

**REGULAR WEEK AT A GLANCE**  
**Main Menu Spring/Summer 2021**  
**Mount Nemo**

**Week 1:**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>BREAKFAST</b>						
<i>*Orange Wedges</i>	<i>*Apple Wedges</i>	<i>*Pear Wedges MN</i>	<i>*Banana</i>	<i>*Fresh Strawberries</i>	<i>*Cantaloupe Wedge</i>	<i>*Blueberries MN</i>
Hot Oatmeal MN Boiled Egg MN Buttered Whole Wheat Toast	Cream of Wheat MN Cheddar Cheese Buttered Whole Wheat Toast	Hot Oatmeal MN Greek Yogurt Ind. Buttered Whole Wheat Toast	Cream of Wheat MN Scrambled Eggs MN Bacon Buttered Whole Wheat Toast	Hot Oatmeal MN Poached Egg Buttered Whole Wheat Toast	Cream of Wheat MN Cottage Cheese Buttered Whole Wheat Toast	Hot Oatmeal MN Waffles Greek Yogurt Ind. Buttered Whole Wheat Toast
Assorted Cold Cereal Cream Cheese Ptns Toasted Buttered Whole Wheat English Muffin	Assorted Cold Cereal Peanut Butter Cranberry Lemon Muffin	Assorted Cold Cereal Cream Cheese Ptns Mini Buttermilk Croissant	Assorted Cold Cereal Peanut Butter Buttered White Toast	Assorted Cold Cereal Cream Cheese Ptns Buttered Whole Wheat Bagel	Assorted Cold Cereal Peanut Butter Buttered Raisin Toast	Assorted Cold Cereal Cream Cheese Ptns Buttered White Toast
<b>LUNCH</b>						
<i>*Cream of Tomato Soup MN</i>	<i>*Minestrone Soup</i>	<i>*Split Pea with Ham Soup OS</i>	<i>*Tomato Juice</i>	<i>*Chicken Noodle Soup</i>	<i>*Cream of Mushroom Soup MN</i>	<i>*Creamy Potato and Leek Soup MN</i>
Macaroni and Cheese Buttered Peas Pineapple	Deli Meat Sandwich on WW Coleslaw Peaches	Sliced Beef Sandwich on Whole Wheat Mixed Bean Salad Diced Melon	Tuna Salad Sandwich Carrot Raisin Salad Pears	Garden Quiche Whipped Squash Apple Pie	Egg Salad Sandwich Tossed Salad Spicy Fruit Compote	Grilled Ham and Cheese Sandwich Caesar Salad Fresh Seasonal Fruit
Sliced Turkey Sandwich on Whole Wheat Romaine Salad with Ranch Dressing Southern Banana Pudding with Whipped Topping	Broccoli Cheddar Frittata Buttered Toast Points Sliced Carrots Black Forest Cobbler MN	Cottage Cheese, Loaf & Fruit Salad Plate Apple Cinnamon Pudding Cake	Southwestern Turkey Chili OS Dinner Roll Pickled Beets Pineapple Vanilla Parfait	Comed Beef on WW Cucumber Salad Stewed Rhubarb	Primavera Sauce Linguine Pasta Sautéed Spinach with Garlic MN Strawberry Mousse	Beef Pot Pie OS Beef Gravy Buttered PEI Blend Vegetables Fruity Layered Dessert
<b>DINNER</b>						
Honey Mustard Pork Ribettes Poultry Gravy Whipped Potatoes MN Green Beans Key Lime Pie	Baked Haddock Mediterranean Style Tartar Sauce Diced Country Potatoes Buttered Diced Turnip Lemon Buttermilk Cake	Honey Garlic Chicken Poultry Gravy Parslied Boiled Potatoes Buttered Asparagus Assorted Fresh Fruit	Veal Parmigiana Brown Gravy Whipped Potatoes MN Wax Beans Boston Cream Pie	Pork Drummies Barbecue Sauce Barley Pilaf MN Glazed Parsnips German Chocolate Cake	Italian Chicken Poultry Gravy Rice Sugar Snap Peas Assorted Ice Cream	Roast Turkey OS Poultry Gravy Whipped Potatoes MN Julienned Carrots Assorted Squares 1"x2" #12 scoop
Oriental Beef Seasoned Rice Sautéed Zucchini Tropical Fruit Salad	Perogies with Onions MN Sour Cream Mixed Vegetables-Montego Blend Mixed Berries	Cod Nuggets Whipped Potatoes MN Brussels Sprouts Ice Cream Cone	Chicken ala King Texas Toast Garlic Bread OS Broccoli Watermelon Wedge	English Style Fish Lemon Wedge Whipped Potatoes MN Creamy Coleslaw Blueberries MN	Beef Liver with Onions Whipped Potatoes MN Classic Mixed Vegetables Apricot Halves	Maple Mustard Salmon Parslied Boiled Potatoes Broccoli Peaches

**REGULAR WEEK AT A GLANCE**  
**Main Menu Spring/Summer 2021**  
 Mount Nemo

Week2:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
<i>*Apple Wedges</i>	<i>*Orange Wedges</i>	<i>*Banana</i>	<i>*Blueberries</i>	<i>*Cantaloupe Wedge</i>	<i>*Pear Wedges MN</i>	<i>*Fresh Strawberries</i>
Cream of Wheat MN Boiled Egg MN Buttered Whole Wheat Toast	Hot Oatmeal MN Fruit Yogurt Ind Buttered Whole Wheat Toast	Cream of Wheat MN Scrambled Eggs MN Bacon Buttered Whole Wheat Toast	Hot Oatmeal MN Cheddar Cheese Buttered Whole Wheat Toast	Cream of Wheat MN Breakfast Sausage Buttered Whole Wheat Toast	Hot Oatmeal MN Greek Yogurt Ind. Buttered Whole Wheat Toast	Cream of Wheat MN Omelet OS Buttered Whole Wheat Toast
Assorted Cold Cereal Peanut Butter Toasted Buttered Whole Wheat English Muffin	Assorted Cold Cereal Cream Cheese Ptns Carrot Muffin	Assorted Cold Cereal Peanut Butter Buttered White Toast	Assorted Cold Cereal Cream Cheese Ptns Buttered Whole Wheat Bagel	Assorted Cold Cereal Peanut Butter Buttered White Toast	Assorted Cold Cereal Cream Cheese Ptns Buttered Raisin Toast	Assorted Cold Cereal Peanut Butter Mini Buttermilk Croissant
<b>LUNCH</b>						
<i>*Beef Barley Soup</i>	<i>*Cream of Asparagus Soup MN</i>	<i>*Tomato Juice</i>	<i>*Cream of Vegetable Soup MN</i>	<i>*Split Pea with Ham Soup OS</i>	<i>*Broccoli &amp; Cheese Soup</i>	<i>*Chicken and Rice Soup</i>
Turkey Salad Sandwich Garden Salad with Dressing Buttersotch Pudding with Whipped Topping	Mini Sub Sandwich Potato Salad Tropical Fruit Salad	Klondike Beef Chili Buttermilk Scone Buttered Peas  Mixed Berries	Quiche Lorraine Sauteed Spinach with Garlic MN Fresh Seasonal Fruit	Chicken Strips Plum Sauce Country Cut Fries  Classic Mixed Vegetables Stewed Rhubarb	Egg Salad Sandwich Creamy Coleslaw Spicy Fruit Compote	Salmon Salad Sandwich Tossed Salad Fruit Cocktail
Cheddar Cheese, Fruit & Muffin Salad Plate Pineapple	Tortellini Alfredo with Summer Vegetables Sliced Carrots Assorted Ice Cream	Deli Meat Sandwich on WW Cucumber and Tomato Salad Mandarin Dream Dessert	Sliced Beef Sandwich on Whole Wheat Greek Salad Deep Dutch Brownie OS	Ham Salad on a Croissant Carrot Raisin Salad Sherbet	Pizza Diced Beets Raspberry Mousse	Turkey Pot Pie OS Poultry Gravy Whipped Squash Hawaiian Wedding Cake
<b>DINNER</b>						
Pancakes Syrup Peameal Bacon Baked Apple Cinnamon Slices Iced Banana Cake	Lemon Baked Haddock Potato Wedges Mixed Vegetables-Montego Blend Iced Carrot Cake OS	BBQ Chicken Breast Oven Browned Potatoes Zucchini Strawberry Shortcake	Mushroom and Pepper Stewed Pork Chop Rice Pilaf PEI Blend Vegetables Key Lime Pie	Perogies with Onions MN Sour Cream Brussels Sprouts Assorted Squares 1"x2" #12 scoop	Beef Pot Roast Beef Gravy Parslied Boiled Potatoes Parslied Cauliflower Iced Orange Cake	Pork Cottage Roll Poultry Gravy Whipped Potatoes MN Wax Beans Forest Fruit Pie
Brunswick Chicken Stew Dinner Roll Green Beans Apricot Halves	Turkey Schnitzel Poultry Gravy Whipped Potatoes MN Brussels Sprouts Watermelon Wedges	Oktoberfest Sausage MN Brown Gravy Whipped Potatoes MN Asparagus Unsweetened Cinnamon Applesauce	Cabbage Roll Buttered Cauliflower Pears	Fish Cakes Tartar Sauce Whipped Potatoes MN Buttered Diced Turnip Peaches	Vegetarian Lasagna Peas and Carrots Baked Unsweetened Apple Cinnamon Slices	Yogurt Marinated Chicken Thighs Seasoned Rice Buttered Corn Diced Melon

**REGULAR WEEK AT A GLANCE**  
**Main Menu Spring/Summer 2021**  
 Mount Nemo

Week3:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
<i>*Orange Wedges</i>	<i>*Banana</i>	<i>*Cantaloupe Wedge</i>	<i>*Apple Wedges</i>	<i>*Pear Wedges MN</i>	<i>*Blueberries MN</i>	<i>*Fresh Strawberries</i>
Hot Oatmeal MN Cottage Cheese Buttered Whole Wheat Toast	Cream of Wheat MN Boiled Egg MN Buttered Whole Wheat Toast	Hot Oatmeal MN Scrambled Eggs MN Buttered Whole Wheat Toast	Cream of Wheat MN Greek Yogurt Ind. Buttered Whole Wheat Toast	Hot Oatmeal MN Cheddar Cheese Buttered Whole Wheat Toast	Cream of Wheat MN Scrambled Eggs MN Buttered Whole Wheat Toast	Hot Oatmeal MN French Toast OS Greek Yogurt Ind. Syrup
Assorted Cold Cereal Cream Cheese Ptns Toasted Buttered Whole Wheat English Muffin	Assorted Cold Cereal Peanut Butter Mini Buttermilk Croissant	Assorted Cold Cereal Cream Cheese Ptns Buttered White Toast	Assorted Cold Cereal Peanut Butter Blueberry Muffin	Assorted Cold Cereal Cream Cheese Ptns Buttered Whole Wheat Bagel	Assorted Cold Cereal Peanut Butter Buttered Raisin Toast	Assorted Cold Cereal Cream Cheese Ptns Buttered Whole Wheat Toast
<b>LUNCH</b>						
<i>*Cream of Celery Soup MN</i>	<i>*Tomato Juice</i>	<i>*Split Pea with Ham Soup OS</i>	<i>*Cream of Tomato &amp; Roasted Red Pepper Soup</i>	<i>*Italian Wedding Soup</i>	<i>*Cream of Chicken Soup MN</i>	<i>*Creamy Potato and Leek Soup MN</i>
BBQ Pulled Pork on a Bun Four Bean Salad Fresh Seasonal Fruit	Barbecue Sausage MN Potato Salad Sugar Snap Peas Assorted Ice Cream	Beef Cheeseburger Lettuce with Tomato & Onion Slices Caesar Salad Pineapple	Chicken Salad Sandwich Spring Mix Salad with Dressing Mixed Berries	Grilled Swiss Cheese Sandwich on Whole Wheat Creamy Coleslaw Assorted Squares 1"x2" #12 scoop	Ham & Swiss Cheese on Whole Wheat Chick Pea Salad Peaches	Baked Four Cheese Ravioli Buttered Diced Turnip Garlic Bread Fruit Cocktail
Spring Frittata Buttered Toast Points Broccoli and Cauliflower Vanilla Pudding	Sliced Turkey Sandwich on Whole Wheat Cucumber Salad Black Forest Cobbler MN	Western Omelet OS Dinner Roll Mixed Vegetables-Montego Blend Lime Pear Dessert	Cabbage Roll Pickled Beets Sherbet	Tourtiere Brown Gravy Buttered Julienned Carrots Strawberry Orange Parfait	Cottage Cheese, Muffin & Fruit Salad Plate Assorted Ice Cream	Chicken Burger OS Carrot Raisin Salad Lemon Mousse
<b>DINNER</b>						
Chicken Strips Poultry Gravy Whipped Potatoes MN Savoury Carrots Berry Tart	Sweet and Sour Ribettes Mashed Sweet Potato Brussels Sprouts Lemon Buttermilk Cake	Veal Patty Beef Gravy Potato Wedges Parslied Cauliflower Vanilla Bean Dream Cake	Salisbury Steak Beef Gravy Oven Roasted Potatoes Glazed Parsnips Boston Cream Pie	Spaghetti Meat Sauce Classic Mixed Vegetables Tapioca Pudding OS	Chicken with Mushroom Sauce Whipped Potatoes MN Herbed Zucchini Iced Banana Cake	Honey Glazed Ham Scalloped Potatoes Creamed Corn Forest Fruit Pie
Salmon Loin Creamy Dill Sauce Quinoa Pilaf Wax Beans Pears	Chicken ala King Texas Toast Garlic Bread OS PEI Blend Vegetables Tropical Fruit Salad	Cod Sticks Whipped Potatoes MN Asparagus Diced Melon	Vegetable Garden Burger with Cheese Green Beans Watermelon Wedge	Krunchie Perch OS Tartar Sauce Whipped Potatoes MN Sauteed Spinach with Garlic MN Fresh Seasonal Fruit	Stuffed Veal Roulade Spiced Butternut Squash Baked Apple Cinnamon Slices	Sweet and Savoury Meat Loaf Beef Gravy Whipped Potatoes MN Broccoli Apricot Halves