

PLEASANT MANOR SPRING AND SUMMER MENU - AV

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast</p>	<p>BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast</p>	<p>BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Boiled Egg or Yogurt Whole Wheat Toast</p>	<p>BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Whole Wheat Toast</p>	<p>BREAKFAST Apple or Guava Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Poached Egg or Yogurt Whole Wheat Toast</p>	<p>BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast</p>	<p>BREAKFAST Assorted Juice Oatmeal or Cream of Wheat Assorted Cold Cereals Scrambled Egg or Yogurt Raisin or Regular Toast</p>
AM NOURISHMENT – CHOICE OF JUICE 125 ml or WATER - FRUIT - COOKIE						
<p>LUNCH Raspberry Juice Pepper Steak Rice Yellow & Green Beans DESSERT: Chilled Peaches ALTERNATE: Fish Patty Mashed Potato Italian Blend</p>	<p>LUNCH Punch Roast Chicken Legs Mashed Potato California Vegetable DESSERT: Ice Cream Sandwich ALTERNATE: Veal Parmigiana Noodles Sunrise Blend</p>	<p>LUNCH Cranberry Juice Baked Pork Chop Oven Roasted Potatoes Glazed Baby Carrots DESSERT: Ambrosia ALTERNATE: Lamb Patty Whipped Potato Pea's</p>	<p>LUNCH Cran-Apple Juice Spaghetti & Vegetarian Meatballs Broccoli DESSERT Strawberry Cream Pie ALTERNATE: Tortiere Mashed Potato Corn</p>	<p>LUNCH Peach Juice Fried Haddock Mashed Potato Asparagus DESSERT Summer Berry Cake ALTERNATE: Honey Garlic Chicken Rosemary Potato & Sprouts</p>	<p>LUNCH Tomato Juice Sausage French Fries Mexican Mixed Veg DESSERT Tropical Fruit Salad ALTERNATE: Stuffed Pepper Mashed Potato Turnip</p>	<p>LUNCH Apple Juice Roast Turkey Cranberry Sauce Mashed Potatoes Squash DESSERT Red Velvet Cake ALTERNATE: Salmon & Rice Cauliflower</p>
PM NOURISHMENT – CHOICE OF JUICE 125 ml or WATER - FRUIT - COOKIE						
<p>SUPPER Garden Vegetable Sliced Chicken Sandwich w Beets DESSERT: Rice Pudding ALTERNATE: Ravioli w Marinara Caesar Salad</p>	<p>SUPPER Minestrone Soup Ham Salad on a Whole Wheat Bun Dill Pickle DESSERT: Blueberry Pie ALTERNATE: Broccoli/Cheese Quiche Tossed Salad</p>	<p>SUPPER Borscht Soup Corned Beef Hash Florentine Vegetable DESSERT: Apple Slices ALTERNATE: Turkey & Swiss on Rye Cucumber Salad</p>	<p>SUPPER Cream of Mushroom Peameal Bacon & Tomato on a Whole Wheat Bun Pickle DESSERT: Blueberries ALTERNATE: Cob Salad Whole Wheat Bun</p>	<p>SUPPER Cream of Tomato Soup Hamburger w L&T Carrot & Raisin Salad DESSERT: Pear Mousse ALTERNATE: Pork & Salad Plate Whole Wheat Roll</p>	<p>SUPPER Cream of Cauliflower Cottage Cheese & Peach w Zucchini Loaf DESSERT: Fresh Strawberries ALTERNATE: Vegetable Omelet Whole Wheat Bun Broccoli</p>	<p>SUPPER Chicken Noodle Soup Corned Beef on Rye Beet & Citrus Salad DESSERT: Chocolate Ice Cream Sundae ALTERNATE Cabbage Rolls Caesar Salad</p>
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 - AV

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 Juice Meatloaf Mashed Potatoes Broiled Tomato DESSERT: Tiramisu ALTERNATE: Chicken & Rice Mexican Mix	LUNCH Orange Peach Herbed Tilapia Sunrise Blend Mashed Potato DESSERT: Mandarin Orange ALTERNATE: Sweet & Sour Meatballs Rice Turnip	LUNCH Apple Juice Herbed Chicken Leg Baby Roast Potato PEI Blend DESSERT: Strawberry Rhubarb Pie ALTERNATE: Chili Mashed Potato Squash	LUNCH V-8 Juice Ribs w Sauerkraut Mashed Potatoes Asparagus DESSERT: Baked Cinnamon Apples ALTERNATE: Turkey Pot Pie California Mix	LUNCH Orange Juice Fried Haddock Oven Roast Potato Florentine Vegetables DESSERT: Banana’s & Cream ALTERNATE: Roast Lamb Mashed Potato Spinach	LUNCH Cranberry Juice Corned Beef Mashed Potato Braised Cabbage DESSERT: Diced Peaches ALTERNATE: Pasta Primavera Sliced Carrots	LUNCH Peach Juice Baked Ham Scalloped Potato Montego Blend DESSERT: Ice Cream Chocolate Sundae ALTERNATE: Chicken Stew Mashed Potato Pea’s
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	SUPPER Potato Turkey Sandwich Tossed Salad DESSERT: Carrot Cake ALTERNATE: Pork Drummy Whole Wheat Roll Peas	SUPPER Chicken Spinach Pea Deli Meat Plate Apple Zucchini Slaw DESSERT: Peach Frozen Yogurt ALTERNATE: Veal Cutlet on a Whole Wheat Bun Sliced Tomato	SUPPER Beef Noodle Soup Vegetable Lasagna Cauliflower DESSERT: Apple Spice Cake ALTERNATE: Salmon Sandwich Tossed Salad	SUPPER Turkey Rice Soup Roast Beef on a Whole Wheat Bun Cucumber Salad DESSERT: Assorted Fruit Combo ALTERNATE: Ham & Cheese Stata Brocoli	SUPPER Borscht Soup Chicken Fingers French Fries DESSERT: Chocolate Cream Pie ALTERNATE: Pulled BBQ Pork on a Whole Wheat Bun Coleslaw	SUPPER Cream of Broccoli Soup Pierogis w Onion Sauerkraut DESSERT: Pecan Cake ALTERNATE: Tuna Sandwich Greek Salad
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>						

PLEASANT MANOR SPRING AND SUMMER MENU - AV

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	LUNCH Orange Peach Juice Cabbage Rolls Mashed Potato Green Pea’s DESSERT: Lemon Cake ALTERNATE: Roast Turkey Breast Rice Pilaf Montego Mix	LUNCH Tomato Juice Baked Chicken Leg Au Gratin Scalloped Potato Sliced Carrots DESSERT: Mandarin Oranges ALTERNATE: Lamb Patty Mashed Potato Parslied Cauliflower	LUNCH Peach Juice Shepherd’s Pie Mashed Potato Mexican Mix DESSERT: Butterscotch Ice Cream Sundae ALTERNATE: Turkey Schnitzel Potato Wedges Yellow Beans	LUNCH Raspberry Juice Fried Haddock French Fries Mixed Vegetable DESSERT: Cream Cheese Icing Banana Cake ALTERNATE: Veal Piccata Whipped Potato/Sprout	LUNCH V-8 Juice Cheese Manicotti w Tomato Sauce Scandinavian Vegetable DESSERT: Tropical Fruit ALTERNATE: Sweet & Sour Pork Mashed Potato Broccoli	LUNCH Cranberry Juice Roast Beef & Gravy Mashed Potato Harvest Blend DESSERT: Strawberry Rhubarb Crisp ALTERNATE: Turkey Pot Pie Rosemary Garlic Potato Sunrise Mix
PM NOURISHMENT – CHOICE OF JUICE 125 ml or WATER - FRUIT - COOKIE						
LIGHT SUPPER Cream of Asparagus Salami on a Whole Wheat Bun Coleslaw DESSERT: Ice Cream ALTERNATE: Cod Nuggets w Tartar Baby Carrots	LIGHT SUPPER Lentil Soup Macaroni & Cheese Baby Carrots DESSERT: Boston Cream Pie ALTERNATE: Summer Roasted Red Pepper Frittata Whole Wheat Bun Green Beans	LIGHT SUPPER Tomato Soup Grilled Cheese Sandwich Caesar Salad DESSERT: Rice Pudding ALTERNATE: Tortiere Green Peas	LIGHT SUPPER Hearty Noodle Soup Egg Salad Sandwich Black Bean & Corn Salad DESSERT: Watermelon ALTERNATE: Stuffed Chicken Breast Diced Carrots	LIGHT SUPPER Borscht Soup Chicken Salad Croissant Pickled Beets DESSERT: Butterscotch Pudding ALTERNATE: Hot Dog Tomato Salad	LIGHT SUPPER Beef Noodle Soup Chicken Souvlaki with Potato Salad DESSERT: Ice Cream Bar ALTERNATE: Tuna Salad Sandwich Cucumber Slices	LIGHT SUPPER Italian Wedding Pasta Salad & Devilled Eggs w Zweibak Sliced Tomato DESSERT: Mandarin Oranges ALTERNATE: Pizza Mixed Green Salad
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>						