

REGULAR WEEK AT A GLANCE
ST JOSEPH'S AT FLEMING
LONG TERM CARE MENU
FALL/WINTER 2016 - 2017

WEEK OF:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Assorted Juice Hot Oatmeal Boiled Egg Buttered Whole Wheat Toast Alternate Choices Assorted Cold Cereal	Assorted Juice Cream of Wheat Bagel Cream Cheese Buttered Whole Wheat Toast Alternate Choices Assorted Cold Cereal	Assorted Juice Hot Oatmeal Scrambled Eggs Buttered Whole Wheat Toast Alternate Choices Assorted Cold Cereal Buttered Raisin Toast	Assorted Juice Cream of Wheat Poached Egg Buttered Whole Wheat Toast Alternate Choices Assorted Cold Cereal	Assorted Juice Hot Oatmeal Scrambled Eggs Buttered Whole Wheat Toast Alternate Choices Assorted Cold Cereal Carrot Mini Loaf	Assorted Juice Cream of Wheat Boiled Egg Buttered Whole Wheat Toast Alternate Choices Assorted Cold Cereal	Assorted Juice Hot Oatmeal Scrambled Eggs Bacon Buttered Whole Wheat Toast Alternate Choices Assorted Cold Cereal
LIGHT MEAL	Vegetable Beef Soup English Style Fish <i>Tartar Sauce</i> French Fries Coleslaw Mango Alternate Choices Corned Beef Sandwich <i>Mustard</i> Chickpea Salad Rice Krispie Square	Split Pea with Ham Soup Deli Meat Sandwich Mixed Greens Salad with <i>Dressing</i> Apricot Halves Alternate Choices Quiche Lorraine Carrot Coins Iced Chocolate Brownie	Cream of Tomato Soup Chicken Strips Diced Country Style Potatoes Mixed Vegetables Mixed Berries Alternate Choices Sliced Ham Sandwich Tossed Salad with <i>Ranch Dressing</i> Gelatin Jewels	Cream of Mushroom Soup Sliced Turkey Sandwich Four Bean Salad Fruit Cocktail Alternate Choices Baked Ziti Caesar Salad Ice Cream Sundae	Resident's Choice Homemade Chicken & Rice Soup <i>Pancakes Syrup</i> Breakfast Sausage Baked Apple Cinnamon Slices Mandarin Orange Sections Alternate Choices Havarti Cheese Sandwich on Pumpernickel <i>Dill Pickle</i> Cucumber Salad Peach Passion Mousse	Cream of Celery Soup Cheese Dog on a Bun Spinach Salad Pineapple Tidbits Alternate Choices Tuna Salad Sandwich Country Style Tomato Salad Triple Berry Crumble	Vegetable Soup Beef Chili Cornmeal Loaf Sunrise Mixed Vegetables Sliced Pears Alternate Choices Toasted Cheese, Lettuce, & Tomato Sandwich with <i>Mayo</i> Marinated Beet Salad Chocolate Pudding
MAIN MEAL	Mesquite Chicken Thighs Mashed Potatoes Roasted Butternut Squash Vanilla Bean Dream Cake Alternate Choices Italian Sausage & Peppers Over White Rice Winter Blend Vegetables Sliced Peaches	Tomato Herb Turkey Loaf Mashed Potatoes Steamed Spinach Creamy Pineapple Rice Pudding Alternate Choices Pork Cutlet <i>Applesauce</i> Oven Browned Potatoes Green Beans Diced Pears	Shepherd's Pie <i>Beef Gravy</i> Corn Niblets Warm Apple Crisp Alternate Choices Salmon Boat <i>Lemon Wedge</i> Mashed Potatoes Buttered Peas Tropical Fruit Salad	Butter Chicken Breasts Seasoned Rice PEI Blend Vegetables Lemon Meringue Pie Alternate Choices Mississippi Style Meatballs Mashed Potatoes Broccoli Fruit Yogurt	Oriental Beef over Egg Noodles Diced Parsnips Red Velvet Cake Alternate Choices Mediterranean Glazed Haddock <i>Tartar Sauce</i> Mashed Potatoes Crisp Vegetable Medley Cinnamon Fruit Compote	Turkey Schnitzel <i>Cranberry Sauce</i> Mashed Potatoes Wax Beans Almond Custard Alternate Choices Country Style Ham Scalloped Potatoes Diced Turnip Stewed Rhubarb	Sage Crusted Pork Tenderloin <i>Applesauce</i> <i>Brown Gravy</i> Mashed Potatoes Brussels Sprouts Blueberry Pie Alternate Choices Chicken Butternut Squash Bake Linguine Parslied Cauliflower Strawberry Applesauce

Meal Notes: 125 ml Fruit Yogurt is offered at Breakfast as an alternative to egg, cheese or peanut butter. Banana or 3 prunes available everyday at Breakfast.
 250 ml Milk is offered at Breakfast, 125 ml Milk is offered at Lunch and Dinner. 125 ml Assorted Juices are offered at Lunch & Dinner.
 Minimum 125 ml Water is offered at every meal. Coffee and Tea are offered at every meal.
 Two Crackers are served at Lunch with Soup

WEEK 1 FALL/WINTER 2016-2017
 BASE MENU DEVELOPED BY COMPLETE PURCHASING
 SERVICES INC./GESPRO
 MENU PERSONALIZED BY: St. Joseph's at Fleming