

REGULAR WEEK AT A GLANCE
Main Menu Fall Winter 2021/2022

Mount Nemo

Week1: ~~November 5 to November 11~~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Orange Wedges</i>	<i>*Banana</i>	<i>*Apple Wedges</i>	<i>*Cantaloupe Wedge</i>	<i>*Blueberries MN</i>	<i>*Pear Wedges MN</i>	<i>*Mixed Berries</i>
Hot Oatmeal MN Boiled Egg MN Buttered Whole Wheat Toast	Cream of Wheat MN Scrambled Eggs MN Buttered Whole Wheat Toast	Hot Oatmeal MN Cheddar Cheese Buttered Whole Wheat Toast	Cream of Wheat MN Fruit Yogurt Ind 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 Pancakes Greek Yogurt Ind.
Assorted Cold Cereal Cream Cheese Ptns Toasted Buttered Whole Wheat English Muffin	Assorted Cold Cereal Peanut Butter Ptns Buttered Raisin Bread	Assorted Cold Cereal Cream Cheese Ptns Buttered Whole Wheat Bagel	Assorted Cold Cereal Peanut Butter Ptns Mini Buttermilk Croissant	Assorted Cold Cereal Cream Cheese Ptns Buttered White Toast	Assorted Cold Cereal Peanut Butter Ptns Banana Muffin	Assorted Cold Cereal Cream Cheese Ptns Buttered Whole Wheat Toast
LUNCH						
<i>*Country Vegetable Soup</i>	<i>*Creamy Potato and Leek Soup OS MN</i>	<i>*Cream of Carrot Soup MN</i>	<i>*Split Pea with Ham Soup OS</i>	<i>*Chicken and Rice Soup</i>	<i>*Cream of Mushroom Soup MN</i>	<i>*Tomato Juice</i>
English Style Fish Lemon Wedge French Fries Diced Carrots Melon Cup OS	Sliced Beef Sandwich on Whole Wheat Coleslaw Mango Chunks	Chicken A La King Texas Toast Garlic Bread OS Fall Medley Mixed Vegetables Fresh Diced Honeydew	Butternut Squash Ravioli Classic Mixed Vegetables Stewed Rhubarb	Perogies with Onions MN Buttered Green Beans Mandarin Orange Sections	Tuna Salad Sandwich Caesar Salad Blueberry Peach Cobbler	Vegetable Garden Burger Carrot Raisin Salad Pears
Sliced Ham Sandwich on Whole Wheat Tossed Salad with Dressing Apple Cobbler Cake	Spinach Frittata Buttered Toast Points PEI Blend Vegetables White Chocolate Mousse OS	Sliced Turkey Sandwich on Whole Wheat Cucumber Salad Assorted Sherbet	Chicken Salad Sandwich Four Bean Salad Pear Gingersnap Trifle	Egg Salad Sandwich Marinated Beet Salad Gelatin Jewels with Whipped Topping	Chicken and Leek Pot Pie Poultry Gravy Green Peas Fruit Cocktail	Beef Chili Dinner Roll Wax Beans Hawaiian Wedding Cake
DINNER						
Honey Garlic Chicken Paprika Seasoned Potatoes Winter Blend Vegetables Cranberry Cheesecake	Szechwan Marinated Pork Brown Gravy Roasted Sweet Potatoes Asparagus Peaches	Shepherd's Pie Beef Gravy New England Blend Vegetables Orange Cranberry Pudding Cake	Mushroom and Pepper Stewed Pork Chop Whipped Potatoes MN Brussels Sprouts Assorted Danishes	Roast Beef Beef Gravy Roasted Tomato Herb Potato Sauted Peppers with Onions Lemon Pudding	Roast Turkey Thigh Poultry Gravy Whipped Potatoes MN Broccoli Pineapple	Pork Cottage Roll Brown Gravy Parslied Boiled Potatoes Glazed Turnip Assorted Ice Cream
Turkey Pot Pie OS Beef Gravy Green Peas Apricot Halves	Beef Macaroni Casserole Whipped Potatoes MN Buttered Green French Style Beans Banana Cream Pie	Lemon Pepper Dill Sole Fried Rice Grilled Zucchini MN Baked Apple Cinnamon Slices	Cabbage Roll Mixed Vegetables-Montego Blend Tropical Fruit Salad	Mustard Dill Baked Sole Whipped Potatoes MN Diced Parsnips Blueberry Pie	Veal Parmigiana O'Brien Potatoes Parslied Cauliflower Assorted Squares 1"x2" #12 scoop	BBQ Chicken Breast Whipped Potatoes MN Steamed Spinach Unsweetened Cinnamon Applesauce

Meal Notes: *WW Bread/ Dinner Rolls offered every day at Lunch and Dinner.

*Two unsalted crackers served with soup.

*Peanut Butter, Jams, Cream Cheese and Marmalade offered everyday as a choice at Breakfast.

*Variety of fruit wedges are available everyday at Breakfast along with 125ml milk, 250ml water, 225ml coffee and 225ml tea.

Note: *I indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: Mount Nemo Christian Nursing Home

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Week2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Banana</i>	<i>*Apple Wedges</i>	<i>*Orange Wedges</i>	<i>*Mixed Berries</i>	<i>*Pear Wedges MN</i>	<i>*Cantaloupe Wedge</i>	<i>*Blueberries MN</i>
Cream of Wheat MN Scrambled Eggs MN Bacon Buttered Whole Wheat Toast	Hot Oatmeal MN Boiled Egg MN Buttered Whole Wheat Toast	Cream of Wheat MN Fruit Yogurt Ind Buttered Whole Wheat Toast	Hot Oatmeal MN Cottage Cheese Buttered Whole Wheat Toast	Cream of Wheat MN Breakfast Sausage Buttered Whole Wheat Toast	Hot Oatmeal MN Cheddar Cheese Buttered Whole Wheat Toast	Cream of Wheat MN Waffles OS Greek Yogurt Ind.
Assorted Cold Cereal Peanut Butter Ptns Buttered White Toast	Assorted Cold Cereal Cream Cheese Ptns Buttered Raisin Toast	Assorted Cold Cereal Peanut Butter Ptns Mini Buttermilk Croissant	Assorted Cold Cereal Cream Cheese Ptns Apple Cinnamon Muffin	Assorted Cold Cereal Peanut Butter Ptns Whole Wheat Bagel	Assorted Cold Cereal Cream Cheese Ptns Toasted Buttered Whole Wheat English Muffin	Assorted Cold Cereal Peanut Butter Ptns Buttered Whole Wheat Toast
LUNCH						
<i>*Chicken Noodle Soup</i>	<i>*Cream of Broccoli Soup MN</i>	<i>*Split Pea with Ham Soup OS</i>	<i>*Tomato Juice</i>	<i>*Butternut Squash Soup OS</i>	<i>*Cream of Carrot Soup MN</i>	<i>*Cream of Tomato Soup MN</i>
Deli Meat Sandwich on WW Tossed Salad with Dressing Peaches	Cottage Cheese, Muffin & Fruit Salad Plate Rainbow Sherbet	Salmon Salad Sandwich Marinated Vegetable Salad Stewed Rhubarb	Ham Salad Sandwich Romaine Salad with Dressing Melon Cup OS	Grilled Turkey & Swiss PEI Blend Vegetables Mandarin Orange Sections	Macaroni and Three Cheese Sliced Carrots Tropical Fruit Salad	Stroganoff Meatballs Wholegrain Brown Rice Wax Beans Fresh Diced Honeydew
Garden Quiche Fall Medley Mixed Vegetables Assorted Squares 1"x2" #12 scoop	Turkey Burger Lettuce and Tomato Slices Carrot Raisin Salad Apricot Halves	Steak and Mushroom Pot Pie Brown Gravy Herbed Broccoli Fruity Layered Dessert	Cheese Ravioli Alfredo Mixed Vegetables-Montego Blend Butterscotch Pudding with Whipped Topping	English Style Fish French Fries Creamy Coleslaw Chocolate Eclair OS	Corned Beef on WW Four Bean Salad Assorted Ice Cream	Deviled Egg Dinner Roll Diced Beets Tiramisu Mousse
DINNER						
Salisbury Steak Beef Gravy Whipped Potatoes MN Brussels Sprouts Mango Chunks	Chicken Marengo Poultry Gravy Whipped Potatoes MN Classic Mixed Vegetables Chocolate Pudding	Roast Pork Loin Mushroom Gravy Potato Wedges Braised Cabbage Iced Carrot Cake	Beef Cheeseburger Lettuce with Tomato & Onion Slices Potato Salad Pecan Streusel Cake	Veal Cutlet Paprika Seasoned Potatoes Diced Parsnips Unsweetened Cinnamon Applesauce	Maple Glazed Pork Ribette Oven Browned Potatoes Asparagus Peanut Butter Pudding	Roast Turkey Poultry Gravy Scalloped Potatoes Whipped Squash Apple Pie
Honey Dijon Basa Wholegrain Brown Rice Winter Blend Vegetables Cherry Pie	Vegetarian Lasagna Diced Turnip Strawberries OS	Turkey Sausage with Grilled Onions MN Whipped Potatoes MN Zucchini Pineapple	Vegetarian Stew Quinoa Pilaf Cauliflower Fruit Cocktail	Baked Toupie Ham Brown Gravy Whipped Potatoes MN Buttered Peas Banana Cream Pie	Chicken a la King Texas Toast Garlic Bread OS Seasoned Spinach Vanilla Caramel Swirl Cake	Fish Cakes Whipped Potatoes MN New England Blend Vegetables Pears

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Week3:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Apple Wedges</i>	<i>*Orange Wedges</i>	<i>*Blueberries MN</i>	<i>*Cantaloupe Wedge</i>	<i>*Pear Wedges MN</i>	<i>*Banana</i>	<i>*Mixed Berries</i>
Hot Oatmeal MN Cottage Cheese Buttered Whole Wheat Toast	Cream of Wheat MN Boiled Eggs Buttered Whole Wheat Toast	Hot Oatmeal MN Cheddar Cheese Buttered Whole Wheat Toast	Cream of Wheat MN Omelet OS Buttered Whole Wheat Toast	Hot Oatmeal MN Fruit Yogurt Buttered Whole Wheat Toast	Cream of Wheat MN Scrambled Eggs MN Bacon Buttered Whole Wheat Toast	Hot Oatmeal MN French Toast Syrup Greek Yogurt Ind.
Assorted Cold Cereal Cream Cheese Ptns Buttered Raisin Toast	Assorted Cold Cereal Peanut Butter Ptns Toasted Buttered Whole Wheat English Muffin	Assorted Cold Cereal Cream Cheese Ptns Mini Buttermilk Croissant	Assorted Cold Cereal Peanut Butter Ptns Buttered Whole Wheat Bagel	Assorted Cold Cereal Cream Cheese Ptns Carrot Muffin	Assorted Cold Cereal Peanut Butter Ptns Buttered White Toast	Assorted Cold Cereal Cream Cheese Ptns Buttered Whole Wheat Toast
LUNCH						
<i>*Cream of Broccoli Soup MN</i>	<i>*Cream of Cauliflower & Cheese Soup MN</i>	<i>*Tomato Juice</i>	<i>*Split Pea with Ham Soup OS</i>	<i>*Chicken and Rice Soup</i>	<i>*Heartland Bean Medley Soup</i>	<i>*Cream of Celery Soup MN</i>
Mini Submarine Sandwich Carrot Raisin Salad Stewed Rhubarb	Cabbage Roll Diced Turnip Diced Cantaloupe	Corned Beef on WW Tossed Salad with Dressing Pears	Turkey Linguine Alfredo MN Linguine Fall Medley Mixed Vegetables Peaches	Pergies with Onions MN Sour Cream Buttered Broccoli and Cauliflower Assorted Sherbet	Tuna Salad Sandwich Chick Pea Salad Apricot Halves	Vegetarian Lasagna Mixed Vegetables-Montego Blend Mango Chunks
Tortellini Alfredo with Summer Vegetables Buttered Peas Peach Passion Mousse	Grilled Cheese Sandwich on WW Pickled Beets Tropical Fruit Chiffon	Quiche Lorraine Buttered Broccoli Date Square	Sliced Beef Sandwich on Whole Wheat Mixed Greens with Dressing Vanilla Pudding	Egg Salad Sandwich Coleslaw Rhubarb and Blueberry Crumble	Beef Pot Pie OS Poultry Gravy Buttered Cauliflower Shattered Glass Parfait	Chicken Salad Sandwich Caesar Salad Creamy Cherry Square
DINNER						
Chicken and Dumplings Dinner Roll Buttered Asparagus Vanilla Donut	Swiss Steak Beef Gravy Parslied Boiled Potatoes Brussels Sprouts Cinnamon Coffee Cake	BBQ Pulled Pork on a Bun Brown Gravy Wax Beans Assorted Danishes	Herb Baked Chicken Legs Poultry Gravy Whipped Potatoes MN Whipped Squash Pumpkin Pie	Baked Montreal Pollock Tartar Sauce Whipped Potatoes MN Steamed Spinach Iced Banana Cake	Sweet and Sour Chicken OS Wholegrain Brown Rice Sliced Carrots Iced Marble Cake	Baked Ham Mustard Sauce Scalloped Potatoes Buttered Corn Assorted Ice Cream
Turkey Schnitzel Poultry Gravy Whipped Potatoes MN Grilled Zucchini MN Citrus Fruit Cup	Savoury Tomato Sole Fillets Whipped Potatoes MN Buttered Green Beans Rice Pudding	Beef Liver with Onions Whipped Potatoes MN Classic Mixed Vegetables Fruit Cocktail	Pancakes Peameal Bacon Baked Apple Cinnamon Slices Strawberries OS	Roast Pork Loin Brown Gravy Oven Roasted Potatoes PEI Blend Vegetables Pineapple	Italian Veal Cutlet Whipped Potatoes MN Braised Cabbage Mandarin Orange Sections	Meat Loaf Beef Gravy Whipped Potatoes MN French Style Green Beans Unsweetened Cinnamon Applesauce

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