

REGULAR WEEK AT A GLANCE
Main Menu Spring/Summer 2022

Mount Nemo

Week1. June 20 to June 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Hot Oatmeal MN</i> <i>*Assorted Cold Cereal</i>	<i>*Cream of Wheat MN</i> <i>*Assorted Cold Cereal</i>	<i>*Hot Oatmeal MN</i> <i>*Assorted Cold Cereal</i>	<i>*Cream of Wheat MN</i> <i>*Assorted Cold Cereal</i>	<i>*Hot Oatmeal MN</i> <i>*Assorted Cold Cereal</i>	<i>*Cream of Wheat MN</i> <i>*Assorted Cold Cereal</i>	<i>*Hot Oatmeal MN</i> <i>*Assorted Cold Cereal</i>
Boiled Egg MN Toasted Buttered Whole Wheat English Muffin	Cheddar Cheese Cranberry Lemon Muffin	Greek Yogurt Ind. Mini Buttermilk Croissant	Scrambled Eggs MN Bacon Buttered Whole Wheat Toast	Poached Egg Buttered Whole Wheat Bagel	Cottage Cheese Buttered Raisin Toast	Waffles OS Greek Yogurt Ind.
Cream Cheese Ptns	Peanut Butter	Cream Cheese Ptns	Peanut Butter	Cream Cheese Ptns	Peanut Butter	Cream Cheese Ptns
<i>*Orange Wedges</i>	<i>*Apple Wedges</i>	<i>*Raspberries</i>	<i>*Banana</i>	<i>*Fresh Strawberries</i>	<i>*Cantaloupe Wedge</i>	<i>*Blueberries MN</i>
LUNCH						
<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>*Vegetable Soup MN</i>
Sliced Turkey Sandwich on Whole Wheat Macaroni and Cheese	Deli Meat Sandwich on WW Broccoli Cheddar Frittata	Sliced Beef Sandwich on Whole Wheat Cottage Cheese, Loaf & Fruit Salad Plate	Tuna Salad Sandwich Southwestern Turkey Chili OS	Corned Beef on WW Garden Quiche	Egg Salad Sandwich Linguine Pasta Primavera Sauce	Grilled Ham and Cheese Sandwich Beef Pot Pie OS
Romaine Salad with Ranch Dressing	Buttered Toast Points Coleslaw	Mixed Bean Salad	Dinner Roll Pickled Beets	Cucumber Salad	Sauteed Spinach with Garlic	Caesar Salad
Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN
Pineapple Southern Banana Pudding with Whipped Topping	Peaches Black Forest Cobbler MN	Diced Melon Apple Cinnamon Pudding Cake	Pears Pineapple Vanilla Parfait	Stewed Rhubarb Apple Pie	Spicy Fruit Compote Strawberry Mousse	Fresh Seasonal Fruit Fruity Layered Dessert
<i>*Mixed Gravy</i>	<i>*Mixed Gravy</i>	<i>*Mixed Gravy</i>	<i>*Mixed Gravy</i>	<i>*Mixed Gravy</i>	<i>*Mixed Gravy</i>	<i>*Beef Gravy</i>
DINNER						
Honey Mustard Pork Ribettes Oriental Beef	Baked Haddock Mediterranean Style Veal Parmigiana	Honey Garlic Chicken Cod Nuggets	Perogies with Onions MN Shepherd's Pie	Zesty BBQ Pork Loin English Style Fish	Italian Chicken Beef Liver with Onions	Roast Turkey OS Sweet and Sour Basa
Whipped Potatoes MN Green Beans	Ginger Honey Carrots Diced Country Potatoes Tartar Sauce	Tartar Sauce Parslied Boiled Potatoes Buttered Asparagus	Texas Toast Garlic Bread OS Broccoli Sour Cream	Lemon Wedge Barley Pilaf MN Toasted Almond and Apple Coleslaw	Sugar Snap Peas Whipped Potatoes MN	Julienned Carrots Parslied Boiled Potatoes
Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN
Tropical Fruit Salad Key Lime Pie	Mixed Berries Lemon Buttermilk Cake	Assorted Fresh Fruit Ice Cream Cone	Watermelon Wedge Boston Cream Pie	Blueberries MN German Chocolate Cake	Unsweetened Tropical Applesauce Assorted Ice Cream	Peaches Assorted Squares 1"x2" #12 scoop
<i>*Poultry Gravy</i>	<i>*Mixed Gravy</i>	<i>*Poultry Gravy</i>	<i>*Brown Gravy</i>	<i>*Barbecue Sauce</i>	<i>*Poultry Gravy</i>	<i>*Poultry Gravy</i>

Meal Notes: Breakfast: Assorted toast is available every day at breakfast. Fresh fruits, 30 ml Peanut Butter, Jams, Marmalade and Cream Cheese are given daily.

Lunch/dinner: Whole wheat bread/ assorted rolls are offered daily. Crackers are served with soup. An additional choice of assorted sandwiches is available.

Beverages: 125ml milk, 250ml water, 225ml coffee/tea is available at any time.

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

REGULAR WEEK AT A GLANCE
Main Menu Spring/Summer 2022

Mount Nemo

Week2: June 27 to July 3

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

Meal Notes: Breakfast: Assorted toast is available every day at breakfast. Fresh fruits, 30 ml Peanut Butter, Jams, Marmalade and Cream Cheese are given daily.

Lunch/dinner: Whole wheat bread/ assorted rolls are offered daily. Crackers are served with soup. An additional choice of assorted sandwiches is available.

Beverages: 125ml milk, 250ml water, 225ml coffee/tea is available at any time.

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REGULAR WEEK AT A GLANCE
Main Menu Spring/Summer 2022

Mount Nemo

Week3: July 4 to July 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Hot Oatmeal MN</i> <i>*Assorted Cold Cereal</i>	<i>*Cream of Wheat MN</i> <i>*Assorted Cold Cereal</i>	<i>*Hot Oatmeal MN</i> <i>*Assorted Cold Cereal</i>	<i>*Cream of Wheat MN</i> <i>*Assorted Cold Cereal</i>	<i>*Hot Oatmeal MN</i> <i>*Assorted Cold Cereal</i>	<i>*Cream of Wheat MN</i> <i>*Assorted Cold Cereal</i>	<i>*Hot Oatmeal MN</i> <i>*Assorted Cold Cereal</i>
Cottage Cheese Toasted Buttered Whole Wheat English Muffin	Boiled Egg MN Mini Buttermilk Croissant	Scrambled Eggs MN Buttered Whole Wheat Toast	Greek Yogurt Ind. Blueberry Muffin	Cheddar Cheese Buttered Whole Wheat Bagel	Scrambled Eggs MN Buttered Raisin Toast	French Toast OS Greek Yogurt Ind. Syrup
Cream Cheese Ptns	Peanut Butter	Cream Cheese Ptns	Peanut Butter	Cream Cheese Ptns	Peanut Butter	Cream Cheese Ptns
<i>*Orange Wedges</i>	<i>*Pear Wedges MN</i>	<i>*Raspberries</i>	<i>*Banana</i>	<i>*Cantaloupe Wedge</i>	<i>*Blueberries MN</i>	<i>*Fresh Strawberries</i>
LUNCH						
<i>*Cream of Celery Soup MN</i>	<i>*Tomato Juice</i>	<i>*Split Pea with Ham Soup OS</i>	<i>*Cream of Tomato & Roasted Red Pepper Soup</i>	<i>*Italian Wedding Soup</i>	<i>*Green Pea Soup</i>	<i>*Creamy Potato and Leek Soup MN</i>
BBQ Pulled Pork on a Bun MN Spring Frittata	Sliced Turkey Sandwich on Whole Wheat Barbecue Sausage MN	Western Omelet OS Beef Cheeseburger	Chicken Salad Sandwich Tortellini Alfredo with Summer Vegetables	Grilled Swiss Cheese Sandwich on Whole Wheat Tourtiere	Ham & Swiss Cheese on Whole Wheat Cottage Cheese, Muffin & Fruit Salad Plate	Chicken Burger OS Baked Four Cheese Ravioli
Buttered Toast Points Dilled Beet Salad	Whole Wheat Dinner Roll Cucumber Salad	Lettuce with Tomato & Onion Slices Caesar Salad Dinner Roll	Spring Mix Salad with Dressing	Marinated Tomato and Onion Salad	Marinated Fresh Green Bean Salad	Carrot Raisin Salad
Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN
Fresh Seasonal Fruit Vanilla Pudding	Strawberries OS Black Forest Cobbler MN	Pineapple Lime Pear Dessert	Mixed Berries Sherbet	Strawberry Orange Parfait Assorted Squares 1"x2" #12 scoop	Peaches Assorted Ice Cream	Fruit Cocktail Lemon Mousse
<i>*Mixed Gravy</i>	<i>*Mixed Gravy</i>	<i>*Mixed Gravy</i>	<i>*Mixed Gravy</i>	<i>*Brown Gravy</i>	<i>*Mixed Gravy</i>	<i>*Mixed Gravy</i>
DINNER						
Chicken Strips Sweet and Savoury Meat Loaf	Pork Chop with Maple Apricot Sauce Chicken ala King	Veal Patty Cod Sticks	Salisbury Steak Vegetable Garden Burger	Spaghetti Meat Sauce Krunchie Perch OS	Chicken with Mushroom Sauce Meatballs in Tomato Sauce	Honey Glazed Ham Tomato Basil Cod
Whipped Potatoes MN Wax Beans	Snow Peas and Mushrooms Mashed Sweet Potato	Tartar Sauce Potato Wedges Sauteed Spinach with Garlic MN	Oven Roasted Potatoes Glazed Parsnips	Tartar Sauce Whipped Potatoes MN Classic Mixed Vegetables	Herbed Zucchini Whipped Potatoes MN	Creamed Corn Scalloped Potatoes
Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN	Assorted Sandwich MN
Pears Strawberry Shortcake	Tropical Fruit Salad Lemon Buttermilk Cake	Diced Melon Vanilla Bean Dream Cake	Watermelon Wedge Boston Cream Pie	Fresh Seasonal Fruit Tapioca Pudding OS	Baked Apple Cinnamon Slices Iced Banana Cake	Apricot Halves Forest Fruit Pie
<i>*Poultry Gravy</i>	<i>*Mixed Gravy</i>	<i>*Beef Gravy</i>	<i>*Beef Gravy</i>		<i>*Mixed Gravy</i>	<i>*Beef Gravy</i>

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