

RIVER EAST PERSONAL CARE HOME SPRING & SUMMER MENU 2014

WEEK 1

RIVER EAST PERSONAL CARE HOME SPRING & SUMMER MENU 2014							WEEK 1	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Apr-28, May-26, Jun-23, Jul-21, Aug-18, Sep-15, Oct-13	Apr-29, May-27, Jun-24, Jul-22, Aug-19, Sep-16, Oct-14	Apr-30, May-28, Jun-25, Jul-23, Aug-20, Sep-17, Oct-15	May-1, May-29, Jun-26, Jul-24, Aug-21, Sep-18, Oct-16	May-2, May-30, Jun-27, Jul-25, Aug-22, Sep-19, Oct-17	May-3, May-31, Jun-28, Jul-26, Aug-23, Sep-20, Oct-18	May-4, Jun-1, Jun-29, Jul-27, Aug-24, Sep-21, Oct-19
BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST	RELAXED BREAKFAST
	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg/Breakfast Sausage Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg/Bacon Fruit/Yogurt
LUNCH	Potato Dill Soup Hamburger on a Bun Cucumber and Onion Salad Peaches OR Assorted Sandwiches	Vegetable Soup Chicken Pot Pie Pick of the Day Vegetable Blend Fruit Cocktail OR Assorted Sandwiches	Creole Rice Soup Tuna Salad on Sub Bun Waldorf Salad Blueberries & Cream OR Assorted Sandwiches	Vegetable Barley Soup Wieners and Beans Toast Wedges Caesar Salad Cubed Watermelon OR Assorted Sandwiches	Mulligatawny Soup Macaroni and Cheese Scalloped Tomato Mandarin Oranges OR Assorted Sandwiches	Cream of Celery Soup Open Faced Chicken Salad on Kaiser Roll Marinated Vegetable Medley Pears OR Assorted Sandwiches	Chicken Julienne Soup Belgium Waffles Rhubarb Strawberry Compote and Whipped Topping Jell-O OR Assorted Sandwiches	
	PM	Pineapple Zucchini Loaf Beverage as Requested	Peanut Butter Cookie Beverage as Requested	Assortment Beverage as Requested	Cherry Loaf Beverage as Requested	Strawberry Turnover Cookie Beverage as Requested	Apple spice Loaf Beverage as Requested	Assortment Beverage as Requested
DINNER	Rib of Pork Pan Roasted Potatoes Broccoli Florets Mousse OR Oktoberfest Sausage	Tender Philly Steak Baked Potato with Sour Cream Italian Mixed Vegetables Coconut Cream Pudding OR Pork Meatballs with Mushroom Gravy	BBQ Chicken Legs Fried Hash Browns Peas & Pearl Onion Angel Food Cake Topped with Strawberries & Whipped Topping OR Braised Liver & Onions	Hot Turkey Sandwich French Style Green Beans Date Bar OR Baked Fish/Tartar Sauce	Breaded Fish Filets with White Sauce Rice Pilaf Glazed Carrots Ice Cream OR Chicken Pie	Veal Parmesan Buttered Noodles Sunrise Vegetable Blend Lemon Buttermilk Cake OR Turkey Schnitzel	Savory Pork Roast with Applesauce Garlic Mashed Potatoes California Mixed Vegetables Cherry Pie OR Oven Baked Meatloaf	
	HS	Sandwich Assortment Beverage as Requested	Sandwich Assortment Beverage as Requested	Sandwich Assortment Beverage as Requested	Sandwich Assortment Beverage as Requested	Sandwich Assortment Beverage as Requested	Sandwich Assortment Beverage as Requested	Sandwich Assortment Beverage as Requested

(250 ML OF MILK AT BREAKFAST = 125ML IN CEREAL AND 125ML TO DRINK) (PEANUT BUTTER 30mL OFFERED WITH BREAKFAST DAILY) (SIDE SALAD 125mL WITH DRESSING IS OFFERED AT DINNER)

1 SLICE BREAD (4 CRACKERS) AND MARGARINE SERVED WITH LUNCH AND DINNER (AT LUNCH ALT. MEAL SERVED WITH FIRST CHOICE VEG) UNLESS NOTED
 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

