

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

**Mount Nemo**

**Week1: November 1 to November 7**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM SNACK</b>						
*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml
*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml
*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml
*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml
*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml
<b>PM SNACK</b>						
*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml
*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml
*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml
*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml
Drinkable Fruit Yogurt 93 ml	Unsweetened Blueberry Applesauce 113 g	Strawberry Turnover 1 each	Banana 1 each	Grapes 125 ml	Peach Jello 125 ml	Raspberry Turnover 1 each
<b>EVENING SNACK</b>						
*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml
*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml
*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml
*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml
Cream Cheese Sandwich on Whole Wheat 0.5 each	Bran Muffin 1 each	Fruit Cocktail 125 ml	Cheese & Crackers MN 1 each	Greek Yogurt Ind. 1 each	Assorted Sandwich 0.5 sandwich	Unsweetened Strawberry Applesauce 95 ml

**Snack Notes:** \*Flex Meals are available every day at AM snack with juices, tea/coffee, milk and water.

Milk, coffee/tea, juices, and water are offered every day at every snack. Chocolate milk is offered at AM snack. PM and HS snack consists of a variety of muffins, puddings, yogurts, fruits and cookies.

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
<b>AM SNACK</b>						
*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml
*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml
*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml
*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml
*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml
<b>PM SNACK</b>						
*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml
*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml
*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml
*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml
Lemon Pudding 125 ml	Blueberry Turnover Cookie 1 each	Banana 1 each	Pineapple Jello 125 ml	Raisin Oatmeal Cookie Ind. 1 each	Unsweetened Tropical Applesauce 113 g	Bran Crunch Cookie 2 each
<b>EVENING SNACK</b>						
*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml
*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml
*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml
*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml
Apple Cinnamon Cereal Bar 37 g	Oatmeal Muffin 1 each	Custard 125 ml	Peanut Butter & Jam Sandwich on Whole Wheat 0.5 each	Unsweetened Plum Halves 95 ml	Assorted Sandwich .5 sandwich	Greek Yogurt Ind. 1 each

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**Week3:** ~~November 15 to November 21~~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM SNACK</b>						
*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml
*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml
*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml
*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml	*Chocolate Milk 125 ml
*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml
<b>PM SNACK</b>						
*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml
*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml
*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml
*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml
Apple Turnover Cookie 1 each	Drinkable Fruit Yogurt 93 ml	Raspberry Turnover 1 each	Unsweetened Strawberry Applesauce 95 ml	Blueberry Turnover Cookie 1 each	Banana Pudding 125 ml	Raisin Oatmeal Cookie Ind. 1 each
<b>EVENING SNACK</b>						
*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml	*Assorted Juice 125 ml
*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml	*Coffee/Tea 180 ml
*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml	*2% Milk 125 ml
*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml	*Water 250 ml
Grapes 125 ml	Jam Sandwich on Whole Wheat 0.5 each	Greek Yogurt Ind. 1 each	Mandarin Orange Sections 125 ml	Oatmeal Apple Muffin 60 g	Assorted Sandwich .5 sandwich	Cheese & Crackers MN 1 each

**Snack Notes:** \*Flex Meals are available every day at AM snack with juices, tea/coffee, milk and water.

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