

REGULAR WEEK AT A GLANCE
Valley Manor Fall and Winter Menu 2018

Fall/Winter 18

Week1: October 15 to October 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Juice,Apple Cereal,Oatmeal Egg,Scrambled Bread,Whole Wheat Toast Buttered	Juice,Orange Cereal,Cream of Wheat Cheese,Cheddar Bread,Whole Wheat Toast Buttered	Juice,Apple Cereal,Oatmeal Egg,Poached Bread,Whole Wheat Toast Buttered	Juice,Cranberry Cocktail Cereal,Oatmeal Egg,Omelet Plain Bread,Whole Wheat Toast Buttered	Juice,Orange Cereal,Oatmeal Cheese,Cheddar Bread,Whole Wheat Toast Buttered	Juice,Cranberry Cocktail Cereal,Cream of Wheat Egg,Boiled OS Bread,Whole Wheat Toast Buttered	Juice,Apple Cereal,Oatmeal Egg,Scrambled Bacon Bread,Whole Wheat Toast Buttered
Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered
<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>
LUNCH						
<i>*Soup,Harvest Vegetable</i>	<i>*Soup,Potato and Leek</i>	<i>*Soup,Cream of Cabbage</i>	<i>*Soup,Vegetable Beef Asian</i>		<i>*Soup,Zucchini</i>	<i>*Soup,Butternut Squash Maple</i>
Fish,English Style Lemon,Wedge Potato,French Fries Salad,Coleslaw OS Cantaloupe,Diced Bread,Dinner Roll Whole Wheat Margarine	Salad,Beef Fall Vegetable Plate Banana,Fresh	Casserole,Chicken A La King Style Pastry,Patty Shell 3" Carrots,Honey Glazed Fruit,Mixed Berries	Pasta,Tortellini Butternut Squash Salad,Garden/Dressing Rhubarb,Stewed Bread,Dinner Roll Whole Wheat Margarine	RESIDENT CHOICE Residents' Choice-Light Meal	Pie,Tourtiere OS Gravy,Brown Peas,Green Fruit,Cocktail Unsweetened Bread,Dinner Roll Whole Wheat Margarine	Vegetable,Garden Burger Salad,Carrot Raisin OS Pear,Diced Unsweetened
Sandwich,Ham on a Soft Kaiser with Seasoned Mayo Salad,Chick Pea Square,Brownie Chocolate Iced OS	Egg,Frittata Roasted Pepper Bread,Toast Points Buttered Salad,Spinach with Dressing Gelatin,Jewels	Sandwich,Havarti Cheese on Pumpnickel Garnish,Red Onion 1 slice Salad,Cucumber Sherbet,Assorted	Wrap,Turkey Cranberry Salad,Bean Four OS Tart,Butter Plain (No Raisins)	Soup,Resident Choice Salad,Egg Sandwich Salad,Marinated Beets Mousse,Raspberry OS	Salad,Tuna Potato Dill Asparagus Plate Parfait,Banana Chocolate Pudding	Chili,Beef Muffin,Cornmeal Parmesan Herb Salad,Tossed with Dressing Ice Cream,Sundae
DINNER						
Chicken,Breast Pan Seared Sauce,Onion,Garlic and Basil Potato,Paprika Seasoned Mixed Vegetables-Winter Blend Cake,Apple Cobbler	Pork,Schnitzel Gravy,Brown Barley,Pilaf Asparagus Pie,Lime Meringue	Casserole,Shepherd's Pie Gravy,Brown Corn,Niblets Cake,Marble Iced	Pork,Chop Apple Cider Polenta,Baked Brussels Sprouts Square,Pumpkin Spice Blondies	Beef,Stir Fry Rice,Mexican Peppers,Sauteed with Onions Custard,Caramel HM	Turkey,Parmigiana Patties Pasta,Linguine Broccoli Cupcake,Pineapple Upside Down	Pork,Loin Stuffed Orange Marmalade Potato,Roasted Baby Red Turnip,Glazed Pie,Blueberry OS
Beef,Stew Tomato and Mushroom Rice,Santa Fe Parsnips,Roasted Apricot,Halves Unsweetened	Turkey,Loaf Gravy,Poultry Potato,Sweet Mashed Cranberry Orange Beans,Green Lyon Style Peach,Diced Unsweetened	Fish,Salmon Maple Balsamic Rice,Seasoned Peas,Sugar Snap Fruit,Compote Cinnamon	Lamb,Roast Jelly,Mint 15ml Gravy,Brown Potato,Greek Style Tomato,Herb Roasted Fruit,Cup Winter	Fish,Cod Crunchy Dijon Baked Potato,Roasted Italian Mixed Vegetables-Key West Blend Watermelon,Wedges	Veal,Bavarian with Sauce Potato,O'Brien Cauliflower,Parslied Fruit,Fresh in Season	Chicken,Honey Garlic Couscous,Vegetable Spinach,Steamed Mandarin Orange,Sections Unsweetened
<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>

Meal Notes: Whole Wheat Rolls offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 30 ml Peanut Butter offered everyday as a choice at Breakfast. 125 ml Fruit Yogurt are provided when requested as a choice at Breakfast. Banana or 3 prunes available on request every day at Breakfast. 250 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Juice Crystals (Orange, Apple, Cranberry, Grape, Tropical Passion, Peach, Pear, Raspberry or V-8 Vegetable Cocktail, Tomato Juice) are offered at Lunch & Dinner. 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
 BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
 MENU PERSONALIZED BY: Valley Manor Nursing Home

REGULAR WEEK AT A GLANCE
Valley Manor Fall and Winter Menu 2018

Fall/Winter 18

Week2: October 22 to October 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Juice,Apple Cereal,Oatmeal Egg,Poached Bread,Whole Wheat Toast Buttered	Juice,Cranberry Cocktail Cereal,Oatmeal Egg,Omelet Plain Bread,Whole Wheat Toast Buttered	Juice,Apple Cereal,Oatmeal Egg,Scrambled Bread,Whole Wheat Toast Buttered	Juice,Orange Cereal,Cream of Wheat Cheese,Cheddar Bread,Whole Wheat Toast Buttered	Juice,Orange Cereal,Cream of Wheat Egg,Boiled OS Bread,Whole Wheat Toast Buttered	Juice,Cranberry Cocktail Cereal,Oatmeal Egg,Scrambled Bread,Whole Wheat Toast Buttered	Juice,Apple Cereal,Cream of Wheat Waffles Syrup,Table Sausage,Breakfast
Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Whole Wheat Toast Buttered Jam

*Jam	*Jam	*Jam	*Jam	*Jam	*Jam	
LUNCH						
*Soup,Cream of Asparagus OS	*Soup,Minestrone	*Soup,Cream of Mushroom OS	*Soup,Corn Lentil	*Soup,Chicken Noodle	*Soup,California Bean	*Soup,Parsnip Leek and Apple

Sandwich,Deli Meat Mustard,Prepared 5 mL Salad,Red Cabbage Peach,Diced Unsweetened	Salad,Cheddar Cheese Fruit and Scone Plate Fruit,Cup Winter	Salad,Salmon Sandwich Sockeye Salad,Cucumber Chilled Dill Mandarin Orange,Sections Unsweetened	Salad,Turkey Waldorf Greens Salad Cran Loaf Plate Banana,Fresh	Sandwich,Monte Cristo Italian Salad,Romaine with Dressing Cantaloupe,Wedge	Casserole,Macaroni and Three Cheese Salad,Tomato Basil Apricot,Halves Unsweetened Bread,Dinner Roll Whole Wheat Margarine	Beef,Meatballs Primavera Rice,Plain White Peas,Green Pineapple,Unsweetened Bread,Dinner Roll Whole Wheat Margarine
Strata,Broccoli Mushroom Bread,Dinner Roll Whole Wheat Salad,Chef's with Dressing Square,Raspberry Oatmeal Margarine	Turkey,Burger with Seasoned Mayo Salad,Marinated Vegetables Pudding,Peanut Butter	Pasta,Taco Broccoli,Herbed Gelatin,Fruity Layered Dessert Bread,Dinner Roll Whole Wheat Margarine	Egg,Quiche Spinach and Squash Asparagus Mousse,White Chocolate OS Bread,Dinner Roll Whole Wheat Margarine	Fish,Cakes OS Potato,French Fries Salad,Coleslaw Creamy OS Square,Oreo Cookie Blondie Bread,Dinner Roll Whole Wheat Margarine	Sandwich,Pastrami on Rye w/ Dijon Salad,Caesar Ice Cream,Assorted	Quesadilla,Vegetarian Salad,Garden/Dressing Trifle,Pear Gingersnap
DINNER						
Beef,Salisbury Steak French Onion Gravy,Beef Potato,Mashed Brussels Sprouts Cheesecake,Pumpkin	Pork,Chop Sweet Cuban Potato,Sweet Wedges Roasted Corn,Niblets Pie,Cherry OS Bread,Dinner Roll Whole Wheat Margarine	Chicken,Marengo Rice,Ginger Vegetables,Mediterranean Roasted Root Cake,Carrot Iced	Beef,Pot Roast Spiced Gravy,Beef Potato,Oven Browned Beans,Green Seasoned Cobbler,Vanilla Caramel Peach	RESIDENT CHOICE Residents' Choice-Main Meal	Pork,Ribette Maple Glazed Casserole,Potato Hash Brown Carrots,Julienned Cake,Triple Chocolate Fudge	Turkey,Roast Stuffing,Traditional Gravy,Poultry Potato,Mashed Squash,Butternut Roasted Pie,Fruit Forest
Fish,Haddock Mediterranean Rice,Seven Grain Mixed Vegetables-Pearl Harvest Blend Fruit,Cocktail Unsweetened	Lamb,Curry Bread,Naan Peas,Sugar Snap Rhubarb,Stewed	Sausage,Oktoberfest Potato,Boiled Parsley Zucchini,Grilled with Peppers Fruit,Mixed Berries	Stew,Sweet Harvest Quinoa,Pilaf Cauliflower Pear,Diced Unsweetened	Veal,Schnitzel with Celery Apple and Onion Potato,Paprika Seasoned Beets,Harvard Fruit,Fresh in Season Bread,Dinner Roll Whole Wheat Margarine	Chicken,Pot Pie Southwest Bread,Corn Spinach,Seasoned Fruit,Compote Spicy	Fish,Tilapia Chili Lime Potato,Boiled Baby Red Mixed Vegetables-Winter Blend Watermelon,Wedges

*Bread,Dinner Roll Whole Wheat *Margarine		*Bread,Dinner Roll Whole Wheat *Margarine	*Bread,Dinner Roll Whole Wheat *Margarine		*Bread,Dinner Roll Whole Wheat *Margarine	*Bread,Dinner Roll Whole Wheat *Margarine

Meal Notes: Whole Wheat Rolls offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 30 ml Peanut Butter offered everyday as a choice at Breakfast. 125 ml Fruit Yogurt are provided when requested as a choice at Breakfast. Banana or 3 prunes available on request every day at Breakfast. 250 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Juice Crystals (Orange, Apple, Cranberry, Grape, Tropical Passion, Peach, Pear, Raspberry or V-8 Vegetable Cocktail, Tomato Juice) are offered at Lunch & Dinner. 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
 BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
 MENU PERSONALIZED BY: Valley Manor Nursing Home

REGULAR WEEK AT A GLANCE
Valley Manor Fall and Winter Menu 2018

Fall/Winter 18

Week3: October 29 to November 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Juice,Orange Cereal,Oatmeal Egg,Scrambled Bread,Whole Wheat Toast Buttered	Juice,Apple Cereal,Cream of Wheat Egg,Omelet Plain Bread,Whole Wheat Toast Buttered	Juice,Pineapple Cereal,Oatmeal Egg,Boiled OS Bread,Whole Wheat Toast Buttered	Juice,Cranberry Cocktail Cereal,Cream of Wheat Egg,Scrambled Bread,Whole Wheat Toast Buttered	Juice,Apple Cereal,Oatmeal Egg,Poached Bread,Whole Wheat Toast Buttered	Juice,Orange Cereal,Cream of Wheat Cheese,Cheddar Bread,Whole Wheat Toast Buttered	Juice,Blended Cereal,Oatmeal French Toast Syrup,Table
Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,English Muffin WW Toasted Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Whole Wheat Toast Buttered Jam
<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	<i>*Jam</i>	
LUNCH						
<i>*Soup,Cream of Broccoli</i>	<i>*Soup,Vegetable Roasted with Garlic</i>	<i>*Soup,Barley</i>	<i>*Soup,Basil Tomato</i>		<i>*Soup,Pumpkin and Leek</i>	<i>*Soup,Cream of Celery</i>
Sandwich,Beef Roast Hot with Gravy Salad,Cucumber Tangy Rhubarb,Stewed	Salad,Egg Sliced Pasta OS and Beet Plate Cantaloupe,Diced	Seafood,Savoury Burger Salad,Coleslaw Asian (OS Dressing) Pear,Diced Unsweetened	Sauce,Primavera Pasta,Linguine Salad,Chef's with Dressing Peach,Diced Unsweetened Bread,Dinner Roll Whole Wheat Margarine	RESIDENT CHOICE Residents' Choice-Light Meal	Salad,Tuna Sandwich Salad,Tomato Country Style Apricot,Halves Unsweetened	Lasagna,Vegetable Whole Wheat Salad,Tuscan Greens with Balsamic Dressing Fruit,Mixed Berries Bread,Dinner Roll Whole Wheat Margarine
Chili,Black Bean Tortilla,Triangles Salad,Spinach with Dressing Mousse,Peach Passion OS	Sandwich,Grilled Salami and Cheese Salad,Tossed with Dressing Pudding,Butterscotch Cooked	Sausage,Turkey Salad,Potato Sweet Salad,Roasted Corn Square,Date Bread,Dinner Roll Whole Wheat Margarine	Wrap,Beef Salad,Marinated Vegetables Cupcake,Vanilla	Soup,Resident Choice Sandwich,Reuben Salad,Zucchini Ribbon Custard,Baked	Egg,Frittata Mexican Bread,Toast Points Buttered Salad,Romaine with Dressing Parfait,Shattered Glass	Sandwich,Chicken Sliced with Seasoned Mayonnaise Salad,Carrot Pineapple Ice Cream,Sundae
DINNER						
Chicken,Mornay Dijon Pastry,Patty Shell 3" Asparagus Cake,Warm Winter Lemon	Beef,Swiss Steak Italienne Potato,Baked with Sour Cream and Chives Brussels Sprouts Square,Brownie Oreo	Pork,Pulled Chop Suey Rice,Seasoned Peas,Sugar Snap Cheesecake,French Cream Sauce,Fruit Dessert	Chicken,Paprika in Sour Cream Gravy Potato,Mashed Squash,Butternut Spiced Pie,Banana Cream Bread,Dinner Roll Whole Wheat Margarine	Fish,Krunchie Perch Sauce,Tartar 15 ml OS Rice,Lemon Broccoli Spinach,Steamed Crumble,Rhubarb and Blueberry	Casserole,Turkey Cranberry Corn,Seasoned Cake,Sticky Toffee Pudding	Ham,Baked Sauce,Mustard Potato,Scalloped Sweet Cabbage,Calico Pie,Apple OS
Pork,Chop Mushroom and Pepper Stewed Potato,Parisienne Roasted Vegetable,Roasted Fall Banana,Fresh Bread,Dinner Roll Whole Wheat	Fish,Salmon Loin Glaze,Cranberry Polenta,Rosemary Cauliflower,Roasted Fruit,Compote Cinnamon	Beef,Liver Breaded OS with Onions Potato,Romanoff Carrots,Orange Ginger Fruit,Cocktail Unsweetened	Stew,Lamb South American Biscuit,Tea Garlic and Herb Parsnips,Glazed Fruit,Cup Winter	Pork,Loin Roast Gravy,Brown Potato,Oven Roasted Mixed Vegetables-PEI Blend Pineapple,Unsweetened	Veal,Normande with Sauce Couscous Vegetables,Honey Dijon Watermelon,Wedges	Beef,Meat Loaf Islander Glazed Barley,Pilaf Mushroom Beans,Green French Style Fruit,Fresh in Season
<i>*Margarine</i>	<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>		<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>	<i>*Bread,Dinner Roll Whole Wheat</i> <i>*Margarine</i>

Meal Notes: Whole Wheat Rolls offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 30 ml Peanut Butter offered everyday as a choice at Breakfast. 125 ml Fruit Yogurt are provided when requested as a choice at Breakfast. Banana or 3 prunes available on request every day at Breakfast. 250 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Juice Crystals (Orange, Apple, Cranberry, Grape, Tropical Passion, Peach, Pear, Raspberry or V-8 Vegetable Cocktail, Tomato Juice) are offered at Lunch & Dinner. Minimum 125 ml Water is offered at every meal. 180 ml Coffee and Tea are offered every day at every meal.

Note: *IIndicates 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
Valley Manor Fall and Winter Menu 2018

Fall/Winter 18

Week4: November 5 to November 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Juice,Cranberry Cocktail Cereal,Cream of Wheat Cheese,Cheeddar Bread,Whole Wheat Toast Buttered	Juice,Blended Cereal,Oatmeal Egg,Poached Bread,Whole Wheat Toast Buttered	Juice,Pineapple Cereal,Cream of Wheat Egg,Scrambled Bread,Whole Wheat Toast Buttered	Juice,Apple Cereal,Oatmeal Cheese,Cheeddar Bread,Whole Wheat Toast Buttered	Juice,Orange Cereal,Cream of Wheat Egg,Boiled OS Bread,Whole Wheat Toast Buttered	Juice,Blended Cereal,Oatmeal Egg,Scrambled Bread,Whole Wheat Toast Buttered	Juice,Cranberry Cocktail Cereal,Cream of Wheat Egg,Omelet Plain Bread,Whole Wheat Toast Buttered
Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered	Fruit,Fresh Assorted Cereal,Cold Assorted with Bran Peanut Butter 30 mL Bread,Raisin Toast Buttered

*Jam						
LUNCH						
*Soup,Cream of Cauliflower	*Soup,Hearty Vegetable	*Soup,Chicken Gumbo	*Soup,French Canadian Pea	*Soup,Cream of Carrot	*Soup,Mushroom Barley Chowder	*Soup,Lentil Moroccan
Sandwich,Mini Sub Salad,Orange Beet and Spinach Cantaloupe,Diced	Beef,Hamburger Salad,Mixed Greens with Dressing Rhubarb,Stewed	Casserole,Tuna Greek Carrots,Juliened Mandarin Orange,Sections Unsweetened	Egg,Quiche Potato Leek Salad,Asparagus Marinated Banana,Fresh Bread,Dinner Roll Whole Wheat Margarine	Sandwich,Turkey Tuscan Salad,Broccoli Peach,Diced Unsweetened	Sandwich,Corned Beef on Rye Salad,Waldorf Fruit,Fresh in Season	Pasta,Cheese Ravioli Alfredo Salad,Romaine with Dressing Pear,Diced Unsweetened Bread,Dinner Roll Whole Wheat Margarine
Egg,Omelet Tomato Basil Bread,Toast Points Buttered Salad,Pea Creamy Square,Nanaimo Bar	Salad,Cheese Pineapple Peach Zucchini Loaf Plate Yogurt,Frozen Assorted	Vegetarian,Black Bean Patty Salad,Pasta Santa Fe Salad,Coleslaw Creamy OS Square,Rice Krispie	Salad,Chicken Caesar Bread,Stick Soft Cupcake,Maple	Sausage,Currywurst Salad,Tossed with Dressing Tart,Two Bite OS Bread,Dinner Roll Whole Wheat Margarine	Fish,Cod Sticks Potato,Sweet Fries Mixed Vegetables-Peas and Pearls Mousse,Vanilla OS Bread,Dinner Roll Whole Wheat Margarine	Sandwich,Peameal BLT Toasted Salad,Cucumber Yogurt Maple Cake,Banana Iced OS

		*Bread,Dinner Roll Whole Wheat *Margarine				
DINNER						
Beef,Pepper Steak Rice,Herbed Broccoli Cake,Gingerbread OS	Chicken,Mushroom Sauce Potato,O'Brien Squash,Butternut Roasted Pie,Boston Cream OS Bread,Dinner Roll Whole Wheat Margarine	Beef,Pot Pie Gravy,Beef Potato,Boiled Baby Red Turnip,Seasoned Pears,Baked with Oatmeal Crisp Topping	Pork,Ribette Sweet and Spicy BBQ Potato,Country Diced Beets,Roasted with Olive Oil and Basil Square,Cherry Creamy	RESIDENT CHOICE Residents' Choice-Main Meal	Chicken,Teriyaki Rice,Asian Fried Mixed Vegetables-Oriental Mix Bread Pudding,Chocolate Sauce,Custard	Beef,Roast Sirloin Horseradish 15ml Pudding,Yorkshire (Mix) Gravy,Beef Potato,Oven Browned Beans,Whole Yellow and Green Pie,Pumpkin Whipped Topping OS
Fish,Baked Creole Potato,Lyonnaise Asparagus Fruit,Cocktail Unsweetened	Stew,Pork Roast Prairie Pastry,Patty Shell 3" Corn,Niblets Watermelon,Wedges	Lamb,Chop Herbed Quinoa,Pilaf Peppers,Sauteed with Onions Apricot,Halves Unsweetened	Veal,Cutlet Sauteed Sauce,Balsamic Tomato Pasta,Fettucine Brussels Sprouts Fruit,Compote Spicy	Fish,Sole Oven Baked Breaded Potato,Wedges Spinach,Sauteed with Garlic Pineapple,Unsweetened Bread,Dinner Roll Whole Wheat Margarine	Pork,Chop Honey Spice Glazed Potato,Mashed Cabbage,Braised Red Fruit,Cup Winter	Turkey,Thighs Apple Braised Potato,Boiled Parsley Vegetable,Crisp Medley Fruit,Mixed Berries Bread,Dinner Roll Whole Wheat Margarine

*Bread,Dinner Roll Whole Wheat *Margarine		*Bread,Dinner Roll Whole Wheat *Margarine	*Bread,Dinner Roll Whole Wheat *Margarine		*Bread,Dinner Roll Whole Wheat *Margarine	

Meal Notes: Whole Wheat Rolls offered every day at Lunch and Dinner. Two Crackers are served every day at Lunch with Soup. 30 ml Peanut Butter offered everyday as a choice at Breakfast. 125 ml Fruit Yogurt are provided when requested as a choice at Breakfast. Banana or 3 prunes available on request every day at Breakfast. 250 ml Milk is offered at Breakfast,125 ml Milk is offered every day at Lunch and Dinner. 125 ml Juice Crystals (Orange, Apple, Cranberry, Grape, Tropical Passion, Peach, Pear, Raspberry or V-8 Vegetable Cocktail, Tomato Juice) are offered at Lunch & Dinner. 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