

REGULAR WEEK AT A GLANCE
Menu 2025

winter -Spring 2025

Week1: March 2 to March 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>
Cereal,Oatmeal Egg,Scrambled	Cereal,Cream of Wheat Cheese,Cottage	Cereal,Oatmeal Egg,Poached	Cereal,Cream of Wheat Egg,Omelet Plain	Cereal,Oatmeal Egg,Boiled OS	Cereal,Cream of Wheat Cheese,Cottage	Cereal,Oatmeal Egg,Scrambled Bacon
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>
LUNCH						
<i>*Soup,Hearty Vegetable</i>	<i>*Soup,Lentil</i>	<i>*Soup,Barley Vegetable</i>	<i>*Soup, Tomato Creamy</i>	<i>*Soup,Cream of Leek and Potato OS Frozen Pureed</i>	<i>*Soup,Butternut Squash with Ginger</i>	<i>*Soup,Cream of Vegetable</i>
Sandwich,Ham Sliced Mustard,Prepared 5 mL Salad,Chick Pea Mandarin Orange,Sections	Beef,Roast Sliced Cold Salad,Beet Pickled and Onion Choice,Dinner Roll Margarine,Individual Fruit,Cocktail	Casserole,Chicken A La King Style Mixed Vegetables-Winter Blend Fruit,Compote Blueberry Maple	Sandwich,Turkey Roast with Cranberry Salad,Potato Apricot,Halves	Chicken,Breaded OS Sauce,Plum OS Potato,Wedges Spiced Salad,Caesar Fruit,Tropical Salad	Pie,Tourtiere Gravy,Brown Mixed Vegetables-Peas and Pearls Pineapple	Beef,Cheeseburger Salad,Tossed with Dressing Pear,Diced
Fish,English Style OS Sauce,Tartar OS Potato,French Fries Salad,Coleslaw Bread Pudding,Strawberries and Cream	Egg,Omelet Ham and Spinach Bread,Toast Points Buttered Salad,Chef's with Dressing Choice,Ice Cream	Sandwich,Havarti Cheese on Rye Salad,Cucumber Vinegar and Honey Pudding,Chocolate OS Dry Mix	Chili,Beef Klondike OS Salad,Mixed Greens with Dressing Mousse,Vanilla OS Dry Mix	Pizza,Pepperoni 16" OS Salad,Garden with Dressing Pudding,Peanut Butter	Sandwich,Egg Salad Salad, Tomato Basil Gelatin,Jewels with Whipped Topping	Chicken,Breaded OS Salad,Coleslaw Creamy OS Pudding,Rice OS
DINNER						
Chicken,Thigh French Herb Gravy,Poultry Potato,Mashed Zucchini,Grilled Square,Cinnamon Roll Bar OS	Pork,Schnitzel Gravy,Brown Pasta,Noodles Parsley Asparagus Square,Date OS	Casserole,Shepherd's Pie Bread,Dinner Roll Whole Wheat Margarine,Individual Peas,Green Danish,Assorted OS	Pork,Chop Zesty Potato,Sweet Roasted Spinach,Steamed Bread Pudding,Caramel	Beef,Stir Fry Pasta,Chow Mein Noodles Cheesecake,Oreo	Turkey,Thighs Apple Braised Potato,Mashed Broccoli Square,Oat Bar	Pork,Loin Roast Gravy,Brown Potato,Mashed Asparagus,Buttered Cake,Chocolate OS Dry Mix
Stew,Steak Shaved and Root Vegetable Biscuit,Tea Plain OS Dry Mix Margarine,Individual Banana,Fresh	Turkey,Stir Fry Gravy,Poultry Potato,Mashed Squash,Butternut Roasted Fruit,Mixed Berries OS	Fish,Salmon Soy Glazed Potato,Boiled Parsley Beans,Green Peach,Slices	Beef,Liver Plain with Onions Gravy,Beef Potato,Mashed Carrots,Sliced Fruit,Cup Winter	Fish,Cod Citrus Herb OS Potato,Mashed Mixed Vegetables-Bistro Blend Cantaloupe,Diced	Veal,Cutlet Mushroom Paprika Sauce Potato,Boiled Red Brussels Sprouts Rhubarb,Stewed	Chicken,Thigh Mushroom Salsa Rice,White Mixed Vegetables-Italian Style Fruit,Compote Cinnamon

Meal Notes: 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Note: *Indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: Valley Manor Nursing Home

REGULAR WEEK AT A GLANCE
Menu 2025

winter -Spring 2025

Week2: March 9 to March 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>
Cereal,Cream of Wheat Egg,Poached	Cereal,Oatmeal Egg,Omelet Plain	Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Cheese,Cottage	Cereal,Cream of Wheat Egg,Poached	Cereal,Oatmeal Egg,Scrambled	Cereal,Cream of Wheat French Toast Syrup,Table Sausage,Breakfast
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	
LUNCH						
<i>*Soup,Chicken Noodle OS Canned</i>	<i>*Soup,Pumpkin Creamy</i>	<i>*Soup,Broccoli and Cheese OS Frozen</i>	<i>*Soup,Bean Hearty</i>	<i>*Soup,Cream of Mushroom</i>	<i>*Soup,Barley Vegetable</i>	<i>*Soup,French Onion Style</i>
Sandwich,Deli Meat Mustard,Prepared 5 mL Salad,Potato Sweet Peach,Slices	Sandwich,Pork Pulled on a Bun GR Salad,Spinach with Dressing Fruit,Fresh in Season	Sausage,Hash with Peppers Choice,Dinner Roll Margarine,Individual Apricot,Halves	Sandwich,Beef Roast Hot with Gravy Salad,Vegetable Medley Slaw Mandarin Orange,Sections	Chicken,Pot Pie OS Gravy,Poultry Choice,Dinner Roll Margarine,Individual Salad,Romaine with Dressing Fruit,Tropical Salad	Casserole,Macaroni and Cheese Salad,Tossed with Dressing Pineapple	Casserole,Stuffed Pepper Choice,Dinner Roll Broccoli Banana,Fresh
Quesadilla,Vegetarian Salad,Chef's with Dressing Mousse,Lemon OS Dry Mix	Cheese,Cheddar 60g Muffin,Bran OS Batter Margarine,Individual Fruit,Cocktail Pudding,Tapioca OS Dry Mix	Sandwich,Salmon Salad on a Soft Bun Salad,Garden with Dressing Parfait,Rainbow	Egg,Quiche Garden Salad,Mixed Greens with Dressing Ice Cream,Sundae Deluxe	Sandwich,Ham Shaved Mayonnaise,Dijon Salad,Asparagus Marinated Square,Rice Krispie Chocolate Chip	Sandwich,Pastrami on Rye Beets,Pickled Choice,Dessert	Egg,Deviled Bread,Croissant Salad,Balsamic Garden Pudding,Butterscotch OS Dry Mix
						<i>*Margarine,Individual</i>
DINNER						
Beef,Salisbury Steak Gravy,Beef Potato,Mashed Mixed Vegetables-PEI Blend Square,Nanaimo Bar OS	Chicken,Spice Rubbed Gravy,Poultry Potato,Mashed Brussels Sprouts Pudding,Rice Raisin	Turkey,Stir Fry Rice,White Mixed Vegetables-Winter Blend Cake,Banana Iced OS	Pork,Pineapple BBQ Biscuit,Tea Plain OS Dry Mix Margarine,Individual Vegetable,Roasted Fall Pie,Cherry OS	Beef,Stroganoff Gravy,Beef Potato,Mashed Beans,Green Cheesecake,French Cream OS	Chicken,Oven Fried Potato,Scalloped Tomato,Baked Cupcake,Vanilla Mini	Turkey,Roast Breast Gravy,Poultry Potato,Mashed Squash,Whipped Pie,Chocolate Mint Cream OS
Fish,Haddock Baked Sauce,Parsley Potato,O'Brien Vegetables,Maple Roasted Applesauce,Cranberry	Stew,Veal Parmesan Zucchini,Savoury Square Fruit,Cup Winter	Beef,Meat Loaf Onion Crusted Gravy,Beef Potato,Mashed Carrots,Diced Pear,Diced	Chicken,Breast BBQ Potato,Whipped Corn,Niblets Rhubarb,Stewed	Fish,English Style OS Potato,Country Cut Fries Cabbage Coleslaw Salad Fruit,Compote Spicy	Pork,Ribette Sweet and Sour Potato,Wedges OS Cauliflower,Parslied Fruit,Mixed Berries OS	Fish,Salmon Loin Lemon,Wedge Potato,Boiled Baby Red Mixed Vegetables-Bistro Blend Fruit,Cocktail

Meal Notes: 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Note: *Indicates standard menu items that are offered with all choices
BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: Valley Manor Nursing Home

REGULAR WEEK AT A GLANCE
Menu 2025

winter -Spring 2025

Week2: March 9 to March 15

Meal Notes: 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast, 125 ml Milk is offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Note: *Indicates standard menu items that are offered with all choices
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MENU PERSONALIZED BY: Valley Manor Nursing Home

REGULAR WEEK AT A GLANCE
Menu 2025

winter -Spring 2025

Week3: March 16 to March 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>
Cereal,Oatmeal Egg,Boiled OS	Cereal,Cream of Wheat Cheese,Cottage	Cereal,Oatmeal Egg,Omelet Plain	Cereal,Cream of Wheat Egg,Scrambled	Cereal,Oatmeal Egg,Poached	Cereal,Cream of Wheat Cheese,Cottage	Cereal,Oatmeal Egg,Boiled OS Pancakes OS Dry Mix Syrup,Maple 15 mL
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	
LUNCH						
<i>*Soup,Harvest Vegetable</i>	<i>*Soup,Butternut Squash and Chickpea</i>	<i>*Soup,Barley</i>	<i>*Soup,Navy Bean</i>	<i>*Choice,Soup</i>	<i>*Soup,Lentil</i>	<i>*Soup,Cream of Spinach</i>
Sandwich,Beef Roast Hot with Gravy Salad,Coleslaw Horseradish Peach,Slices	Egg,Frittata Spinach Potato,Wedges Spiced Salad,Chef's with Dressing Fruit,Tropical Salad	Beef,Hamburger Salad,Tomato Pear,Diced	Sauce,Primavera Pasta,Linguine Salad,Mixed Greens with Dressing Fruit,Cup Winter	Sandwich,Turkey Sliced on a Soft Sandwich Bun Mayonnaise,Seasoned Salad,Green with Peppers Tomato and Feta Cantaloupe,Diced	Sandwich,Tuna Salad Salad,Green Bean Pickled Fruit,Compote Strawberry Rhubarb	Sandwich,Veal on a WW Bun Mayonnaise Salad,Coleslaw OS Fruit,Mixed Berries OS
Chili,Black Bean Salad,Romaine with Dressing Pudding,Rice Creamy	Sandwich,Deli Meat Salad,Potato Sweet Sorbet	Casserole,Turkey A La King Biscuit,Tea Plain Buttered Corn,Seasoned Gelatin,Cherry	Stew, Peanut African Inspired Vegetarian Bread,Whole Wheat Margarine,Individual Parfait,Pumpkin Yogurt	Casserole,Beans and Wieners Carrots,Sliced Ice Cream,Sundae	Egg,Quiche Leek and Roasted Red Pepper Salad,Balsamic Garden Mousse,Tiramisu OS Dry Mix	Creamy Crab and Pasta Salad Salad,Tossed with Dressing Square,Date OS
DINNER						
Pork,Loin Stuffed Orange Marmalade Gravy,Brown Potato,Mashed Brussels Sprouts Square,Butter Tart	Beef,Meat Loaf Dijon Gravy,Beef Potato,Mashed Mixed Vegetables-Italian Style Cake,Rhubarb Upside Down Speed Scratch	Pork,Marinated Szechwan Style Sauce Rice,White Mixed Vegetables-Stir Fry Blend Square,Brownie Chocolate Haystack OS	Chicken,Paprika Gravy,Poultry Potato,Mashed Zucchini,Grilled Custard,Baked	Pork,Chop Salsa Potato,Mashed Turnip,Diced Pie,Peach OS	Chicken,Pot Pie Stuffing Topped Brussels Sprouts,Seasoned Cake,Boston Cream OS	Ham,Baked Smoked Potato,Scalloped Parsnips,Glazed Pie,Strawberry Rhubarb OS
Chicken,Butter Bread,Naan Peas,Green Apricot,Halves	Fish,Cod Potato Crusted OS Lemon,Wedge Potato,Romanoff Beets,Roasted with Olive Oil and Basil Fruit,Mixed Berries OS	Beef,Liver Breaded OS with Onions Gravy,Beef Potato,Mashed Asparagus Fruit,Cocktail	Casserole,Reuben Choice,Dinner Roll Margarine,Individual Cabbage,Red Buttered Apples,Baked	Fish,Salmon Brown Sugar Glazed Rice,White Mixed Vegetables-Winter Blend Fruit,Fresh in Season	Beef,Swiss Steak With Mushroom Gravy Potato,Mashed Squash,Butternut Spiced Pineapple	Turkey,Herb Roasted Gravy,Poultry Potato,Mashed Broccoli,Buttered Banana,Fresh

Meal Notes: 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Note: *I indicates standard menu items that are offered with all choices
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MENU PERSONALIZED BY: Valley Manor Nursing Home

REGULAR WEEK AT A GLANCE
Menu 2025

winter -Spring 2025

Week4: March 23 to March 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>	<i>*Choice,Fruit Fresh</i>
Cereal,Cream of Wheat Cheese,Cottage	Cereal,Oatmeal Egg,Scrambled	Cereal,Cream of Wheat Egg,Poached	Cereal,Oatmeal Cheese,Cottage	Cereal,Cream of Wheat Egg,Boiled OS	Cereal,Oatmeal Egg,Scrambled	Cereal,Cream of Wheat French Toast Syrup,Table Bacon
Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual	Choice,Cereal Cold with Bran Peanut Butter Individual Bread,Whole Wheat Toast Buttered Jam,Strawberry Ind
<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	<i>*Bread,Whole Wheat Toast Buttered</i> <i>*Jam,Strawberry Ind</i>	
LUNCH						
<i>*Soup,Minestrone</i>	<i>*Soup,Sweet Potato and Onion</i>	<i>*Soup,Quinoa Vegetable</i>	<i>*Soup,Cauliflower Chickpea</i>	<i>*Soup,Mushroom Barley Chowder</i>	<i>*Soup,Cream of Broccoli</i>	<i>*Soup,Lentil Borscht</i>
Sandwich,Deli Meat Salad,Pea Creamy Fruit,Fresh in Season	Beef,Hamburger Ketchup,Bulk 15 mL Salad,Romaine with Dressing Fruit,Tropical Salad	Casserole,Tuna Bread,Whole Wheat Margarine,Individual Broccoli Rhubarb,Stewed	Egg,Quiche Potato Leek Salad,Vegetable Pineapple	Casserole,Beans Baked BBQ Pulled Pork Corn,Fiesta Banana,Fresh	Sandwich,Corned Beef on Rye Salad,Bruschetta Fruit,Mixed Berries OS	Casserole,Turkey Scalloped Bread,Whole Wheat Margarine,Individual Carrots,Sweet and Tangy Fruit,Compote Spicy
Egg,Omelet Zucchini Potato,Country Diced Salad,Chef's with Dressing Dessert,Cranberry Fluff	Cheese,Cheddar 60g Bread,Croissant Margarine,Individual Salad,Apple Pear Gelatin,Jewels with Whipped Topping	Wrap,Chicken Club Salad,Mixed Greens with Dressing Tart,Two Bite OS	Salad,Chicken Greek Inspired (Entree) Bread,Garlic Stick Square,Cherry Creamy	Sandwich,Cheese Cheddar and Tomato Ketchup,Bulk 15 mL Salad,Garden with Dressing Choice,Ice Cream	Fish,Cod Sticks OS Sauce,Tartar OS Potato,Wedges OS Salad,Coleslaw OS Mousse,Vanilla OS Dry Mix	Pizza,Cheese 16" Presheeted Salad,Caesar Choice,Dessert
DINNER						
Beef,Pepper Steak Gravy,Beef Potato,Mashed Mixed Vegetables-Montego Blend Cake,Pound OS	Chicken,Souvlaki OS Salad,Greek Potato,Wedges Spicy OS Custard,Baked	Beef,Pot Pie Gravy,Beef Carrots,Sliced Square,Cranberry Bar	Pork,Loin Spicy Gravy,Brown Potato,Rosemary and Garlic Roasted Red OS Beets,Pickled- Regular Cake,Sticky Toffee Pudding OS	Beef,Tips Gravy,Beef Potato,Mashed Brussels Sprouts Cake,Spice Cream Cheese Frosting	Chicken,Teriyaki Rice,Fried Brown Mixed Vegetables-Stir Fry Blend Square,Brownie Sweet Pea	Beef,Roast Horseradish 15ml Gravy,Beef Potato,Mashed Turnip,Seasoned Trifle,Fruit
Fish,Baked Zesty Rice,Ginger Tomato,Stewed Fruit,Cup Winter	Stew,Pork and Vegetable Choice,Dinner Roll Margarine,Individual Apricot,Halves	Sandwich,Turkey Open Face Hot Rice,White Spinach,Sauteed Mandarin Orange,Sections	Veal,Cutlet Tomato Basil Sauce Pasta,Linguine Parsnips,Diced Peach,Slices	Fish,Sole Baked Lemon,Wedge Potato,Sweet Honey Cinnamon Asparagus Fruit,Cocktail	Sandwich,Pork Pulled on a Bun Gravy,Brown Potato,Mashed Squash,Whipped Pear,Diced	Sausage,Honey Garlic Choice,Pickles Vegetables,Sauteed Medley Cantaloupe,Diced

Meal Notes: 3 prunes are available every day at Breakfast. 180 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 125 ml Assorted Juices (Orange, Apple, Pineapple, Cranberry, Blended, Tropical Passion, V-8 Vegetable Cocktail) are available every day at all meals. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

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MENU PERSONALIZED BY: Valley Manor Nursing Home

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