



# RIVER EAST PERSONAL CARE HOME FALL/WINTER MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Nov-6,Nov-27,Dec-18,Jan-8, Jan-29, Feb-19, Mar-11, Apr-2, Apr-23	Nov-7,Nov-28,Dec-19,Jan-9, Jan-30, Feb-20, Mar-12, Apr-3, Apr-24	Nov-8,Nov-29,Dec-20,Jan-10, Jan-31, Feb-21, Mar-13, Apr-4, Apr-25	Nov-9,Nov-30,Dec-21,Jan-11, Feb-1, Feb-22, Mar-14, Apr-5, Apr-26	Nov-10,Dec-1,Dec-22,Jan-12, Feb-2, Feb-23, Mar-15, Apr-6, Apr-27	Nov-11,Dec-2,Dec-23,Jan-13, Feb-3, Feb-24, Mar-16, Apr-7, Apr-28	Nov-12,Dec-3,Dec-24, Jan-14, Feb-4, Feb-25, Mar-17, Apr-8, Apr-29
BREAKFAST	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Sausage Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt	<b>RELAXED BREAKFAST</b> Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Bacon Fruit/Yogurt
	Winter Vegetable Soup Monte Cristo Sandwich Carrot Raisin Salad  Fruit Cocktail  OR Assorted Sandwiches	Corn Chowder Chicken Burger Vinaigrette Coleslaw  Apricot Whip  OR Assorted Sandwiches	Lasagna Soup Caesar Salad Ciabatta Dinner Roll  Jellied Fruit/Topping  OR Assorted Sandwiches	Cream of Tomato Soup Grilled Cheese Sandwich Dill Pickles  Diced Peaches  OR Assorted Sandwiches	Vegetable Noodle Soup Polish Sausage Potato Pancakes Sour Cream  Diced Cantalope  OR Assorted Sandwiches	Golden Lentil Soup Pizza Buns Caesar Salad  Diced Pears  OR Assorted Sandwiches	Potato Bacon Soup Chicken Nuggets w/ Plum Sauce Home Fries Four Bean Salad  Mandarin Oranges  OR Assorted Sandwiches
PM	Chocolate Chip Cookie Beverage as Requested	Pumpkin Loaf Cake Beverage as Requested	Baked Assortment Beverage as Requested	Apple Danish Beverage as Requested	Hermit Cookie Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested
DINNER	Lemon Pepper Cod Ranch Roasted Potatoes Kale Vegetable Medley  Angel Food Cake  OR Debrezinni Sausage	Beef Stroganoff Buttered Noodles Sunrise Vegetables  Strawberry Mousse  OR Turkey Schnitzel	Rosemary Chicken Breast Mashed Potatoes Julienne Carrots  Cherry Tart  OR Oven Baked Fish	Sweet & Spiced Ham Scalloped Potatoes Creamed Corn  Pineapple Upside Down Cake  OR Salisbury Steak	Krunchy Perch Oven Browned Potatoes Italian Mixed Vegetables  Ice Cream  OR Veal Cutlet	Oriental Beef Rice Pilaf Oriental Vegetable Mix  Red Velvet Coffee Cake  OR Tortierre	Pork Roast/Gravy Baked Potatoes Broccoli Florets  Pumpkin Pie/Topping  OR Turkey Pot Pie
	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

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)