

Mount Nemo Fall/Winter 2023-2024 - Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Chilled Peach Slices	Fresh Apple Slices	Orange Sections	Chilled Diced Pears	Banana	Fresh Apple Slices
High Fibre Oatmeal Sausage Link	Cream of Wheat with Bran/flax	High Fibre Oatmeal Hard Boiled Egg	Cream of Wheat with Bran/flax	High Fibre Oatmeal Scrambled Eggs	Cream of Wheat with Bran/flax	High Fibre Oatmeal Cheddar Cheese Slice
Whole Wheat Toast	Vanilla Yogurt	Wheat Bagel	Cinnamon Raisin Bread	Whole Wheat Toast	Poached Egg	Blueberry Muffin
Bran Flakes Cereal	Toasted English Muffin	Rice Krispies Cereal	Cottage Cheese	Corn Flakes Cereal	Mini Croissant	Rice Krispies Cereal
Cream Cheese	Corn Flakes Cereal Peanut Butter	Cream Cheese	Raisin Bran Cereal Peanut Butter	Cream Cheese	Bran Flakes Cereal Peanut Butter	Cream Cheese
LUNCH						
Minestrone Soup	Butternut Squash Soup	Hearty Beef Barley Soup	Garden Vegetable Soup	Cream of Broccoli Soup	Italian Wedding Soup	Tomato Basil Soup
Beef Burger on WW Bun	Pulled Pork on WW Bun	Vegetable Cheese Strata	Sliced Egg & Salad Plate	Chicken Strips	Herbed Omelette	Sweet-N-Sour Pork Bites
Dill Cucumber & Red Onion Salad	Tossed Salad & Italian Dressing	Multi Grain Roll	Mango	French Fries	Coleslaw	Fluffy Rice
Fruit Cocktail	Pineapple Tidbits	Six Bean Salad	Hot Turkey Sndw on WW w/Gravy	Mixed Salad with Italian Dressing	Chilled Peach Slices	Chickpea Salad
Three Cheese Pizza	Ratatouille Lentil Penne	Chilled Apricots	Vanilla Mousse	Plum Sauce	Ham Salad on WW	Mandarin Oranges
Butterscotch Pudding	Chocolate Ice Cream	Tuna Salad Sndw on WW		Stewed Rhubarb	Strawberry Creme Jelly Roll	Grilled Cheese on Wheat
		Lime Gelatin		Corned Beef on Wheat		Butter Tart
		Whipped Topping		Creamsicle Parfait		
DINNER						
Five Spice Baked Chicken Thigh	Beef Short Ribs	Baked Chicken with Chalet Sauce	Honey Roast Pork Chop	Italian Breaded Veal Cutlet	Turkey Schnitzel	Pork Roast
Roasted Red Skin Potatoes	Fluffy Rice	Garlic Mashed Potatoes w/ Hummus	Garlic Mashed Potatoes w/ Hummus	Parslied Potatoes	Roasted Potatoes	Garlic Mashed Potatoes w/ Hummus
Roasted Parsnips	California Vegetables	Butternut Squash	Parsley Carrots	Fall Medley Vegetables	Broccoli Florets	Buttered Brussels Sprouts
Cappuccino Cake	Date Square	Carrot Cake	Apple Caramel Cheesecake	Lemonicious Bar	Iced Brownie	
Steak and Mushroom Pie	Turkey Sausage	Lamb & Vegetable Stew	Beef Ravioli & Sauce	Zesty Honey Dijon Baked Basa	Black Bean & Vegetable Chili	Lemon Meringue Pie
Chilled Diced Pears	Chilled Tropical Fruit	Fruit Cocktail	Chilled Diced Pears	Fruit Cocktail	Mixed Berries	Salisbury Steak
						Chilled Pineapple

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 Fall/Winter 2023-2024 - Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Chilled Peach Slices	Fresh Apple Slices	Orange Sections	Chilled Diced Pears	Fresh Apple Slices	Banana
Cream of Wheat with Bran/flax	High Fibre Oatmeal Vanilla Yogurt	Cream of Wheat with Bran/flax	High Fibre Oatmeal Wheat Bagel	Cream of Wheat with Bran/flax	High Fibre Oatmeal Cheddar Cheese Slice	Cream of Wheat with Bran/flax
Breakfast Sausage Link	Banana Muffin	Hard Boiled Egg	Cottage Cheese	Scrambled Eggs	French Toast	Poached Egg
Whole Wheat Toast	Corn Flakes Cereal	Toasted English Muffin	Rice Krispies Cereal	Whole Wheat Toast	Corn Flakes Cereal	Mini Croissant
Raisin Bran Cereal	Cream Cheese	Bran Flakes Cereal	Cream Cheese	Raisin Bran Cereal	Cream Cheese	Bran Flakes Cereal
Peanut Butter		Peanut Butter		Peanut Butter		Peanut Butter
LUNCH						
Cream of Potato & Leek Soup	Cream of Cauliflower Soup	RS Chicken Noodle Soup	Cream of Asparagus Soup	Chicken Corn Chowder w/ Sweet Peppers	Fall Harvest Soup Egg Salad Sndw on Wheat	Cream of Carrot Soup Chicken Kiev
Turkey Meatballs	Sliced Ham Sndw on WW	Cod Nuggets	Turkey Sandwich w/Cranberry Mayo	Chicken Souvlaki	Mixed Green Italian Salad	Buttered Brussels Sprouts
Buttered Egg Noodles	Marinated Cucumbers	French Fries	Pickled Beets	Creamy Mediterranean Salad	Chilled Peach Slices	Multi Grain Roll
Fall Medley Vegetables	Pineapple Tidbits	Coleslaw	Mango	Whole Wheat Pita Bread		Mandarin Oranges
Fruit Cocktail	Cheese Stuffed Manicotti	Tartar Sauce	Egg Omelette	Tzatziki Sauce	Pork Tourtiere	Macaroni & Cheese
Beef Pot Pie	Vanilla Frozen Yogurt	Chilled Apricots	Raspberry Mousse	Stewed Rhubarb	Pumpkin Pie	Blueberry Tart
Peach Crisp		Cottage Cheese Fresh Fruit		Corned Beef on Rye		
		Multi Grain Roll		Neapolitan Ice Cream		
		Whipped Topping				
		Lemon Gelatin				
DINNER						
Chicken Italiano	Teriyaki Turkey Patty	German Sausage	Spinach Cannelloni in Marinara Sauce	Baked Haddock w/Lemon Sauce	Santa Fe Chicken Thighs	Beef Pot Roast
Garlic Mashed Potatoes w/ Hummus	Homefries	Roasted Potatoes	Garlic Mashed Potatoes w/ Hummus	Herbed Potatoes	Parslied Noodles	Garlic Mashed Potatoes w/ Hummus
Parsley Carrots	Diced Squash	Wax Beans & Pimento	Prince Edward Vegetables	Cinnamon Honey Glazed Carrots	Green Beans	Broccoli Florets
Chocolate Pudding	Buttertart Square	Mini Cake Donuts	Chocolate Swirl Cheesecake	Maple Pudding Cake	Tiramisu Cake	Horseradish
Kale & Spinach Quiche	Cabbage Rolls	Chicken A La King	Veal Roulade	Honey Roast Pork Chop	Turkey Chili	Apple Pie Slice
Chilled Diced Pears	Chilled Tropical Fruit	Fruit Cocktail	Chilled Diced Pears	Fruit Cocktail	Mixed Berries	Chicken Stew
						Chilled Pineapple

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 Fall/Winter 2023-2024 - Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Banana	Chilled Peach Slices	Fresh Apple Slices	Orange Sections	Chilled Diced Pears	Banana	Fresh Apple Slices
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
Sausage Link	Vanilla Yogurt	Hard Boiled Egg	Carrot Muffin	Scrambled Eggs	Poached Egg	Cheddar Cheese Slice
Whole Wheat Toast	Toasted English Muffin	Wheat Bagel	Cottage Cheese	Whole Wheat Toast	Cinnamon Raisin Bread	Mini Croissant
Rice Krispies Cereal	Raisin Bran Cereal	Corn Flakes Cereal	Bran Flakes Cereal	Rice Krispies Cereal	Raisin Bran Cereal	Corn Flakes Cereal
Cream Cheese	Peanut Butter	Cream Cheese	Peanut Butter	Cream Cheese	Peanut Butter	Cream Cheese
LUNCH						
Tomato Soup	Hearty Beef Barley Soup	Vegetable Soup	Chicken Rice Soup	Cream of Celery Soup	Cream of Broccoli Soup	Cabbage & Potato Soup
Swedish Meatballs w/Mushroom Sauce	BBQ Pork Ribette on WW Bun	Potato & Cheese Perogies	Red Pepper & Basil Frittata w/Parmesan Cheese	Sliced Beef Sndw on Wheat	Vegetable & Swiss w/Mushrooms Quiche	Vegetable Pizza
Garlic Mashed Potatoes w/ Hummus	Sliced Carrots	Pickled Beets	Green Peas	Tomato Cucumber Salad LoCal	Garden Salad	Chickpea Salad
Broccoli Florets	Pineapple Tidbits	Sour Cream	Banana & Chocolate Sauce	Stewed Rhubarb	Multi Grain Roll	Pineapple Tidbits
Fruit Cocktail	Butternut Squash Ravioli w/Sauce	Chilled Apricots	Turkey Pot Pie	Cheddar Cheese & Fruit	Chilled Peach Slices	Chicken Salad Sndw on WW
Swiss & Tomato Sndw on WW	Butterscotch Ice Cream	Salmon Salad on WW Whipped Topping	Strawberry Mousse	Multi Grain Roll	Ham Salad Sndw on Croissant	Mini Cake Donuts
Vanilla Pudding		Orange Gelatin		Orange Sorbet Cup	Van Caramel Swirl Cake	
DINNER						
Pork Goulash Hungarian	Fish Cakes	Herb Baked Chicken Thigh	Veal Steak	Baked Ham	Beef & Vegetable Stew	Roast Turkey
Fluffy Rice	Roasted Potatoes	Mashed Sweet Potatoes	Garlic Mashed Potatoes w/ Hummus	Scalloped Potatoes	Garlic Bread	Garlic Mashed Potatoes w/ Hummus
Green Peas	Buttered Corn	Parsley Carrots	Parsley Carrots	Sunrise Vegetables	Wax Beans	Potatoes w/ Hummus
Frosted Eclair	Iced Banana Cake	Green Beans	Lemon Buttermilk Cake	Maple Pudding Cake	Citrus Orange Cake	Peas & Carrots
Chicken Pie	Beef Shepherd's Pie	New York Cheesecake	Cake	Sole w/Lemon Pepper	Cabbage Rolls	Cranberry Sauce
Chilled Diced Pears	Chilled Tropical Fruit	Corned Beef	Roasted Vegetable Lasagna	Fruit Cocktail	Mixed Berries	Pumpkin Pie
		Fruit Cocktail	Chilled Diced Pears			BBQ Pork Chops
						Mandarin Oranges

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.