



Manor on Loyalist Parkway



Weekly Menu

MONDAY

*Cold Cereal
French Toast
Egg
Oatmeal
Sausage
Grapefruit*

PICNIC IN THE COUNTY!

Dessert

*Lemon Pepper Salmon
Mashed Potatoes
Broccoli, Cauliflower
Alternate: Swiss Steak*

____ Dessert of the Day

TUESDAY

*Cold Cereal
Poached Egg
Bacon
Oatmeal
Grapefruit*

*Soup of the Day
Eggs Goldenrod
Peanut Butter 'n Banana
Sandwich*

Jello

*Chicken a la King
Mashed Potatoes
Green Beans, Carrots
Alternate: Cheese Cannaloni*

Dessert of the Day

WEDNESDAY

*Cold Cereal
Eggs
Sausage
Oatmeal
1/2 Grapefruit*

*Soup of the Day
Chicken Caesar Salad
Toasted Tomato 'n Bacon*

Pudding

*Almond Spiced Beef
Baked Potatoes
Brussel Sprouts, Corn
Alternate: Pork Chops 'n Sauteed Peppers*

Dessert of the Day

THURSDAY

*Cold Cereal
Egg
Bacon
Oatmeal
1/2 Grapefruit*

*Soup of the Day
Salmon Sandwich
Assorted Cold Plate*

Fruit

*Pecan Chicken
Mashed Potatoes
Baked Beans, Peas
Alternate: Italian Meatloaf*

Dessert of the Day

FRIDAY

*Cold Cereal
Sausage
Egg
Oatmeal
1/2 Grapefruit*

BBQ on the Deck

Ice Cream

Fish 'n Chips Friday

Dessert of the Day

SATURDAY

*Cold Cereal
Pancakes
Sausage
Oatmeal
1/2 Grapefruit*

*Soup of the Day
Corn Beef 'n Mustard
Sandwich
Salmon Sandwich*

Pudding

*Cottage Roll
Scalloped Potatoes
Cream Corn, Broccoli
Alternate: Sole 'n Sauce*

Dessert of the Day

SUNDAY

*Cold Cereal
Vegetable Omelette
Oatmeal
1/2 Grapefruit*

*Soup of the Day
Chili 'n Bun
Tuna Salad & Lettuce on
Croissant*

Fruit

*Roast Beef 'n Gravy
Yorkshire Pudding
Boiled New Potatoes
Mixed Vegetables
Alternate: Salmon Fritters*

Dessert of the Day