

# RIVER EAST PERSONAL CARE HOME SPRING & SUMMER MENU 2018

**WEEK 1**

RIVER EAST PERSONAL CARE HOME SPRING & SUMMER MENU 2018							WEEK 1	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Apr-30, May-21, Jun-11, Jul-2, Jul-23, Aug-13, Sep-3, Sep-24, Oct-15	May-1, May-22, Jun-12, Jul-3, Jul-24, Aug-14, Sep-4, Sep-25, Oct-16	May-2, May-23, Jun-13, Jul-4, Jul-25, Aug-15, Sep-5, Sep-26, Oct-17	May-3, May-24, Jun-14, Jul-5, Jul-26, Aug-16, Sep-6, Sep-27, Oct-18	May-4, May-25, Jun-15, Jul-6, Jul-27, Aug-17, Sep-7, Sep-28, Oct-19	May-5, May-26, Jun-16, Jul-7, Jul-28, Aug-18, Sep-8, Sep-29, Oct-20	May-6, May-27, Jun-17, Jul-8, Jul-29, Aug-19, Sep-9, Sep-30, Oct-21
<b>BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>	<b>RELAXED BREAKFAST</b>
	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Sausage Fruit/Yogurt Selection	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg Fruit/Yogurt Selection	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffin Egg/Bacon Fruit/Yogurt Selection
<b>LUNCH</b>	Cream of Spinach Soup Hamburger with Lettuce and Tomato Slice Cucumber Onion Salad	French Onion Soup Macaroni & Cheese Stewed Tomato	Cream of Leek Soup Breaded Fish Sticks French Fries Creamy Coleslaw	Chicken Noodle Soup Mini Submarine Bunwich Bean Salad	Cream of Mushroom Soup Chef's Salad Plate Focaccia Bread Stick	Country Bean and Vegetable Soup Perogy Onion Casserole Harvard Beets	Vegetable Barley Soup Chicken Caesar Salad Plate Whole Wheat Roll	
	Fruit Cocktail  OR Assorted Sandwiches	Diced Pears  OR Assorted Sandwiches	Watermelon  OR Assorted Sandwiches	Diced Peaches  OR Assorted Sandwiches	Blueberries & Cream  OR Assorted Sandwiches	Mandarin Orange Sections  OR Assorted Sandwiches	Fruit Cocktail  OR Assorted Sandwiches	
<b>PM</b>	Oatmeal Choc Chip Cookie Beverage as Requested	Apple Danish Beverage as Requested	Baked Assortment Beverage as Requested	Amish Sugar Cookie Beverage as Requested	Pumpkin Loaf Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested	
<b>DINNER</b>	Baked Ham in Pineapple Juice Scalloped Potatoes Green Peas	Sweet & Sour Chicken Balls Rice Pilaf Oriental Mix Vegetables	Seasoned Cowboy Steak Baked Potato with Sour Cream Orange/Yellow Carrots	Marmalade Pork Loin Garlic Mashed Potato Broccoli Florets	Salmon Boats Oven Browned Potatoes Whole Green Beans	Greek Style Chicken Breast Lemon Potatoes Florentine Vegetable Mix	Roast Turkey/Gravy with Dressing/Cran Sauce Herbed Potatoes Sunrise Mix Vegetables	
	Brownie  OR Oven Baked Fish	Blueberry Tart  OR Sliced Ham	Crème Caramel  OR Turkey Schnitzel	Lemonicious Bar  OR Veal Cutlet/Gravy	Ice Cream  OR Meatloaf with BBQ Sauce	Triiple Berry Crumble  OR Boneless Ribette	Apple Pie  OR Liver & Onions	
<b>HS</b>	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	

MILK (3.5 CUPS / 875 ML) PLUS TEA OR COFFEE SERVED AT BREAKFAST, LUNCH, DINNER AND SNACKS

AT DINNER ALT. MEAL SERVED WITH FIRST CHOICE STARCH AND VEG UNLESS NOTED  
BREAD, MARGARINE AND/OR CRACKERS OFFERED AT LUNCH AND DINNER

(AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED

(SIDE SALAD 125mL WITH DRESSING IS OFFERED AT DINNER)