

# Mount Nemo Spring Summer 2023 - Week

1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Fresh Blueberries	Fresh Apple Slices	Chilled Peach Slices	Banana	Chilled Diced Pears	Orange Wedges	Fruit Cocktail
High Fibre Oatmeal	Cream of Wheat with Bran/flax	High Fibre Oatmeal	Cream of Wheat with Bran/flax	High Fibre Oatmeal	Cream of Wheat with Bran/flax	High Fibre Oatmeal
Cottage Cheese	Scrambled Egg	Vanilla Yogurt	Poached Egg	Cheddar Cheese Slice	Hard Boiled Egg	Pancake
Raisin Toast	Toasted English Muffin	Morning Glory Muffin	Whole Wheat Toast	Mini Croissant	White Bagel	Syrup
Special K Cereal		Corn Flakes Cereal		Raisin Bran Cereal		Bran Flakes Cereal
Peanut Butter	Honey Nut Cheerios Cereal	Peanut Butter	Special K Cereal	Peanut Butter	Corn Flakes Cereal	Peanut Butter
Whole Wheat Toast	Cream Cheese Whole Wheat Toast	Whole Wheat Toast	Cream Cheese White Toast	Whole Wheat Toast	Cream Cheese Whole Wheat Toast	Whole Wheat Toast
<b>LUNCH</b>						
Cream of Cauliflower Soup	Three Sisters Soup	Thai Squash Soup	Minestrone Soup	Chicken Noodle Soup	Bean Medley Soup	Chicken Corn Chowder w/ Sweet Peppers
Captain Burger on WW Bun	Macaroni & Cheese	Chicken Salad Sndw on WW	Pork & Potato Saute	Grilled Cheese on Wheat	Garden Veggie & Feta Omelette	BBQ Pork Ribette on WW Bun
Tartar Sauce	Heritage Blend Salad with French Dressing	Mixed Green Italian Salad	Marinated Cucumbers	Buttered Corn	Beet & Onion Salad	Triple Bean Salad
Coleslaw	Beef Gravy	Chicken Gravy	Pork Gravy	Beef Gravy	Multi Grain Roll	Pork Gravy
Beef Gravy	Strawberries	Cherry Cobbler	Mandarin Oranges	Mango	Brown Gravy	Banana & Chocolate Sauce
Cantaloupe Chunks	Whipped Topping	Broccoli Corn Quiche	Turkey & Swiss Sndw on WW	Cabbage Rolls	Black Forest Cake	
Veggie & Black Bean Quesadilla	Beef Roast Sandwich on Wheat	Pineapple Tidbits	Neapolitan Ice Cream	Garlic Bread	Ham Salad Sandwich	Cheese Tortellini w/Marinara
Tiramisu Mousse	Whipped Topping			Lemon Blueberry Tart	Chilled Peach Slices	Ice Cream Sandwich
	Lime Gelatin					
<b>DINNER</b>						
Salisbury Steak w/Gravy	Bangers and Mash	Veal Paprika	Perogies w/Bacon & Onion	Lemon Pepper Cod	Turkey Burger on Bun	Roast Beef
Savoury Diced Potatoes	Green Beans	Caesar Salad	Sour Cream	Brown Rice	Tossed Ranch Salad	Mashed Potatoes
Parsley Carrots	Pork Gravy	Garlic Bread	Buttered Cabbage	Broccoli Florets	Turkey Gravy	Green Peas
Chicken Gravy	Blueberry Pudding Cake	Beef Gravy	Brown Gravy	Pork Gravy	Vanilla Pudding	Beef Gravy
Boston Cream Pie	Baked Tilapia	Coconut Pudding	Iced Brownie	Raspberry Mousse Cake	Macaroni & Beef	Coconut Cream Pie
Spiced Chicken Thigh	Lemon Wedge	Roasted Vegetable		BBQ Pork Chops	Chilled Apricots	Honey Garlic Chicken
Peaches & Cream	Tartar Sauce	Lasagna	Beef Pot Pie	Chilled Tropical Fruit		Blushing Pineapple
	Mashed Potatoes	Chilled Diced Pears	Strawberry Applesauce			
	Fruit Cocktail					

Note: Beverages: 125ml milk, 250ml water, 225ml coffee/tea offered at each meal. Always available: Lunch - ham, turkey, beef or cheese sandwich with coleslaw or raisin carrot salad. Dinner - tomato, cream of mushroom or chicken noodle soup with ham, turkey, beef or cheese sandwich.

## Mount Nemo Spring Summer 2023 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Fresh Apple Slices	Fresh Blueberries	Banana	Orange Wedges	Chilled Diced Pears	Fruit Cocktail	Chilled Peach Slices
Cream of Wheat with Bran/flax	High Fibre Oatmeal Cheddar Cheese	Cream of Wheat with Bran/flax	High Fibre Oatmeal Cottage Cheese	Cream of Wheat with Bran/flax	High Fibre Oatmeal Vanilla Yogurt	Cream of Wheat with Bran/flax
Scrambled Egg	Mini Croissant	Poached Egg	White Bagel	Sausage Links	Carrot Muffin	French Toast
Toasted English Muffin	Raisin Bran Cereal	Whole Wheat Toast	Bran Flakes Cereal	Raisin Bread	Raisin Bran Cereal	Syrup
Special K Cereal	Peanut Butter	Corn Flakes Cereal	Peanut Butter	Special K Cereal	Peanut Butter	Corn Flakes Cereal
Cream Cheese	Whole Wheat Toast	Cream Cheese	White Toast	Cream Cheese	Whole Wheat Toast	Cream Cheese
Whole Wheat Toast		White Toast		Whole Wheat Toast		Whole Wheat Toast
<b>LUNCH</b>						
Cream of Carrot Soup	Tuscan Bean & Vegetable Soup	Cream of Asparagus Soup	Cream of Potato Leek Soup	Garden Vegetable Soup	Pea Soup	Chicken Rice Soup
Asparagus & Swiss Quiche	Three Cheese Pizza	Sweet & Sour Chicken Balls	Chili Con Carne	Oktoberfest on Bun	Chicken Strips	Cod Nuggets
Chopped Salad with Balsamic	Caesar Salad	Green Peas	Creamy Coleslaw	Marinated 4 Bean Salad	Plum Sauce	Tartar Sauce
Multi Grain Roll	Beef Gravy	Garlic Bread	Buttermilk Whole Wheat Tea Biscuit	Pork Gravy	French Fries	Whipped Sweet Potatoes
Brown Gravy	Mixed Berries	Chicken Gravy	Beef Gravy	Strawberries	Tomato Cucumber Salad	Sunrise Vegetables
Chilled Apricots	Hot Roast Beef on Wheat w/Gravy	Fruit Cocktail	Mango	Egg Salad Sndw on Wheat	Chicken Gravy	Beef Gravy
Chicken Salad Sndw on WW	Whipped Topping	Pulled Pork on WW Bun	Tuna Salad Sndw on WW	Vanilla Mousse	Mandarin Oranges	Butterscotch Sundae
Date Square	Lemon Gelatin	blonde bar	Rhubarb Crisp		Cheddar Cheese & Fruit	Steak and Mushroom Pie
					Multi Grain Roll	Warm Spiced Sliced Apples LoCal
					Tapioca Pudding	
<b>DINNER</b>						
Turkey Pot Pie	Baked Pollock	Spinach & Cheese Cannelloni	Lemon Herb Baked Chicken Thighs	Baked Salmon Fillet	Honey Pork Chop	Sliced Turkey Breast
Cauliflower	Lemon Wedge	Seasoned Zucchini	Mashed Potatoes	Lemon Wedge	Scalloped Potatoes	Cranberry Sauce
Turkey Gravy	Mashed Potatoes	Multi Grain Roll	Butternut Squash	Brown Rice	Creamed Corn	Mashed Potatoes
Cherry Cheesecake	Buttered Brussels Sprouts	Brown Gravy	Chicken Gravy	Sliced Carrots	Brown Gravy	Prince Edward Vegetables
Lamb Curry	Chicken Gravy	Van Caramel Swirl Cake	Chicken Gravy	Beef Gravy	Tripleberry Crumble	Turkey Gravy
Multi Grain Roll	Chocolate Frosted Rice Krispies	Liver & Onions	Cinnamon Pears	Maple Chocolate Mania Cake	Veal Cutlet	Lemon Meringue Pie
Fresh Watermelon	Breaded Chicken Breast	Peachy Applesauce	Vegetarian Meatballs	Bananas & Cream		
	Chicken Gravy		Rainbow Sherbet	Teriyaki Beef & Broccoli		Broccoli Cheese Frittata
	Chilled Peach Slices			Chilled Apricots		Multi Grain Roll
						Chilled Peach Slices

Note: Beverages: 125ml milk, 250ml water, 225ml coffee/tea offered at each meal. Always available: Lunch - ham, turkey, beef or cheese sandwich with coleslaw or raisin carrot salad. Dinner - tomato, cream of mushroom or chicken noodle soup with ham, turkey, beef or cheese sandwich.

# Mount Nemo Spring Summer 2023 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Fresh Blueberries	Fresh Apple Slices	Chilled Peach Slices	Banana	Orange Sections	Fruit Cocktail	Chilled Diced Pears
High Fibre Oatmeal	Cream of Wheat with Bran/flax	High Fibre Oatmeal	Cream of Wheat with Bran/flax	High Fibre Oatmeal	Cream of Wheat with Bran/flax	High Fibre Oatmeal
Cottage Cheese	Scrambled Egg	Vanilla Yogurt	Sausage Links	Cheddar Cheese	Hard Boiled Egg	Waffles
Buttered Raisin Toast	Toasted English Muffin	Banana Muffin	Whole Wheat Toast	Mini Croissant	White Bagel	Syrup
Bran Flakes Cereal	-----	Raisin Bran Cereal	-----	Bran Flakes Cereal	-----	Raisin Bran Cereal
Peanut Butter	Corn Flakes Cereal	Peanut Butter	Special K Cereal	Peanut Butter	Corn Flakes Cereal	Peanut Butter
Whole Wheat Toast	Cream Cheese Whole Wheat Toast	Whole Wheat Toast	Cream Cheese White Toast	Whole Wheat Toast	Cream Cheese Whole Wheat Toast	Whole Wheat Toast
<b>LUNCH</b>						
Cream of Tomato Soup	Country Bean & Vegetable Soup	Italian Wedding Soup	Harvest Vegetable Soup	Sweet Potato Bisque	Garden Vegetable Soup	Roasted Red Pepper Soup
BBQ Beef Ribette on WW Bun	Chicken A La King	B L T on Wheat	Corned Beef on Wheat	Chicken Burger on WW Bun	Perogies w/Bacon & Onion	Turkey & Potato Salad Plate
Seasoned Chickpea Vegetable Salad	Carrot Raisin Salad	Creamy Coleslaw	Mixed Green Italian Salad	Lettuce Leaf	Sour Cream	Beet & Onion Salad
Beef Gravy	Chicken Gravy	Beef Gravy	Brown Gravy	Mayonnaise	Broccoli Florets	Beef Gravy
Black Forest Tart	Fruit Cocktail	Mandarin Oranges	Fresh Watermelon	Caesar Salad	Brown Gravy	Mango
Grilled Cheese on Wheat	Sliced Turkey on Wheat	Red Pepper & Basil Frittata w/Parmesan Cheese	Vegetarian Garden Chili	Chicken Gravy	Chilled Apricots	-----
Strawberries	White Chocolate Mousse	Lemon Parfait	Buttermilk Whole Wheat Tea Biscuit	Chilled Tropical Fruit	Salmon Salad on WW	Sloppy Joe on WW Bun
Whipped Topping	-----	-----	Strawberry Gelatin	Cottage Cheese & Fruit Salad Plate	Blueberry Crisp	Vanilla Ice Cream
-----	-----	-----	Whipped Topping	Blueberry Loaf	-----	-----
-----	-----	-----	-----	Strawberry Swirl Cheesecake	-----	-----
<b>DINNER</b>						
Sole Florentine	Lentil Infused Meatloaf	Baked Chicken with Chalet Sauce	Sweet-N-Sour Pork Bites	Fish Sticks	Veal Roulade	Baked Ham in Pineapple Juice
Lemon Wedge	Garlic Mashed Potatoes	Roasted Potatoes	Vegetable Fried Rice	Tartar Sauce	Scalloped Potatoes	Mashed Potatoes
Fluffy Rice	California Vegetables	Green Beans	Sliced Carrots	Roasted Red Skin Potatoes	Green Peas	Prince Edward Vegetables
Steamed Asparagus	Beef Gravy	Chicken Gravy	Pork Gravy	Wax Beans	Beef Gravy	Brown Gravy
Brown Gravy	Mini Powdered Donuts	Carrot Cake	Buttertart Square	Beef Gravy	Butterscotch Pudding	-----
Pineapple Tidbits	Cheese Ravioli & Sauce	-----	Vegetable & Swiss w/Mushrooms Quiche	Tiramisu	Maple Balsamic Chicken Drumstick	Apple Pie Slice
Bacon Wrapped Pork Medallion	Mango	Lamb & Vegetable Stew	-----	-----	-----	-----
Orange Gelatin	-----	Banana & Chocolate Sauce	Chilled Peach Slices	Beef Stroganoff	Crushed Pineapple	Cheese Tortellini & Marinara
Whipped Topping	-----	-----	-----	Cinnamon Pears	-----	Chilled Tropical Fruit

Note: Beverages: 125ml milk, 250ml water, 225ml coffee/tea offered at each meal. Always available: Lunch - ham, turkey, beef or cheese sandwich with coleslaw or raisin carrot salad. Dinner - tomato, cream of mushroom or chicken noodle soup with ham, turkey, beef or cheese sandwich.