

PLEASANT MANOR FALL AND WINTER MENU - AV

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 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
LUNCH Grape Baked Chicken Leg Mashed Potato/Gravy Brussel Sprouts DESSERT: Cherry Crisp ALTERNATE: Goulash w Noodles Squash	LUNCH Orange Pork Chop/Gravy Baby Roast Potato Turnip DESSERT: Chocolate Brownie ALTERNATE: Beef Pot Pie Mashed Potato San Francisco Mix	LUNCH Apple Swedish Meatballs Egg Noodles Asparagus DESSERT: Mandarin Oranges ALTERNATE: Salmon Patty Mashed Potato Glazed Parsnips	LUNCH V-8 Juice Sweet & Sour Chicken Rice Peppers & Onions DESSERT: Lemon Meringue Pie ALTERNATE: Lamb Patty Mashed Potato Sugar Snap Pea	LUNCH Cran-apple Fried Haddock Mashed Potato Winter Mix DESSERT: Cherries ALTERNATE: Beef Stroganoff Noodles PEI Vegetables	LUNCH Peach Black Beans & Sausage Rice Mexican Corn DESSERT: Diced Peaches ALTERNATE: Bavarian Veal Mashed Potato Squash	LUNCH Grape Roast Beef/Horseradish Yorkshire Pudding Mashed Potato San Francisco DESSERT: Chocolate Maple Cake ALTERNATE: Chicken Casserole Baby Roast Potato Green & Yellow Beans
SUPPER Vegetable Soup Egg Salad Sandwich Broccoli Salad DESSERT: Peach Pear ALTERNATE: Wieners & Baked Beans ww Bun Sliced Carrots	SUPPER Cream of Tomato Soup Salami Sandwich Tossed Salad DESSERT: Tropical Fruit ALTERNATE: Perogies/Onion Sour Cream Corn	SUPPER Butternut Squash Soup Spanakopita Greek Pasta Salad DESSERT: Carrot Cake ALTERNATE: Hot Turkey Sandwich Green Beans	SUPPER Corn Chowder Waffles & Bacon Fruit Compote DESSERT: Strawberry Sundae ALTERNATE: Havarti Cheese Sandwich/Lettuce/ Tomato/Pickle	SUPPER Barley Soup Pepperoni Pizza Caesar Salad DESSERT: Rice Pudding ALTERNATE: Roast Beef Sandwich Pea Salad	SUPPER Beef Noodle Soup Cottage Cheese Plate/Muffin Pineapple/Peach DESSERT: Fruit Platz ALTERNATE: Chicken Sandwich Cucumber Salad	SUPPER Borscht Crepe Suzette Mandarins DESSERT: Butterscotch Pudding ALTERNATE: Cabbage Rolls Pea's

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 - 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
LUNCH Apple Chicken Alfredo Baby Shell Noodles Scandinavian Mix DESSERT: Black Forest Cake ALTERNATE: Beef Stew Mashed Potato Turnip	LUNCH Grape Pork Ribs Sauerkraut/Mixed Veg Mashed Potato DESSERT: Peaches ALTERNATE: Breaded Fish Rice PEI Vegetables	LUNCH Cranberry Chicken Stew Baby Roast Potato Montego Blend DESSERT: Caramel Bread Pudding ALTERNATE: Vegetable Lasagna Mashed Potato Brussel Sprouts	LUNCH V-8 Juice Pork Chop Oven Roasted Potatoes Broiled Tomato DESSERT: Fruit Compote ALTERNATE: Roast Lamb Mashed Potato Seasoned Spinach	LUNCH Peach Fried Haddock Mashed Potato Mexican Vegetables DESSERT: Tiramisu Cake ALTERNATE: Honey Garlic Chicken Roasted Baby Potato Green Beans	LUNCH Orange Peach Bavarian Veal Egg Noodles Beets DESSERT: Fruit Trifle ALTERNATE: Baked Tilapia Mashed Potato Winter Mix	LUNCH Cran-Apple Baked Chicken Leg Mashed Potato Squash DESSERT: Apple Crisp ALTERNATE: Pork Loin Oven Roast Fried Onions & Peppers
SUPPER Cream of Broccoli Reuben/Dill Pickle Tossed Salad DESSERT: Mandarin Oranges ALTERNATE: Roasted Red Pepper Frittata & Bun Green Beans	SUPPER Garden Vegetable Soup Grilled Chicken/Bun Diced Beets DESSERT: Chocolate Pie ALTERNATE: Cheddar Cheese Fruit Plate/Scone	SUPPER Borscht Pancakes & Sausage Baked Apples DESSERT: Date Square ALTERNATE: Salmon Salad Sandwich Dilly Cucumber Salad	SUPPER Cream of Mushroom Tuna Sandwich Coleslaw DESSERT: Orange Slices ALTERNATE: Chili Corn	SUPPER Minestrone Soup Ham on a Bun Tuscan Salad DESSERT: Strawberries ALTERNATE: Beef Pot Pie/Gravy Cauliflower	SUPPER Tomato Soup Chicken Fingers French Fries Broccoli DESSERT: Butterscotch Sundae ALTERNATE: Salami on a Bun Carrot Coin Salad	SUPPER Chicken & Rice Soup Vegetable Omelet Dinner Roll Green Peas DESSERT: Fruit Flan ALTERNATE: Crab Croissant Caesar Salad
<p>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.</p>						

PLEASANT MANOR FALL AND WINTER MENU - AV

WEEK 3

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 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 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>
<p>LUNCH Grape Shepherd's Pie Mexican Vegetable DESSERT: Tropical Fruit ALTERNATE: Lemon Herb Fish Mashed Potato San Francisco Vegetables</p>	<p>LUNCH Peach Baked Ham Au Gratin Scalloped Potato Baby Carrots DESSERT: Cherry Cheesecake ALTERNATE: Meat Lasagna Mashed Potato Cauliflower</p>	<p>LUNCH Apple Beef Stew Baby Roast Potato Herb Roasted Tomatoes DESSERT: Strawberries & Cream ALTERNATE: Lamb Patty Mashed Potato Sugar Snap Peas</p>	<p>LUNCH V-8 Juice BBQ Chicken Leg Scalloped Potatoes Green Beans DESSERT: Lemon Cake ALTERNATE: Glazed Pork Chop Mashed Potato Roasted Butternut Squash</p>	<p>LUNCH Orange Fried Haddock Oven Roasted Potato Montego Blend DESSERT: Banana Cream Pie ALTERNATE: Chopped Sirloin Mashed Potato Mexican</p>	<p>LUNCH Cranberry Turkey Pot Pie/Gravy Mashed Potato Scandinavian Mix DESSERT: Mandarin Oranges ALTERNATE: Braised Liver & Onions Potato Wedges Brussel Sprouts</p>	<p>LUNCH Apple Cabbage Rolls Baby Roast Potato California Mix DESSERT: Apple Pie ALTERNATE: Tortiere/Gravy Mashed Potato Seasoned Spinach</p>
<p>SUPPER Potato Soup Grilled Cheese Stewed Tomatoes DESSERT: Boston Cream Cake ALTERNATE: Deli Meat Salad Plate Deli Meat, Apple Zucchini Slaw & Bun</p>	<p>SUPPER Cream of Cauliflower Soup Shaved Roast Beef on a bun Broccoli Salad DESSERT: Peaches ALTERNATE: Spinach & Cheese Omelette w Bun Butternut Squash</p>	<p>SUPPER Borscht French Toast & Bacon Blueberries DESSERT: Cherries ALTERNATE: Sliced Chicken Sandwich Pickled Beets</p>	<p>SUPPER Beef Barley Soup Salmon Salad w Roll Cucumber Salad DESSERT: Chocolate Sundae ALTERNATE: Hamburger Mexican Corn</p>	<p>SUPPER Chicken Noodle Soup Montreal Smoked Meat on Rye Creamy Coleslaw Dill Pickle DESSERT: Fruit Cocktail ALTERNATE: BBQ Pork Riblette Potato Salad Sliced Carrots</p>	<p>SUPPER Italian Wedding Soup Tuna Melt Citrus Beet Salad DESSERT: Cupcakes ALTERNATE: Ham & Cheese Strata Broccoli</p>	<p>SUPPER Pea & Ham Soup Chef Chicken Salad Zwieback DESSERT: Apricots ALTERNATE: Cheese Pizza Cook's Choice Vegetables</p>
<p>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.</p>						