



RIVER EAST PERSONAL CARE HOME FALL/WINTER MENU

WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---|---|---|---|---|---|---|
| | Oct-23, Nov-13, Dec-4, Dec-25, Jan-15, Feb-5, Feb-26, Mar-19, Apr-9, Apr-30 | Oct-24, Nov-14, Dec-5, Dec-26, Jan-16, Feb-6, Feb-27, Mar-20, Apr-10, May-1 | Oct-25, Nov-15, Dec-6, Dec-27, Jan-17, Feb-7, Feb-28, Mar-21, Apr-11, May-2 | Oct-26, Nov-16, Dec-7, Dec-28, Jan-18, Feb-8, Feb-29, Mar-22, Apr-12, May-3, | Oct-27, Nov-17, Dec-8, Dec-29, Jan-19, Feb-9, Mar-1, Mar-23, Apr-13, May-4 | Oct-28, Nov-18, Dec-9, Dec-30, Jan-20, Feb-10, Mar-2, Mar-24, Apr-14, May-5 | Oct-29, Nov-19, Dec-10, Dec-31, Jan-21, Feb-11, Mar-3, Mar-25, Apr-15, May-6 |
| BREAKFAST | RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt | RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt | RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt | RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Sausage Fruit/Yogurt | RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt | RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt | RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Bacon Fruit/Yogurt |
| | Chicken Noodle Soup Chile Con Carne Peas Toast Wedges Baked Cinnamon Apples | Vegetable Florentine Soup Hot Turkey Sandwich with Dressing Honey Dill Carrot Coins Stewed Rhubarb | Cream of Celery Soup Salmon Salad on a Bun Cucumber Salad Yogurt Pineapple Whip | Hamburger Soup Perogies with Bacon & Fried Onions Sour Cream Braised Cabbage Blueberries & Cream | Cream of Cauliflower Soup Buttermilk Pancakes with Syrup Skinless Sausages Mandarin Oranges | Tomato Basil Rice Soup Turkey Pot Pie Wax Beans with Red Peppers Fruit Cocktail | Cream of Potato Dill Soup Fish & Chips Creamy Coleslaw Strawberries |
| | OR Assorted Sandwiches | OR Assorted Sandwiches | OR Assorted Sandwiches | OR Assorted Sandwiches | OR Assorted Sandwiches | OR Assorted Sandwiches | OR Assorted Sandwiches |
| PM | Oatmeal Choc Chip Cookie Beverage as Requested | Apple Danish Beverage as Requested | Baked Assortment Beverage as Requested | Amish Sugar Cookie Beverage as Requested | Glazed Orange Loaf Beverage as Requested | Turnover Cookie Beverage as Requested | Baked Assortment Beverage as Requested |
| DINNER | Lemon Oregano Chicken Thigh Lyonnaise Potatoes California Blend Vegetables Chocolate Éclair OR Oven Baked Fish | Seasoned Pork Chop Garlic Mashed Potatoes Buttered Green Beans Carrot Cake OR Braised Liver & Onions | Spaghetti & Meat Sauce Garlic Toast Vegetable Medley Cherry Crisp OR Turkey Schnitzel | Sweet & Sour Chicken Chunks Fried Rice Oriental Mix Vegetables Coconut Cream Pie OR Veal Roulade | Baked Cod with Puffy Cheese Sauce Grilled Shredded Hash Browned Potatoes Peas & Carrots Jellied Fruit/Whip Topping OR Salisbury Steak | Lasagna Dinner Roll Caesar Salad Tapioca Pudding with Whipped Topping OR Tortierre | Beef Pot Roast with Yorkshire Pudding Mashed Potatoes Buttered Parsnips Apple Pie OR Debrezini Sausage |
| | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested |
| HS | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested | Assorted Sandwiches Beverage as Requested |

Bread, margarine and/or crackers offered at lunch and dinner.

Coffee, tea, water (250ml) and milk offered at each meal and nourishment. If resident chooses not to drink milk, offer 100% fruit juice. (Total milk offered daily = 1 Liter)