



## RIVER EAST PERSONAL CARE HOME FALL/WINTER MENU

## WEEK 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Oct-30,Nov-20,Dec-11,Jan-1, Jan-22, Feb-12, Mar-4,Mar-26, Apr-16,May-7	Oct-31,Nov-21,Dec-12,Jan-2, Jan-23, Feb-13, Mar-5,Mar-27, Apr-17	Nov-1,Nov-22,Dec-13,Jan-3, Jan-24, Feb-14, Mar-6,Mar-28, Apr-18	Nov-2,Nov-23,Dec-14,Jan-4, Jan-25, Feb-15, Mar-7,Mar-29, Apr-19	Nov-3,Nov-24,Dec-15,Jan-5, Jan-26, Feb-16, Mar-8,Mar-30, Apr-20	Nov-4,Nov-25,Dec-16,Jan-6, Jan-27, Feb-17, Mar-9,Mar-31, Apr-21	Nov-5,Nov-26,Dec-17,Jan-7, Jan-28, Feb-18, Mar-10, Apr-1
BREAKFAST	RELAXED BREAKFAST	<b>Assorted Pure Juices</b> Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	<b>Assorted Pure Juices</b> Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	<b>Assorted Pure Juices</b> Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	<b>Assorted Pure Juices</b> Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/ <b>Bacon</b> Fruit/Yogurt	<b>Assorted Pure Juices</b> Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	<b>Assorted Pure Juices</b> Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	<b>Assorted Pure Juices</b> Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/ <b>Sausage</b> Fruit/Yogurt
	LUNCH	<b>Beef Barley Soup</b> Onion Bacon Spinach Frittata Tossed Salad  Diced Pear  OR Assorted Sandwiches	<b>Cream of Mushroom Soup</b> Cabbage Casserole Ciabatta Dinner Roll  Diced Mango  OR Assorted Sandwiches	<b>Chicken Vegetable Soup</b> Macaroni & Cheese Tomato Salsa  Raspberry Whip  OR Assorted Sandwiches	<b>Cream of Spinach Soup</b> Hamburger on a Bun Potato Salad  Diced Peaches  OR Assorted Sandwiches	<b>Country Bean &amp; Vegetable Soup</b> Fish and Chips Creamy Coleslaw  Berry Mix/Topping  OR Assorted Sandwiches	<b>Cream of Broccoli Soup</b> Pork Tortierre Peas  Mandarin Oranges  OR Assorted Sandwiches	<b>Scotch Broth Soup</b> Roast Beef Sandwich Bread & Butter Pickles  Poached Spiced Pear  OR Assorted Sandwiches
PM	<b>Angel Cookies</b> <b>Beverage as Requested</b>	<b>Zucchini Loaf</b> <b>Beverage as Requested</b>	<b>Baked Assortment</b> <b>Beverage as Requested</b>	<b>Peanut Butter Cookie</b> <b>Beverage as Requested</b>	<b>Raisin Scone</b> <b>Beverage as Requested</b>	<b>Turnover Cookie</b> <b>Beverage as Requested</b>	<b>Baked Assortment</b> <b>Beverage as Requested</b>	
DINNER	<b>Teriyaki Turkey</b> Jasmine Rice Yellow/Orange Carrots  Date Square  OR Veal Cutlet	<b>Beef Stew</b> Tea Biscuit  Butter Tart Slice  OR Oven Baked Fish	<b>Chicken Breast in Sour Cream Gravy</b> Roasted Potatoes Pearl Harvest Vegetables  Jelly Roll  OR Liver & Onions	<b>Tomato Basil Pork Loin</b> Lemon Potatoes Bistro Blend Vegetables  Frozen Yogurt  OR Turkey Schnitzel	<b>Barbequed Chicken Thigh</b> Fettuccine Alfredo California Mix Vegetables  Fruit Rice Delight  OR Sliced Ham	<b>Shepherd's Pie/Gravy</b> Kernel Corn  Blueberry Tart/Topping  OR Turkey Pot Pie	<b>Roast Turkey</b> Dressing/Cranberry Sauce Mashed Potatoes Green Beans  Boston Cream Cake  OR Salisbury Steak	
	HS	<b>Assorted Sandwiches</b> <b>Beverage as Requested</b>	<b>Assorted Sandwiches</b> <b>Beverage as Requested</b>	<b>Assorted Sandwiches</b> <b>Beverage as Requested</b>	<b>Assorted Sandwiches</b> <b>Beverage as Requested</b>	<b>Assorted Sandwiches</b> <b>Beverage as Requested</b>	<b>Assorted Sandwiches</b> <b>Beverage as Requested</b>	<b>Assorted Sandwiches</b> <b>Beverage as Requested</b>

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)