

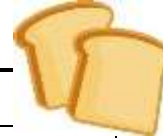


2021-2022 Fall – Winter Menu

Vegreville Manor

Week 3

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Nov 1	Jan 24	Nov 2	Jan 25	Nov 3	Jan 26	Nov 4	Jan 27	Nov 5	Jan 28	Nov 6	Jan 29	Nov 7	Jan 30
	Nov 29	Feb 21	Nov 30	Feb 22	Dec 1	Feb 23	Dec 2	Feb 24	Dec 3	Feb 25	Dec 4	Feb 26	Dec 5	Feb 27
	Dec 27	March 21	Dec 28	March 22	Dec 29	March 23	Dec 30	March 24	Dec 31	March 25	Jan 1	March 26	Jan 2	March 27
Beverages	• Tea • Coffee • Juice • Milk • Water													
Breakfast	Dry Cereal Toast Fruit (banana/orange) Boiled Egg		Dry Cereal Waffles Fruit (banana/orange) Sausage Pattie		Dry Cereal Raisin Toast Fruit (banana/orange) Yogurt		Cream of Wheat Toast Fruit (banana/orange) Yogurt		Oatmeal Toast Fruit (banana/orange) Yogurt		Dry Cereal Toast Fruit (banana/orange) Yogurt		Dry Cereal Toast Fruit (banana/orange) Cheese Slice	
Lunch	 													
Soup	Mushroom		Chicken Rice		Borscht		Wonton		Split Green Pea		French Ho Onion		Chicken Noodle	
Entree	Chicken Burger w/Sweet Potato Fries Broccoli Salad		Salmon Sandwich Coleslaw Pickle on side		Grilled Rubeen (corned beef, sauerkraut, Swiss cheese) Tomato Salsa Salad		Fried Eggs Bacon Toast Orange Slices		Pork Garlic Ribs Potato Salad Garnish w/Pickle		Ham Sandwich w/Lettuce & Cheese Tomato/Cucumber Slices Side Pickle		Western Omelet w/Ham, Celery, Green Onion, Cheese Toast Orange Slices	
	Fruit Cocktail		Cookie		Mandarin Orange		Muffin		Peach		Danish		Cookie	
Alternate	Sandwich		Sandwich		Sandwich		Sandwich		Sandwich		Sandwich		Sandwich	
Supper														
Soup	Chicken Rice		Borscht		Wonton		Split Green Pea		French Onion		Chicken Noodle		Sauerkraut	
Entrée	Roast Pork w/applesauce Oven Roasted Potato Casserole Peas w/Mushrooms Cuc & Tomato Salad		Ukrainian Plate Smoked Sausage Perogies w/Sour Cream Lazy Cabbage		Sweet 'n Sour Chicken Fried Rice Stir Fried Vegetables		Hot Sautéed Beef Tips w/Coloured Peppers Baked Potato w/ sr. cream & gr. Onion Tossed Salad		Baked Fish Coleslaw Cubed Potato (w/butter & dill sauce) Peas		<i>Italian Night</i> Spaghetti w/Meat Sauce Caesar Salad Garlic Toast		Roasted Chicken Nachinka (cornmeal) Tossed Salad Diced Beets	
Dessert	Rice Pudding		Cherry Delight		Ice Cream		Melon Mix		Upside-down Pineapple Cake		Square		Fruit Pie	
Alternate	Sandwich or Perogies		Sandwich or Perogies		Sandwich or Perogies		Sandwich or Perogies		Sandwich or Perogies		Sandwich or Perogies		Sandwich or Perogies	
Condiments	• Bread • Margarine • Butter •													

Alternate options such as sandwiches, etc. must be ordered by 2 hours prior to the meal. Please see COOK to place your order.
Menu may change without notice.