

Intermediate Care Home

Cycle 9

Year 2018

	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12	Jan 13
Breakfast	Sunday (Open)	Monday (Open)	Tuesday (Open)	Wednesday (Open)	Thursday (Open)	Friday (Open)	Saturday (Open)
Juice	Variety	Variety	Variety	Variety	Variety	Variety	Variety
Cereal	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea
Fruit	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat
#meals:	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes
Lunch:							
Soup (Kitchen)	No Soup Required	Soup - 6 oz/person	Soup - 6 oz/person	Soup - 6 oz/person	Soup - 6 oz/person	No Soup Required	Soup - 6 oz/person
Meat or Meat Substitute	French Toast	BLT	Salmon Salad Sandwich	Ham, Cheese & Lettuce Sandwich	Beef Sandwich with lettuce, tomato & mayo	Hot dogs & baked beans	Open Face d Tuna Melt
Vegetable							
Salad						Coleslaw	Pickles
Other	Bacon						
Dessert	Yogurt	Pineapple Tidbits	Peaches	Fruit Salad	Jello	Pears	Yogurt
#meals:							
Supper							
Soup	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required
Salad	Tossed	Chef's Choice	Buffet Night	Tossed	Chef's Choice	Chef's Choice	Tossed
Entrée	Turkey & all the fixings	Mild Curry Chicken		Chicken Pot Pie	Stuffed Pork Loin & Gravy	Liver & Onions & Gravy	Baked Chicken Thighs
Starch	Mashed Potatoes	Santa Fe Rice			Steamed Potatoes	Mashed Potatoes	Scalloped Sweet Potatoes
Vegetables	Rutabaga	Roasted Beets & Carrots		PEI Veg Mix	Corn	Italian Veg Mix	Mixed Vegetables
Dessert	Tapioca Pudding	Butterscotch Sundae		Upside Down Cake	Pumpkin Dessert	Ice Cream & Chocolate Sauce	Rice Pudding

Intermediate Care Home
 Cycle 10
 Year 2018

	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20
Breakfast	Sunday (Open)	Monday (Open)	Tuesday (Open)	Wednesday (Open)	Thursday (Open)	Friday (Open)	Saturday (Open)
Juice	Variety	Variety	Variety	Variety	Variety	Variety	Variety
Cereal	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea	Coffee/Tea
Fruit	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat	Cold Cereals Oatmeal or Cream of Wheat
#meals:	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes	Variety of Fruit and/or Dried Prunes
Lunch:							
Soup (Kitchen)	No Soup Required	Soup - 6 oz/person	Soup - 6 oz/person	Soup - 6 oz/person	Soup 6 oz/person	No soup required	Soup - 6 oz/person
Meat or Meat Substitute	Omelette	Ham Salad Sandwich	Apple Swiss Turkey Sandwich	Chicken Burger with lettuce, tomato & mayo	Denver	Hot Hamburger	Salmon Salad Sandwich
Vegetable	Tomato Slices						
Salad							
Other	Toast					Fries	
Dessert	Apricots	Grapes	Yogurt	Fruit Salad	Pears	Pineapple tidbits	Apricots
#meals:							
Supper							
Soup	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required	No Soup Required
Salad	Chef's Choice	Tossed	Buffet Night	Chef's Choice	Tossed	Chef's Choice	Chef's Choice
Entrée	Sweet & Sour Ribs	Creamy Meatballs & Mushrooms		Vegetable Quiche	Lasagna	Tuna Bake	Salisbury Steak, Mushroom Sauce
Starch	Oven Roast Potato	Brown Rice		Beets	Garlic Toast	Biscuit	Baked Potato
Vegetables	Creamed Peas	Broccoli		Cheesecake	Sunrise Vegetable	Carrots	Braised Cabbage & Red Pepper
Dessert	Strawberry Shortcake	Chocolate Pudding (Diabetic Friendly)			Peach Mousse (Diabetic Friendly)	Chocolate Cherry Cake	Ice Cream & Strawberry Sauce