

RIVER EAST PERSONAL CARE HOME SPRING & SUMMER MENU 2014

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-12, Jun-9, Jul-7, Aug-4, Sep-1, Sep-29	May-13, Jun-10, Jul-8, Aug-5, Sep-2, Sep-30	May-14, Jun-11, Jul-9, Aug-6, Sep-3, Oct-1	May-15, Jun-12, Jul-10, Aug-7, Sep-4, Oct-2	May-16, Jun-13, Jul-11, Aug-8, Sep-5, Oct-3	May-17, Jun-14, Jul-12, Aug-9, Sep-6, Oct-4	May-18, Jun-15, Jul-13, Aug-10, Sep-7, Oct-5
BREAKFAST	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg/Breakfast Sausage Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg Fruit/Yogurt	RELAXED BREAKFAST Assorted Pure Juices Oatmeal/Cream of Wheat Cold Cereal Variety Toast/Muffins Egg/Bacon Fruit/Yogurt
	LUNCH	Beef Barley Soup Cod Nuggets/Tartar Sauce French Fries Creamy Coleslaw Sherbet OR Assorted Sandwiches	Country Vegetable Soup Chicken Caesar Salad Bread Stick Fresh Cantaloupe OR Assorted Sandwiches	Turkey Vegetable Soup Broccoli and Swiss Cheese Quiche Marinated Fusion Blend Salad Strawberries & Cream OR Assorted Sandwiches	Chicken Noodle Soup Roast Beef Sandwich Pickles Watermelon OR Assorted Sandwiches	Cream of Tomato Soup Chicken Burger Spring Mix Salad Diced Pear OR Assorted Sandwiches	Cream of Cauliflower Soup Deli Cold Plate with Pasta Salad Tomato/Cucumber Slices Apricot Whip OR Assorted Sandwiches
PM	Shortbread Cookie Beverage as Requested	Danish Beverage as Requested	Assortment Beverage as Requested	Double Chocolate Chip Cookie Beverage as Requested	Fruit Cocktail Cake Beverage as Requested	Turnover Cookie Beverage as Requested	Assortment Beverage as Requested
DINNER	Homemade Shepherds Pie California Mixed Vegetables Orange Citrus Cake OR Pork & Cheese Meatballs	Grilled Chicken Thighs Roasted Potatoes Pick of the Day Vegetables Rice Pudding OR Liver & Onions	Salisbury Steak Boiled Potato Brussel Sprouts Blueberry Tart OR Sliced Ham	Sliced Pork Roast Mashed Potato Creamed Corn Boston Cream Pie OR Baked Fish Fillet	Cheddar Crusted Cod Filet Rice Pilaf Montego Mixed Vegetables Carrot Spice Cake OR Turkey in Gravy	Barbequed Chicken Leg Potato Tots Peas and Pearl Onions Ice Cream Sundae OR Meat Pie	Baked Ham with Pineapple Sauce Scalloped Potatoes Italian Mixed Vegetables Strawberry Rhubarb Pie OR Meatloaf
	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

(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



SILVER GROUP PURCHASING