

REGULAR WEEK AT A GLANCE
Snack Menu Spring/Summer 2022

Mount Nemo

Week1: June 20 to June 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM SNACK						
*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 MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 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
*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
PM SNACK						
*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 MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 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
*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
Fruit Yogurt Ind 1 each	Cream Cheese Sandwich on Whole Wheat 0.5 each	Half Peanut Butter & Jam Sandwich MN 0.5 each	Bran Muffin 1 each	Gouda Cheese 21 g	1% Cottage Cheese 113 g	Drinkable Fruit Yogurt 93 ml
Apple Turnover Cookie 1 each	Blueberry Turnover Cookie 1 each	Raspberry Turnover 1 each	Strawberry Turnover 1 each	Apple Turnover Cookie 1 each	Blueberry Turnover Cookie 1 each	Raspberry Turnover 1 each
EVENING SNACK						
*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 MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 ml	*Coffee/Tea MN 225 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
*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
Mandarin Orange Sections 125 ml	Unsweetened Tropical Applesauce 113 g	Fresh Strawberries 125 ml	Vanilla Pudding 1 each	Grapes 125 ml	Tropical Fruit Salad 125 ml	Banana 1 each
Raisin Oatmeal Cookie Ind. 1 each	Swirl Shortbread Cookie 1 each	Chocolate Chip Cookie 1 each	Digestive Cookie 2 each	Raisin Oatmeal Cookie Ind. 1 each	Swirl Shortbread Cookie 1 each	Chocolate Chip Cookie 1 each
						Peanut Butter Ptns 18 g

Snack Notes: *Flex Meals are available every day at AM snack.

Milk, chocolate milk, coffee/tea, juices and water are offered daily at all 3 snack times. PM & HS snacks consist of 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

REGULAR WEEK AT A GLANCE
Snack Menu Spring/Summer 2022

Mount Nemo

Week2: June 27 to July 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM SNACK						
<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml
<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml
<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml
<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml
<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml
PM SNACK						
<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml
<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml
<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml
<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml
<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml
Lemon Cottage Cheese 113 g	Whole Wheat Bagel 0.5 each Peanut Butter Ptns 18 g Cream Cheese Ptns 18 g	Cheese & Crackers MN 1 each	Oatmeal Apple Muffin 60 g Gouda Cheese 21 g	Greek Yogurt Ind. 1 each	Half Peanut Butter & Jam Sandwich MN 0.5 each	Individual Pudding Custard OS 113 g
Strawberry Turnover 1 each	Apple Turnover Cookie 1 each	Blueberry Turnover Cookie 1 each	Raspberry Turnover 1 each	Strawberry Turnover 1 each	Apple Turnover Cookie 1 each	Blueberry Turnover Cookie 1 each
EVENING SNACK						
<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml
<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml
<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml
<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml
<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml
Fresh Strawberries 125 ml	Grapes 125 ml	Assorted Sandwich 0.5 sandwich	Unsweetened Strawberry Applesauce 95 ml	Mixed Berry Cereal Bar 37 g	Butterscotch Pudding Ind. 1 each	Banana 1 each Peanut Butter Ptns 18 g
Raisin Oatmeal Cookie Ind. 1 each	Swirl Shortbread Cookie 1 each	Chocolate Chip Cookie 1 each	Digestive Cookie 2 each	Raisin Oatmeal Cookie Ind. 1 each	Swirl Shortbread Cookie 1 each	Chocolate Chip Cookie 1 each

Snack Notes: *Flex Meals are available every day at AM snack.

Milk, chocolate milk, coffee/tea, juices and water are offered daily at all 3 snack times. PM & HS snacks consist of variety of muffins, puddings, yogurts, fruits and cookies.

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REGULAR WEEK AT A GLANCE
Snack Menu Spring/Summer 2022

Mount Nemo

Week3: July 4 to July 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM SNACK						
<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml
<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml
<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml
<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml
<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml
PM SNACK						
<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml
<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml
<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml
<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml
<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml
Fruit Extreme Muffin 1 each	Fruit Yogurt Ind 1 each	Cream Cheese Sandwich on Whole Wheat 0.5 each	1% Cottage Cheese 113 g	Drinkable Fruit Yogurt 93 ml	Raspberry Yogurt Muffin 1 each	Hummus Dip 57 g
Gouda Cheese 21 g					Gouda Cheese 21 g	Melba Toast Cracker 2 each
Raspberry Turnover 1 each	Strawberry Turnover 1 each	Apple Turnover Cookie 1 each	Blueberry Turnover Cookie 1 each	Raspberry Turnover 1 each	Strawberry Turnover 1 each	Blueberry Turnover Cookie 1 each
EVENING SNACK						
<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml	<i>*Assorted Juice</i> 125 ml
<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml	<i>*Coffee/Tea MN</i> 225 ml
<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml	<i>*Chocolate Milk</i> 125 ml
<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml	<i>*2% Milk</i> 125 ml
<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml	<i>*Water</i> 250 ml
Sliced Peaches 125 ml	Cheese & Crackers MN 1 each	Unsweetened Blueberry Applesauce 113 g	Grapes 125 ml	Banana 1 each	Apple Cinnamon Cereal Bar 37 g	Pears 125 ml
				Peanut Butter Ptns 18 g		
Digestive Cookie 2 each	Raisin Oatmeal Cookie Ind. 1 each	Swirl Shortbread Cookie 1 each	Chocolate Chip Cookie 1 each	Digestive Cookie 2 each	Raisin Oatmeal Cookie Ind. 1 each	Swirl Shortbread Cookie 1 each

Snack Notes: *Flex Meals are available every day at AM snack.

Milk, chocolate milk, coffee/tea, juices and water are offered daily at all 3 snack times. PM & HS snacks consist of variety of muffins, puddings, yogurts, fruits and cookies.

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