

REGULAR WEEK AT A GLANCE
Valley Manor 2023-2024 Menu

Four Week Cycle Menu

Week1: September 4 to September 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
*Fruit,Fresh in Season *Juice,Orange	*Fruit,Fresh in Season *Juice,Orange	*Fruit,Fresh in Season *Juice,Orange	*Fruit,Fresh in Season *Juice,Orange	*Fruit,Fresh in Season *Juice,Orange	*Fruit,Fresh in Season *Juice,Orange	*Fruit,Fresh in Season *Juice,Orange
Cereal,Oatmeal Egg,Boiled OS Bread,Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal,Cream of Wheat Cheese,Cheddar Bread,Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal,Oatmeal Egg,Scrambled Bread,Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal,Cream of Wheat Egg,Poached Bread,Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal,Oatmeal Egg,Boiled OS Bread,Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal,Cream of Wheat Egg,Omelet Cheese OS Bread,Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal,Oatmeal Egg,Scrambled Bacon Bread,Whole Wheat Toast Buttered Peanut Butter Individual
Choice,Cereal Cold Yogurt,Fruit Low Fat Reduced Sugar	Choice,Cereal Cold with Bran Yogurt,Fruit Low Fat Reduced Sugar	Choice,Cereal Cold with Bran Yogurt,Fruit Low Fat Reduced Sugar	Choice,Cereal Cold with Bran Yogurt,Fruit Low Fat Reduced Sugar	Choice,Cereal Cold with Bran Yogurt,Fruit Low Fat Reduced Sugar	Choice,Cereal Cold with Bran Yogurt,Fruit Low Fat Reduced Sugar	Choice,Cereal Cold with Bran Yogurt,Fruit Low Fat Reduced Sugar
LUNCH						
*Juice,Grape Drink Diet *Soup,Tomato OS Canned	*Juice,Apple Drink Diet *Soup,Turkey Rice	*Juice,Lemonade Diet *Soup,Chicken Noodle	*Juice,Tropical Punch Drink Diet *Soup,Garden Vegetable	*Juice,Cranberry Drink Diet *Soup,Bean Hearty	*Juice,Peach Drink Diet *Soup,Cauliflower Chickpea	*Juice,Orange Drink Diet *Soup,Tomato Macaroni
Casserole,Beef Macaroni Salad,Tossed with Dressing Cantaloupe,Diced	Sandwich,Turkey Roast with Cranberry Salad,Cucumber Chilled Dill Fruit,Tropical Salad	Salad,Beef Sliced Rice and Broccoli Plate Applesauce	Salad,Chicken Caesar Bread,Garlic Toast Peach,Diced	Fish,Cod Nuggets OS Potato,French Fries Mixed Vegetables-PEI Blend Mandarin Orange,Sections	Salad,Egg Red Beet Citrus Plate Pear,Diced	Sandwich,Sloppy Joe Salad,Vegetable Medley Slaw Pineapple
Salad,Chicken Sandwich Salad,Roasted Corn Pudding,Chocolate OS Dry Mix with Whipped Topping	Egg,Omelet Western Bread,Dinner Roll Whole Wheat Salad,Asparagus Marinated Gelatin,Strawberry	Sandwich,Pork Pulled on WW Bun Salad,Coleslaw Creamy OS Pudding,Rice OS	Salad,Tuna on a Soft Bun Salad,Carrot Raisin OS Square,Pineapple	Salad,Cheese Pineapple Peach Zucchini Loaf Plate Yogurt,Frozen Vanilla	Fried Bologna Potato,Hash Brown Salad,Marinated Tomato and Onion Gelatin,Fruity Layered Dessert	Salad,Ham on a Croissant Salad,Chef's with Dressing Choice,Ice Cream
DINNER						
*Juice,Pear Drink Diet	*Juice,Cranberry Drink Diet	*Juice,Grape Drink Diet	*Juice,Peach Drink Diet	*Juice,Lemonade Diet	*Juice,Pear Drink Diet	*Juice,Apple Drink Diet
Pork,Ribette Apple Glazed Potato,O'Brien Mixed Vegetables-California Blend Cake,Sticky Toffee Pudding OS	Lasagna,Perogy Peas,Green Pie,Peach OS	Chicken,Herb Baked Potato,Mashed Gravy,Poultry Carrots,Sliced Cake,Spice Cream Cheese Frosting	Pork,Cottage Roll Potato,Scalloped OS Dry Mix Cauliflower,Roasted Pie,Lemon Meringue OS	Fish,Burger Mayonnaise Lettuce,Leaf Salad,Coleslaw Creamy OS Cake,Chocolate Iced	Casserole,Chicken Baked with Rice Asparagus Cheesecake,French Cream OS Drizzle,Raspberry OS	Turkey,Roast Breast Gravy,Poultry Potato,Mashed Carrots,Juliened Pie,Blueberry OS
Beef,Meatballs Honey Garlic Rice,Seasoned Zucchini,Sauteed Pear,Diced	Fish,Krunchie Perch OS Potato,Roasted Dijon Squash,Whipped Sauce,Tartar Individual OS Strawberries	Salad,Cobb (Entree) Bread,Dinner Roll Whole Wheat Choice,Fruit Fresh	Veal,Scalopini Pasta,Linguine Brussels Sprouts,Seasoned Fruit,Cocktail	Pork,Chop with Mushroom Gravy Potato,Oven Roasted Beans,Yellow and Green Buttered Fruit,Mixed Berries OS	Beef,Liver Breaded OS with Onions Potato,Franconia Mushrooms,Saute Apricot,Halves	Fish,Salmon Maple Balsamic Rice,Pilaf Broccoli,Buttered Fruit,Compote Spicy
AM SNACK						
*Choice,Juice	*Choice,Juice	*Choice,Juice	*Choice,Juice	*Choice,Juice	*Choice,Juice	*Choice,Juice
PM SNACK						
*Choice,Juice Drink Diet *Choice,Fruit Fresh	*Choice,Juice Drink Diet *Choice,Fruit Fresh	*Choice,Juice Drink Diet *Choice,Fruit Fresh	*Choice,Juice Drink Diet *Choice,Fruit Fresh	*Choice,Juice Drink Diet *Choice,Fruit Fresh	*Choice,Juice Drink Diet *Choice,Fruit Fresh	*Choice,Juice Drink Diet *Choice,Fruit Fresh
Milk,1% 125 mL Choice,Cookie	Milk,1% 125 mL Choice,Cookie	Milk,1% 125 mL Choice,Cookie	Milk,1% 125 mL Choice,Cookie	Milk,1% 125 mL Choice,Cookie	Milk,1% 125 mL Choice,Cookie	Milk,1% 125 mL Choice,Cookie
EVENING SNACK						
*Choice,Fruit Fresh	*Choice,Fruit Fresh	*Choice,Fruit Fresh	*Choice,Fruit Fresh	*Choice,Fruit Fresh	*Choice,Fruit Fresh	*Choice,Fruit Fresh
Salad,Egg Sandwich Yogurt,Fruit Assorted Individual	Salad,Chicken Sandwich Cheese,Cottage	Salad,Tuna Sandwich Yogurt,Fruit Assorted Individual	Sandwich,Peanut Butter & Jam Cheese,Cottage	Salad,Egg Sandwich Yogurt,Fruit	Salad,Ham Sandwich	Sandwich,Peanut Butter Half

Note: Cheese and standard menu items that are offered with all meals

BASE MENU DEVELOPED BY COMPLETE PURCHASING SERVICES INC./ GESPRA
MENU PERSONALIZED BY: Valley Manor Nursing Home

Meal Notes:
Two Crackers served daily at Lunch with Soup. 175 ml Milk offered at Breakfast,125 ml Milk offered daily at Lunch and Dinner. 125-ml of orange Juice at breakfast . 125 ml Crystal Juices are available daily at Lunch and supper meals. Minimum 125 ml Water offered every meal. 180 ml Coffee and Tea offered every meal. Prunes are available upon request for breakfast.

Snack Notes:
125 ml Milk offered daily at AM, PM and HS snacks. 180 ml Coffee or Tea available daily at all snacks. 180 ml Hot Chocolate available daily at HS snack. 125 ml Diet crystal Juice offered daily at AM and PM snacks.

**REGULAR WEEK AT A GLANCE
Valley Manor 2023-2024 Menu**

Four Week Cycle Menu

Week2: September 11 to September 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange
Cereal, Cream of Wheat Egg, Poached Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Oatmeal Egg, Omelet Plain OS Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Cream of Wheat Cheese, Cheddar Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Oatmeal Egg, Boiled OS Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Cream of Wheat Egg, Poached Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Oatmeal Cheese, Cheddar Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Cream of Wheat Pancakes OS Sausage, Breakfast Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam
Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar
LUNCH						
*Juice, Cranberry Drink Diet *Soup, Cream of Potato	*Juice, Lemonade Diet *Soup, Chicken Noodle	*Juice, Orange Drink Diet *Soup, Hearty Vegetable	*Juice, Pear Drink Diet *Soup, Tomato OS Canned	*Juice, Peach Drink Diet *Soup, Boston Baked Bean 180 ml	*Juice, Grape Drink Diet *Soup, Split Pea with Ham OS Frozen	*Juice, Pear Drink Diet *Soup, Cream of Mushroom OS Canned
Chicken, Burger Salad, Balsamic Garden Fruit, Mixed Berries	Salad, Turkey Sandwich on 12 Grain Bread Salad, Tomato Country Style Apricot, Halves	Salad, Ham Sandwich Salad, Carrot Raisin OS Pineapple	Chicken, Dippers OS Sauce, Plum OS Salad, Tossed with Dressing Fruit, Tropical Salad	Salad, Cottage Cheese Fruit Scone Plate Hosp Rhubarb, Stewed	Salad, Deli Meat Potato and Asparagus Plate Peach, Diced	Salad, Salmon on a WW Bun Salad, Bean Four OS Strawberries
Salad, Cheddar Cheese Fruit Lemon Loaf Plate Gelatin, Jellied Fruit Salad	Egg, Quiche Potato Leek Salad, Romaine with Dressing Pudding, Chocolate Vanilla Parfait	Creamy Crab and Pasta Salad Tomato, Slices Bread, Garlic Toast Mousse, Raspberry Diet OS Dry Mix	Egg, Omelet Western Potato, Country Diced Mixed Vegetables-PEI Blend Pudding, Tapioca OS Dry Mix	Beef, Hamburger Salad, Cucumber and Tomato Sherbet, Orange	Salad, Egg Sandwich Salad, Spring Mix with Dressing Mousse, Chocolate Diet OS Dry Mix	Salad, Chicken Greek (Entree) Bread, Dinner Roll Whole Wheat Margarine, Individual Ice Cream, Sundae
DINNER						
*Juice, Grape Drink Diet	*Juice, Apple Drink Diet	*Juice, Tropical Punch Drink Diet	*Juice, Cranberry Drink Diet	*Juice, Lemonade Diet	*Juice, Orange Drink Diet	*Juice, Apple Drink Diet
Fish, English Style OS French Fries-Regular Mixed Vegetables-Fancy Blend Cake, Strawberry Shortcake	Chicken, Thigh Brown Sugar Potato, Scalloped Asparagus Crisp, Mixed Berry	Beef, Hamburger Stroganoff Pasta, Egg Noodles Buttered Mixed Vegetables-Montego Blend Tart, Butter Plain (No Raisins) OS	Pasta, Spaghetti Buttered Sauce, Meat 125 ml Brussels Sprouts Cake, Pecan Streusel OS	Lasagna, Vegetable Whole Wheat OS Bread, Garlic Toast Salad, Caesar Trifle, Fruit	Beef, Meat Loaf Potato, Oven Browned Mixed Vegetables-Peas and Pearls Crisp, Strawberry Rhubarb	Pork, Loin Roast Gravy, Brown Potato, Whipped Mixed Vegetables-Garden Blend Pie, Cherry OS
Stew, Chicken Brunswick Bread, Dinner Roll Whole Wheat Carrots, Sliced Fruit, Cocktail	Beef, Salisbury Steak with Mushroom and Onion Gravy Potato, Franconia Cabbage, Calico Choice, Fruit Fresh	Chicken, Mushroom Sauce Rice, Plain White Carrots, Sliced Pear, Diced	Salad, Chicken Sesame Chopped (Entree) Bread, Dinner Roll Whole Wheat Applesauce, Cinnamon	Fish, Krunchie Perch OS Potato, Boiled Baby Red Cauliflower Mandarin Orange, Sections	Chicken, Marengo Rice, Plain White Zucchini Pineapple	Chicken, Honey Lime Rice, Plain White Broccoli Choice, Fruit Fresh
AM SNACK						
*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice
PM SNACK						
*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh
Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie
EVENING SNACK						
*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh
Salad, Ham Sandwich Cheese, Cottage	Salad, Egg Sandwich Yogurt, Fruit	Sandwich, Peanut Butter Half Cheese, Cottage	Salad, Tuna Sandwich Choice, Yogurt Individual OS	Salad, Chicken Sandwich Cheese, Cottage Individual OS	Sandwich, Peanut Butter & Jam 1/2 GR Yogurt, Fruit Assorted Individual	Salad, Egg Sandwich Cheese, Cottage Individual OS

**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**

Meal Notes:
Two Crackers served daily at Lunch with Soup. 175 ml Milk offered at Breakfast, 125 ml Milk offered daily at Lunch and Dinner. 125 ml of orange juice at breakfast . 125 ml Crystal Juices are available daily at Lunch and supper meals. Minimum 125 ml Water offered every meal. 180 ml Coffee and Tea offered every meal. Prunes are available upon request for breakfast.

Snack Notes:
125 ml Milk offered daily at AM, PM and HS snacks. 180 ml Coffee or Tea available daily at all snacks. 180 ml Hot Chocolate available daily at HS snack. 125 ml Diet crystal Juice offered daily at AM and PM snacks.

REGULAR WEEK AT A GLANCE
Valley Manor 2023-2024 Menu

Four Week Cycle Menu

Week3: September 18 to September 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange
Cereal, Oatmeal Cheese, Cheddar Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Cream of Wheat Egg, Boiled OS Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Oatmeal Egg, Poached Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Cream of Wheat Cheese, Cheddar Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Oatmeal Egg, Scrambled Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Cream of Wheat Egg, Boiled OS Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Oatmeal French Toast Syrup, Table Sausage, Breakfast Peanut Butter Individual Bread, Whole Wheat Toast Buttered
Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar
LUNCH						
*Juice, Pear Drink *Soup, Vegetable Chowder	*Juice, Orange Drink Diet *Soup, Minestrone	*Juice, Grape Drink Diet *Soup, Corn and Chicken Chowder	*Juice, Peach Drink Diet *Soup, Cream of Broccoli	*Juice, Apple Drink Diet *Soup, Tomato OS Canned	*Juice, Tropical Punch Drink Diet *Soup, Hamburger	*Juice, Cranberry Drink Diet *Soup, Cream of Potato
Egg, Frittata Spring Potato, Country Cut Fries Salad, Garden with Dressing Pear, Diced	Fish, Tuna Burger with Seasoned Mayonnaise Salad, Broccoli Fruit, Mixed Berries OS	Chicken, Wings Sour Cream Sauce, Barbecue Salad, Caesar Rhubarb, Stewed	Wrap, Chicken Dill Salad, Coleslaw Creamy Orange, Wedges	Salad, Egg on a Croissant Salad, Cucumber Tangy Apricot, Halves	Salad, Salmon Sandwich on a Croissant Salad, Coleslaw Peach, Diced	Sandwich, Beef Sliced Salad, Tossed with Dressing Cantaloupe, Diced
Sausage, Barbeque Salad, Rice Salad, Vegetable Pudding, Butterscotch OS Dry Mix Whipped Topping	Sandwich, Ham & Swiss with Dijon Mayo on a Soft Bun Salad, Chef's with Dressing Pudding, Rice Creamy	Cheese, Dream Buns Salad, Tomato Basil Square, Oreo Cookie Blondie	Beef, Hot Dog on a Bun Salad, Romaine with Dressing Choice, Ice Cream	Salad, Turkey Curry and Chickpea Plate Bread, Dinner Roll Whole Wheat Sherbet, Orange	Salad, Cottage Cheese and Loaf Fruit Plate Mousse, Chocolate Diet OS Dry Mix	Chicken, Burger Mayonnaise, Herbed Salad, Cucumber and Tomato Gelatin, Jewels with Whipped Topping
DINNER						
*Juice, Tropical Punch Drink Diet	*Juice, Cranberry Drink Diet	*Juice, Apple Drink Diet	*Juice, Grape Drink Diet	*Juice, Lemonade Diet	*Juice, Pear Drink Diet	*Juice, Orange Drink Diet
Chicken, Teriyaki Potato, Mashed Cauliflower Cake, Sticky Toffee Pudding OS	Pork, Chop with Mushroom Gravy Potato, Herbed Spicy Carrots, GINGERED Cheesecake, French Cream OS Sauce, Blueberry	Beef, Swiss Steak Onion Smothered Potato, Oven Roasted Vegetable, Crisp Medley Pie, Chocolate Cream OS	Pork, Schnitzel Potato, Scalloped Parsnips, Diced Crisp, Peach	Beef, Stew Vegetable Potato, Boiled Baby Red Brussels Sprouts, Seasoned Cake, Strawberry Shortcake	Pork, Drummies OS Potato, Garlic Herb Roasted Red Corn, Cream Cake, Apple Cobbler	Ham, Baked Potato, Scalloped Cabbage, Braised Red Pie, Apple OS
Beef, Chili Enchilada Sour Cream Rice, Pilaf Peppers, Sauteed with Onions Applesauce	Casserole, Shepherd's Pie Chicken Beans, Green Lyon Style Bread, Dinner Roll Whole Wheat Fruit, Tropical Salad	Fish, Salmon Soy Glazed Rice, Plain White Asparagus Banana, Fresh	Salad, Chicken Club (Entree) Bread, Dinner Roll Whole Wheat Pineapple	Fish, Krunchie Perch OS Potato, Wedges Vegetables, Basil Citrus Fruit, Fresh Cup	Sandwich, Turkey Open Face Hot Potato, Mashed Carrots, Sliced Strawberries	Beef, Meatballs Primavera Rice, Pilaf Broccoli Fruit, Compote Spicy
AM SNACK						
*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice
PM SNACK						
*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh
Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie
EVENING SNACK						
*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh
Sandwich, Peanut Butter & Jam Cheese, Cottage	Salad, Tuna Sandwich Choice, Yogurt Individual OS	Salad, Ham Sandwich Half Cheese, Cottage Individual OS	Salad, Egg Sandwich Choice, Yogurt Individual OS	Salad, Chicken Sandwich Cheese, Cottage Pureed	*Choice, Fruit Fresh 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	

Meal Notes:
Two Crackers served daily at Lunch with Soup. 175 ml Milk offered at Breakfast, 125 ml Milk offered daily at Lunch and Dinner. 125 ml of orange juice at breakfast. 125 ml Crystal Juices are available daily at Lunch and supper meals. Minimum 125 ml Water offered every meal. 180 ml Coffee and Tea offered every meal. Prunes are available upon request for breakfast.

Snack Notes:
125 ml Milk offered daily at AM, PM and HS snacks. 180 ml Coffee or Tea available daily at all snacks. 180 ml Hot Chocolate available daily at HS snack. 125 ml Diet crystal Juice offered daily at AM and PM snacks.

REGULAR WEEK AT A GLANCE
Valley Manor 2023-2024 Menu

Four Week Cycle Menu

Week4: September 25 to October 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange	*Fruit, Fresh in Season *Juice, Orange
Cereal, Cream of Wheat Egg, Scrambled Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Oatmeal Egg, Poached Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Cream of Wheat Cheese, Cheddar Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam, Strawberry Ind	Cereal, Oatmeal Egg, Boiled OS Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Cream of Wheat Egg, Scrambled Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Oatmeal Cheese, Cheddar Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam	Cereal, Cream of Wheat Egg, Omelet Plain Sausage, Breakfast Bread, Whole Wheat Toast Buttered Peanut Butter Individual Jam
Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold with Bran Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar	Choice, Cereal Cold Yogurt, Fruit Low Fat Reduced Sugar
LUNCH						
*Juice, Apple Drink Diet *Soup, Cream of Chicken OS Canned	*Juice, Cranberry Drink Diet *Soup, Tomato OS Canned	*Juice, Grape Drink Diet *Soup, Cream of Cauliflower	*Juice, Pear Drink Diet *Soup, Cream of Mushroom OS Canned	*Juice, Lemonade Diet *Soup, Hearty Vegetable	*Juice, Peach Drink Diet *Soup, Cream of Asparagus	*Juice, Tropical Punch Drink Diet *Soup, Chicken Noodle
Sandwich, Deli Meat Salad, Pea Fruit, Mixed Berries OS	Beef, Hamburger BBQ Salad, Chef's Mandarin Orange, Sections	Fish, Cod Nuggets OS Potato, French Fries Mixed Vegetables-Fancy Blend Pineapple	Chicken, Strips OS Potato, French Fries Sauce, Plum OS Mixed Vegetables-California Blend Cantaloupe, Diced	Pancakes OS Dry Mix Syrup, Table Bacon, Peameal Apples, Slices Baked Cinnamon Pineapple	Sandwich, Beef Roast on Rye with Horseradish Mayo Salad, Broccoli Peach, Diced	Pizza, Pepperoni 16" Presheeted Salad, Caesar Pudding, Tapioca OS Dry Mix
Salad, Egg Pasta Mediterranean Plate Pudding, Vanilla OS Dry Mix with Whipped Topping	Sandwich, Turkey Dijon On a Soft Sandwich Bun Salad, Marinated Tomato and Onion Mousse, Raspberry Diet OS Dry Mix	Salad, Ham and Orzo Chickpea Plate Parfait, Shattered Glass	Quesadilla, Beef Sour Cream Salad, Broccoli and Cauliflower Creamy Choice, Ice Cream Cup OS	Sandwich, Havarti Cheese on Rye Salad, Mixed Greens with Dressing Mousse, Cookies and Cream	Egg, Quiche Garden Salad, Spinach with Dressing Yogurt, Frozen Vanilla	Salad, Tuna Pesto and Marinated Veg Plate Fruit, Compote Cinnamon
DINNER						
*Juice, Pear Drink Diet	*Juice, Peach Drink Diet	*Juice, Tropical Punch Drink Diet	*Juice, Apple Drink Diet	*Juice, Grape Drink Diet	*Juice, Cranberry Drink Diet	*Juice, Lemonade Diet
Beef, Hamburger Stroganoff Pasta, Egg Noodles Buttered Corn, Seasoned Square, Nanaimo Bar OS	Chicken, Dijon Potato, Franconia Mixed Vegetables-California Blend Buttered Cake, Chocolate Iced	Pasta, Taco Mixed Vegetables-Fancy Blend Cake, Banana Iced OS	Pasta, Rigatoni Braised Beef Vegetables, Sauteed Medley Pie, Strawberry Rhubarb OS	Pork, Ribette in BBQ Sauce Rice, Pilaf Mixed Vegetables-Oriental Mix Bread Pudding, Caramel	Chicken, Thigh Lemon Ginger Spiced Potato, Lyonnaise Mixed Vegetables-Peas and Pearls Cake, Carrot Iced	Beef, Roast Gravy, Beef Horseradish 15ml Potato, Mashed Beans, Green Honey Mustard Pie, Fruit Forest OS
Fish, Captain Burger on WW Bun Potato, Ranch Style Brussels Sprouts Apricot, Halves	Stew, Pork and Vegetable Scone, Buttermilk Turnip, Mashed Fruit, Cocktail	Chicken, Breast Creamy Potato, Whipped Squash, Butternut Roasted Fruit, Tropical Salad	Turkey, Breast Caribbean Potato, O'Brien Asparagus Pear, Diced	Salad, Chicken Southern BBQ (Entree) Bread, Dinner Roll Whole Wheat Apricot, Halves	Pork, Pineapple BBQ Rice, Fried Sesame Broccoli Rhubarb, Stewed	Fish, Salmon Garlic Grilled Potato, Roasted Baby Red Brussels Sprouts Choice, Fruit Fresh
AM SNACK						
*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice	*Choice, Juice
PM SNACK						
*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh	*Choice, Juice Drink Diet *Choice, Fruit Fresh
Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie	Milk, 1% 125 mL Choice, Cookie
EVENING SNACK						
*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh	*Choice, Fruit Fresh
Salad, Chicken Sandwich Cheese, Cottage Individual OS	Salad, Tuna Sandwich Half Choice, Yogurt Individual OS	Sandwich, Peanut Butter Half Cheese, Cottage Individual OS	Salad, Egg Sandwich Choice, Yogurt Individual OS	Sandwich, Peanut Butter & Jam Cheese, Cottage Individual OS	Salad, Chicken Sandwich Choice, Yogurt Individual OS	Salad, Tuna Sandwich Half Choice, Yogurt Individual OS

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 Nutrition, Orange

Meal Notes:
 Two Crackers served daily at Lunch with Soup. 175 ml Milk offered at Breakfast, 125 ml Milk offered daily at Lunch and Dinner. 125 ml of orange juice at breakfast. 125 ml Crystal Juices are available daily at Lunch and supper meals. Minimum 125 ml Water offered every meal. 180 ml Coffee and Tea offered every meal. Prunes are available upon request for breakfast.

Snack Notes:
 125 ml Milk offered daily at AM, PM and HS snacks. 180 ml Coffee or Tea available daily at all snacks. 180 ml Hot Chocolate available daily at HS snack. 125 ml Diet crystal Juice offered daily at AM and PM snacks.