Fruit Combo ALTERNATE: Ham & Cheese Stata Brocoli Dessert: Butterscotch Pudding	SUPPER Borscht Soup Chicken Fingers French Fries DESSERT: Chocolate Cream Pie ALTERNATE: Pulled BBQ Pork on a Bun Coleslaw Dessert: Apricots	SUPPER Cream of Broccoli Soup Pierogis w Bacon Sauerkraut DESSERT: Pecan Cake ALTERNATE: Tuna Sandwich Pickled Beets Dessert: Strawberries
HS NOURISHMENT – CHOICE OF JUICE 125 ml or WATER - PROTEIN SNACK						
<p><i>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.</i></p>						

PLEASANT MANOR SPRING AND SUMMER MENU - HP

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 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 Or Regular Toast	BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast
AM NOURISHMENT – CHOICE OF JUICE 250 ml or WATER - FRUIT						
LUNCH Apple Juice Turkey Patty Baby Roast Potato Turnip DESSERT: Peach Pie ALTERNATE: Liver & Onions Whipped Potato PEI Blend Dessert: Apricot	LUNCH Orange Peach Juice Cabbage Rolls Mashed Potato Green Pea’s DESSERT: Lemon Cake ALTERNATE: Roast Turkey Breast Rice Pilaf Montego Mix Dessert: Apple Slices	LUNCH Tomato Juice Baked Chicken Leg Au Gratin Scalloped Potato Sliced Carrots DESSERT: Mandarin Oranges ALTERNATE: Lamb Patty Mashed Potato Parslied Cauliflower Dessert: Jello	LUNCH Peach Juice Shepherd’s Pie Mashed Potato Mexican Mix DESSERT: Ice Cream Sundae ALTERNATE: Turkey Schnitzel Potato Wedges Yellow Beans Dessert: Pineapple	LUNCH Raspberry Juice Fried Haddock French Fries Mixed Vegetable DESSERT: Cream Cheese Icing Banana Cake ALTERNATE: Veal Piccata Whipped Potato/Sprout Dessert: Cherries	LUNCH V-8 Juice Cheese Manicotti w Tomato Sauce Scandinavian Vegetable DESSERT: Tropical Fruit ALTERNATE: Sweet & Sour Pork Mashed Potato Broccoli Dessert: Chocolate Mousse	LUNCH Cranberry Juice Roast Beef & Gravy Mashed Potato Harvest Blend DESSERT: Strawberry Rhubarb Crisp ALTERNATE: Tortierre Rosemary Garlic Potato Sunrise Mix Dessert: Diced Pear
PM NOURISHMENT – CHOICE OF JUICE 125 ml or WATER - FRUIT - COOKIE						
LIGHT SUPPER Cream of Asparagus Salami on a Bun Cole Slaw DESSERT: Ice Cream ALTERNATE: Cod Nuggets w Tartar Baby Carrots Dessert: Fruit Cocktail	LIGHT SUPPER Lentil Soup Chicken Salad Croissant Pickled Beets DESSERT: Boston Cream Pie ALTERNATE: Summer Vegetable Omelette ww Bun Dessert: Tropical Fruit	LIGHT SUPPER Tomato Soup Grilled Cheese Sandwich Dill Pickle DESSERT: Rice Pudding ALTERNATE: Beef Pot Pie Diced Carrots Dessert: Diced Pears	LIGHT SUPPER Beef Noodle Soup Egg Salad Sandwich Black Bean & Corn Salad DESSERT: Fruit Salad ALTERNATE: Stuffed Chicken Breast Pea’s Dessert: Yogurt	LIGHT SUPPER Borscht Soup Macaroni & Cheese Baby Carrots DESSERT: Butterscotch Pudding ALTERNATE: Hot Dog Tomato Salad Dessert: Fresh Fruit Salad	LIGHT SUPPER Hearty Vegetable Soup Chicken Souvlaki with Potato Salad DESSERT: Ice Cream Bar ALTERNATE: Tuna Salad Sandwich Cucumber Slices Dessert: Peach	LIGHT SUPPER Italian Wedding Pasta Salad/Devilleed Eggs/Zweibak DESSERT: Mandarin Oranges ALTERNATE: Pizza Mixed Green Salad Dessert: Cupcake
HS NOURISHMENT – CHOICE OF JUICE 125 ml or WATER - PROTEIN SNACK						
<i>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.</i>						