

RIVER EAST PERSONAL CARE HOME SPRING & SUMMER MENU 2014

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	May-19, Jun-16, Jul-14, Aug-11, Sep-8, Oct-6	May-20, Jun-17, Jul-15, Aug-12, Sep-9, Oct-7	May-21, Jun-18, Jul-16, Aug-13, Sep-10, Oct-8	May-22, Jun-19, Jul-17, Aug-14, Sep-11, Oct-9	May-23, Jun-20, Jul-18, Aug-15, Sep-12, Oct-10	May-24, Jun-21, Jul-19, Aug-16, Sep-13, Oct-11	May-25, Jun-22, Jul-20, Aug-17, Sep-14, Oct-12
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
	White Bean and Rosemary Soup Salmon Salad on a Bun Creamy Cucumber Dill Salad Fruit Cocktail OR Assorted Sandwiches	Cream of Mushroom Soup Cottage Cheese and Summer Fruit Plate Cinnamon Bun Pudding OR Assorted Sandwiches	Tomato Basil Soup Grilled Cheese Sandwich Dill Pickles Stewed Rhubarb OR Assorted Sandwiches	Minestrone Soup Hot Dog French Fries Ice Cream OR Assorted Sandwiches	Italian Wedding Soup Blueberry Pancakes/Syrup Turkey Sausage Mandarin Oranges OR Assorted Sandwiches	Cream of Broccoli Soup Egg Salad Sandwich Bread & Butter Pickles Diced Pears OR Assorted Sandwiches	Onion Consommé Vegetarian Chile Con Carne Toast Wedges Jell-o Whip OR Assorted Sandwiches
	Coffee Cake Beverage as Requested	Chocolate Chip Cookie Beverage as Requested	Assortment Beverage as Requested	Apple Turnover Beverage as Requested	Pound Cake Beverage as Requested	Turnover Cookie Beverage as Requested	Assortment Beverage as Requested
DINNER	Baked Chicken in Sour Cream Gravy Buttered Noodles Romanesco Blend Vegetables Cranberry Velvet OR Fish Fillets	Pepper Steak Baked Potato/Sour Cream New England Vegetable Frosted Chocolate Cake OR Turkey Schnitzel	Sweet and Sour Chicken Balls Fried Rice Stir Fried Vegetables Lemon Tart OR Veal Roulade	ELDER'S CHOICE 	Spaghetti & Meatsauce Caesar Salad Dinner Roll Cheesecake/Berry Topping OR Chicken Pie	Pork Souvlaki Lemon Potatoes PEI Vegetable Medley Pudding OR Meatloaf	Savory Oven Baked Turkey with Dressing and Cranberry Sauce Mashed Potato/Gravy Sliced Carrots Assorted Pie Selection OR Pork Drummie
	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

(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