

RIVER EAST PERSONAL CARE HOME SPRING & SUMMER MENU

WEEK 3

RIVER EAST PERSONAL CARE HOME SPRING & SUMMER MENU							WEEK 3	
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		May-14, Jun-4, Jun-25, Jul-16, Aug-6, Aug-27, Sep-17, Oct-8	May-15, Jun-5, Jun-26, Jul-17, Aug-7, Aug-28, Sep-18, Oct-9	May-16, Jun-6, Jun-27, Jul-18, Aug-8, Aug-29, Sep-19, Oct-10	May-17, Jun-7, Jun-28, Jul-19, Aug-9, Aug-30, Sep-20, Oct-11	May-18, Jun-8, Jun-29, Jul-20, Aug-10, Aug-31, Sep-21, Oct-12	May-19, Jun-9, Jun-30, Jul-21, Aug-11, Sep-1, Sep-22, Oct-13	May-20, Jun-10, Jul-1, Jul-22, Aug-12, Sep-2, Sep-23, Oct-14
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/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
PM	Minestrone Soup Fetuccine Alfredo Garlic Toast Sliced Tomato/Cucumber Jellied Fruit OR Assorted Sandwiches	French Onion Soup Roast Beef Sandwich Carrot Raisin Salad Diced Peaches OR Assorted Sandwiches	Garden Vegetable Soup Chicken Burger Greek Salad Raspberry Whip OR Assorted Sandwiches	Scotch Broth Soup Sloppy Joe on a Bun Wax Beans with Red Pepper Diced Pears OR Assorted Sandwiches	Cream Of Tomato Soup Grilled Cheese Sandwich Dill Pickles Fruit Cocktail OR Assorted Sandwiches	Mulligatawny Soup Pepper and Basil Omlette Julienne Carrots Baked Cinnamon Apples OR Assorted Sandwiches	Chicken Rice Soup Crab Salad/Croissant Waldorf Salad Mandarin Oranges OR Assorted Sandwiches	
	Chocolat Chip Cookie Beverage as Requested	Hermit Cookie Beverage as Requested	Baked Assortment Beverage as Requested	Glazed Lemon Loaf Beverage as Requested	Double Choc Chip Cookie Beverage as Requested	Turnover Cookie Beverage as Requested	Baked Assortment Beverage as Requested	
DINNER	Mediterranean Glazed Haddock Grilled Hash Brown Potatoes Buttered Corn Gingerbread with Hot Lemon Sauce OR Turkey Schnitzel	Crunchy Ranch Chicken Whipped Potatoes New England Vegetables Tapioca Pudding OR Tortierre	Beef Stroganoff Buttered Broad Noodles Scandinavian Vegetables Blueberry Tart OR Boneless Ribette	Lemon Glazed Pork Chop Roasted Potatoes Mixed Vegetable Medley Buttertart Slice OR Veal Cutlet	Oriental Chicken Rice Pilaf Stir Fry Vegetables Ice Cream Sandwich OR Salisbury Steak	Spaghetti & Meat Sauce Garlic Bread Italian Mix Vegetables Donut Holes OR Polish Sausage	Rosemary Pork Roast/Gravy Mashed Potatoes Turnip Carrot Whip Strawberry Rhubarb Pie OR Liver & Onions	
	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)