

RIVER EAST PERSONAL CARE HOME SPRING & SUMMER MENU 2014							WEEK 2
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-5, Jun-2, Jun-30, Jul-28, Aug-25, Sep-22	May-6, Jun-3, Jul-1, Jul-29, Aug-26, Sep-23	May-7, Jun-4, Jul-2, Jul-30, Aug-27, Sep-24	May-8, Jun-5, Jul-3, Jul-31, Aug-28, Sep-25	May-9, Jun-6, Jul-4, Aug-1, Aug-29, Sep-26	May-10, Jun-7, Jul-5, Aug-2, Aug-30, Sep-27	May-11, Jun-8, Jul-6, Aug-3, Aug-31, Sep-28
	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/Bacon 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/Sausage Fruit/Yogurt
LUNCH	Beef Vegetable Soup Captain Fish Burger on a Bun Coleslaw with Vingrette	Lentil Soup Corned Beef on Rye Dill Pickle	Plantation Vegetable Soup Chicken Dippers Plum Sauce Homestyle Potato Salad	Beet Borscht Perogies with Fried Onions Sour Cream Garlic Sausage	Chicken Noodle Soup Cottage Cheese Fruit Plate Scone	Vegetable Florentine Soup Ham Sandwich Sliced Cucumbers	V8 Juice Chicken a la King Tea Biscuit
	Honeydew	Frozen Yogurt	Fruit Jell-o	Berry Mix	Pudding/Whipped Topping	Diced Peaches	Mandarin Oranges
	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches	OR Assorted Sandwiches
PM	Zucchini Muffin Beverage as Requested	Cinnamon Bun Beverage as Requested	Assortment Beverage as Requested	Oatmeal Cookie Beverage as Requested	Lemon Loaf Beverage as Requested	Cherry Turnover Beverage as Requested	Assortment Beverage as Requested
DINNER	Tuscan Chicken Breast Steamed Rice Italian Mix Vegetables	Pork Chop in Mushroom Sauce Mashed Potatoes Jullienne Carrots	Beef Burgundy O'Brien Potatoes Broccoli	Greek Turkey Loaf Mashed Potatoes Peas	Salmon with Dill Sauce Parsley Potatoes Mexican Corn	Sweet and Sour Meatballs Rice Pilaf Oriental Vegetable Mix	Roast Beef Yorkshire Pudding PEI Vegetable Medley
	Café Mocha Pudding	Vanilla Donut Holes	Ice Cream Sandwich	Butter Tart	Brownie	Baked Cinnamon Apples	Lemon Meringue Pie
HS	OR Swiss Steak	OR Oktoberfest Sausage	OR Baked Fish	OR Veal Roulade	OR Beef Pie	OR Pork Cutlet	OR Turkey Schnitzel
	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