

**PLEASANT MANOR FALL AND WINTER MENU**

**WEEK 1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Boiled Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast
<b>AM NOURISHMENT – CHOICE OF JUICE 120 ml/Water/Coffee &amp; Tea SNACK - Fruit</b>						
<b>LUNCH</b> Grape Baked Chicken Leg Mashed Potato/Gravy Brussel Sprouts <b>DESSERT:</b> Cherry Crisp <b>ALTERNATE:</b> Goulash w Noodles Sliced Carrots <b>Dessert:</b> Melon	<b>LUNCH</b> Orange Pork Chop/Gravy Baby Roast Potato Turnip <b>DESSERT:</b> Chocolate Brownie <b>ALTERNATE:</b> Beef Pot Pie Mashed Potato San Francisco Mix <b>Dessert:</b> Strawberries	<b>LUNCH</b> Apple Swedish Meatballs Egg Noodles Asparagus <b>DESSERT:</b> Mandarin Oranges <b>ALTERNATE:</b> Salmon Patty Mashed Potato Glazed Parsnips <b>Dessert:</b> Cheesecake	<b>LUNCH</b> V-8 Juice Sweet&Sour Chicken Rice Peppers & Onions <b>DESSERT:</b> Lemon Meringue Pie <b>ALTERNATE:</b> Lamb Patty Mashed Potato Sugar Snap Pea <b>Dessert:</b> Pineapple	<b>LUNCH</b> Cranapple Fried Haddock Mashed Potato Winter Mix <b>DESSERT:</b> Cherries <b>ALTERNATE:</b> Beef Stroganoff Noodles PEI Vegetables <b>Dessert:</b> Two Bite Tart	<b>LUNCH</b> Peach Black Beans & Sausage Rice <b>DESSERT:</b> Diced Peaches <b>ALTERNATE:</b> Bavarian Veal Mashed Potato Squash <b>Dessert:</b> Chocolate Pudding&Cream	<b>LUNCH</b> Grape Roast Beef/Horseradish Yorkshire Pudding Mashed Potato San Francisco <b>DESSERT:</b> Chocolate Maple Cake <b>ALTERNATE:</b> Chicken Casserole Baby Roast Potato Green&Yellow Beans <b>Dessert:</b> Blueberries
<b>PM NOURISHMENT - CHOICE OF JUICE 120 ml Juice /Water/Coffee &amp; Tea SNACK – Fruit/Cookie</b>						
<b>SUPPER</b> Vegetable Soup Egg Salad Sandwich Carrot Coin Salad <b>DESSERT:</b> Peach Pear <b>ALTERNATE:</b> Baked Beans/Bacon ww Bun <b>Dessert:</b> Cake of the Day	<b>SUPPER</b> Cream of Tomato Soup Salami Sandwich Tossed Salad <b>DESSERT:</b> Tropical Fruit <b>ALTERNATE:</b> Perogies/Onion Sour Cream & Corn <b>Dessert:</b> Jello	<b>SUPPER</b> Butternut Squash Soup Spanikopita Greek Pasta Salad <b>DESSERT:</b> Carrot Cake <b>ALTERNATE:</b> Turkey Sandwich Four Bean Salad <b>Dessert:</b> Cherries	<b>SUPPER</b> Corn Chowder Waffles&Bacon Fruit Compote <b>DESSERT:</b> Strawberry Sundae <b>ALTERNATE:</b> Havarti Cheese Sandwich/Lettuce/ Tomato/Pickle <b>Dessert:</b> Apple Slices	<b>SUPPER</b> Barley Soup Pepperoni Pizza Caesar Salad <b>DESSERT:</b> Rice Pudding <b>ALTERNATE:</b> Roast Beef Sandwich Pea Salad <b>Dessert:</b> Mango	<b>SUPPER</b> Beef Noodle Soup Cottage Cheese Plate/Muffin Pineapple/Peach <b>DESSERT:</b> Fruit Platz <b>ALTERNATE:</b> Chicken Sandwich Cucumber Salad <b>Dessert:</b> Banana	<b>SUPPER</b> Borscht Crepe Suzette Mandarins <b>DESSERT:</b> Butterscotch Pudding <b>ALTERNATE:</b> Cabbage Rolls Pea's <b>Dessert:</b> Fruit Cocktail
<b>HS NOURISHMENT - CHOICE OF JUICE 120 ml Juice /Water/Coffee &amp; Tea – Protein Snack</b>						

**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
<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Boiled Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast
<b>AM NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee &amp; Tea Snack - Fruit</b>						
<b>LUNCH</b> Apple Chicken Alfredo Baby Shell Noodles Scandinavian Mix <b>DESSERT:</b> Black Forest Cake <b>ALTERNATE:</b> Beef Stew Mashed Potato Turnip <b>Dessert:</b> Pear	<b>LUNCH</b> Grape Pork Ribs Sauerkraut/Mixed Veg Mashed Potato <b>DESSERT:</b> Peaches <b>ALTERNATE:</b> Breaded Fish Rice PEI Vegetables <b>Dessert:</b> Tangerine Mousse	<b>LUNCH</b> Cranberry Chicken Stew Baby Roast Potato Montego Blend <b>DESSERT:</b> Caramel Bread Pudding <b>ALTERNATE:</b> Vegetable Lasagna Mashed Potato Brussel Sprouts <b>Dessert:</b> Mango	<b>LUNCH</b> V-8 Juice Pork Chop Oven Roasted Potatoes Broiled Tomato <b>DESSERT:</b> Fruit Compote <b>ALTERNATE:</b> Roast Lamb Mashed Potato Seasoned Spinach <b>Dessert:</b> Butter Tart	<b>LUNCH</b> Peach Fried Haddock Mashed Potato Mexican Vegetables <b>DESSERT:</b> Tiramisu Cake <b>ALTERNATE:</b> Honey Garlic Chicken Roasted Baby Potato Green Beans <b>Dessert:</b> Apricots	<b>LUNCH</b> Orange Peach Bavarian Veal Egg Noodles Beets <b>DESSERT:</b> Fruit Trifle <b>ALTERNATE:</b> Baked Tilapia Mashed Potato Winter Mix <b>Dessert:</b> Appleslices	<b>LUNCH</b> CranApple Baked Chicken Leg Mashed Potato Squash <b>DESSERT:</b> Apple Crisp <b>ALTERNATE:</b> Pork Loin Oven Roast Fried Onions & Peppers <b>Dessert:</b> Cake/Pie of the Day
<b>PM NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee &amp; Tea Snack - Fruit Cookie</b>						
<b>SUPPER</b> Cream of Broccoli Reuben Dill Pickle <b>DESSERT:</b> Mandarin Oranges <b>ALTERNATE:</b> Roasted Red Pepper Frittata & Bun <b>Dessert:</b> Cake of the Day	<b>SUPPER</b> Garden Vegetable Soup Grilled Chicken/Bun Pickled Beets <b>DESSERT:</b> Chocolate Pie <b>ALTERNATE:</b> Cheddar Cheese Fruit Plate/Scone <b>Dessert:</b> Tropical Fruit	<b>SUPPER</b> Borscht Pancakes & Sausage Baked Apples <b>DESSERT:</b> Date Square <b>ALTERNATE:</b> Salmon Salad Sandwich Dilly Cucumber Salad <b>Dessert:</b> Blueberries	<b>SUPPER</b> Cream of Mushroom Tuna Sandwich Tossed Salad <b>DESSERT:</b> Orange Slices <b>ALTERNATE:</b> Chili Coleslaw <b>Dessert:</b> Lemon Pudding	<b>SUPPER</b> Minestrone Soup Peameal Bacon Bun Tuscan Salad <b>DESSERT:</b> Strawberries <b>ALTERNATE:</b> Beef Pot Pie/Gravy Cauliflower <b>Dessert:</b> Loaf Cake	<b>SUPPER</b> Tomato Soup Chicken Fingers French Fries <b>DESSERT:</b> Butterscotch Sundae <b>ALTERNATE:</b> Salami on a Bun Carrot Coin Salad <b>Dessert:</b> Cherries	<b>SUPPER</b> Chicken & Rice Soup Vegetable Omelet Dinner Roll <b>DESSERT:</b> Fruit Flan <b>ALTERNATE:</b> Crab Salad Croissant Caesar Salad <b>Dessert:</b> Diced Melon
<b>HS NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee &amp; Tea - Protein Snack</b>						
<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
<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Boiled Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast	<b>BREAKFAST</b> Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast
<b>AM NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee &amp; Tea Snack - Fruit</b>						
<b>LUNCH</b> Grape Shepherd's Pie Mexican Corn <b>DESSERT:</b> Tropical Fruit <b>ALTERNATE:</b> Lemon Herb Fish Mashed Potato SanFrancisco Vegetables <b>Dessert:</b> Nanaimo Bar	<b>LUNCH</b> Peach Baked Ham Au Gratin Scalloped Potato Baby Carrots <b>DESSERT:</b> Cherry Cheesecake <b>ALTERNATE:</b> Meat Lasagna Mashed Potato Cauliflower <b>Dessert:</b> Blueberries	<b>LUNCH</b> Apple Beef Stew Baby Roast Potato Herb Roasted Tomatoes <b>DESSERT:</b> Strawberries & Cream <b>ALTERNATE:</b> Lamb Patty Mashed Potato Sugar Snap Peas <b>Dessert:</b> Cake of the Day	<b>LUNCH</b> V-8 Juice BBQ Chicken Leg Scalloped Potatoes Green Beans <b>DESSERT:</b> Lemon Cake <b>ALTERNATE:</b> Glazed Pork Chop Mashed Potato Roasted Butternut Squash <b>Dessert:</b> Pears	<b>LUNCH</b> Orange Fried Haddock Oven Roasted Potato Montego Blend <b>DESSERT:</b> Banana Cream Pie <b>ALTERNATE:</b> Chopped Sirloin Mashed Potato Mexican <b>Dessert:</b> Cherries	<b>LUNCH</b> Cranberry Turkey Pot Pie/Gravy Mashed Potato Scandinavian Mix <b>DESSERT:</b> Mandarin Oranges <b>ALTERNATE:</b> Braised Liver & Onions Potato Wedges Brussel Sprouts <b>Dessert:</b> Vanilla Mousse	<b>LUNCH</b> Apple Cabbage Rolls Baby Roast Potato California Mix <b>DESSERT:</b> Apple Pie <b>ALTERNATE:</b> Tortiere/Gravy Mashed Potato Seasoned Spinach <b>Dessert:</b> Chocolate Pudding
<b>PM NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee &amp; Tea Snack - Fruit Cookie</b>						
<b>SUPPER</b> Potato Soup Grilled Cheese Sliced Tomato <b>DESSERT:</b> Boston Cream Cake <b>ALTERNATE:</b> Deli Meat Salad Plate Deli Meat, Apple Zucchini Slaw & Bun <b>Dessert:</b> Grapefruit	<b>SUPPER</b> Cream of Cauliflower Soup Shaved Roast Beef on a bun Broccoli Salad <b>DESSERT:</b> Peaches <b>ALTERNATE:</b> Spinach & Cheese Omelette w bun <b>Dessert:</b> Fruit Pie	<b>SUPPER</b> Borscht French Toast & Bacon Blueberries <b>DESSERT:</b> Cherries <b>ALTERNATE:</b> Sliced Chicken Sandwich Pickled Beets <b>Dessert:</b> Chocolate Mousse	<b>SUPPER</b> Beef Barley Soup Salmon on ww Bun Cucumber Salad <b>DESSERT:</b> Chocolate Sundae <b>ALTERNATE:</b> Hamburger Potato Salad <b>Dessert:</b> Apple Slices	<b>SUPPER</b> Chicken Noodle Soup Montreal Smoked Meat on Rye Black Bean Corn Salad <b>DESSERT:</b> Fruit Cocktail <b>ALTERNATE:</b> BBQ Pork Riblette Carrot Salad <b>Dessert:</b> Jello	<b>SUPPER</b> Italian Wedding Soup Tuna Melt Citrus Beet Salad <b>DESSERT:</b> Cupcakes <b>ALTERNATE:</b> Ham & Cheese Strata Broccoli <b>Dessert:</b> Melon	<b>SUPPER</b> Pea & Ham Soup Chef Chicken Salad Zwieback <b>DESSERT:</b> Apricots <b>ALTERNATE:</b> Cheese Plate 4 Bean Salad & Bun <b>Dessert:</b> Cookie
<b>HS NOURISHMENT - CHOICE OF JUICE 120ml Water / Coffee &amp; Tea - Protein Snack</b>						
<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>						