

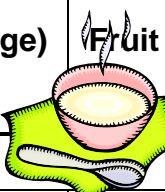



2021 - 2022 Fall - Winter Menu

Vegreville Manor

Week 4

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Nov 8 Dec 6 Jan 3	Jan 31 Feb 28 March 28	Nov 9 Dec 7 Jan 4	Feb 1 March 1 March 29	Nov 10 Dec 8 Jan 5	Feb 2 March 2 March 30	Nov 11 Dec 9 Jan 6	Feb 3 March 3 March 31	Nov 12 Dec 10 Jan 7	Feb 4 March 4 April 1	Nov 13 Dec 11 Jan 8	Feb 5 March 5 April 2	Nov 14 Dec 12 Jan 9	Feb 6 March 6 April 3
Beverages	• Tea • Coffee • Juice • Milk • Water													
Breakfast	Dry Cereal Toast Fruit (banana/orange) Boiled Egg		Dry Cereal Waffles Fruit (banana/orange) Ham Slice		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) Cheddar Cheese Slice	
Lunch	 													
Soup	Sauerkraut		Navy Bean		Beef Vegetable		Seafood Chowder		Mushroom Barley		Chicken Noodle		Vegetable	
Entree	Creamy Mac'n Cheese Baked Ham Carrot Salad		Tuna Sandwich Marinated Vegetable Salad		Chili or Lasagna (Alternate weeks) Caesar Salad Garlic Bread		Breakfast Egg Bun w/Sausage Pattie Tomato Slice		Chicken Wings Caesar Salad Cheesy Garlic Toast		Sliced Roast Pork Cold Plate w/cottage Cheese, Tomato & Cucumbers		Toasted Bacon & Tomato Sandwich Boiled Egg Sauerkraut Salad	
	Diced Pears		Tropical Fruit		Cookie		Orange Slices		Fruit Cocktail		Lime Jell-O		Seasonal Fresh Fruit	
Alternate	Sandwich		Sandwich		Sandwich		Sandwich		Sandwich		Sandwich		Sandwich	
Supper														
Soup	Navy Bean		Beef Vegetable		Seafood Chowder		Mushroom Barley		Chicken Noodle		Vegetable		Mushroom	
Entrée	Roast Beef Mashed Potato Gravy Coleslaw Peas w/Mushroom		St. Louis Pork Ribs Baked Potato w/toppings (sr. cream, gr. onion) Cucumber/onion Salad Mixed Beans w/garlic		Baked Chicken w/sauce Rice Tossed Salad Carrots		Chef's Choice Main Entrée Salad Vegetable		Herb Crusted Fish Roasted Cubed Potato Coleslaw Peas & Diced Carrots		Meatballs w/gravy Mashed Potato Tossed Salad Tri Color Vegetables Bread'n Butter Pickles		Beef Sausages Potato Casserole Steamed Cabbage Caesar Salad Corn	
Dessert	Peach Cobbler		Pudding		Cherry Tart		Baked Apples		Lemon Square		Ice Cream		Coconut Cream 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.