HEARTHSTONE MANOR
RESIDENTIAL CARE FACILITY

Monthly Menu -- Week 1

Month/YY	Feb-21

		Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
Breakfast								
		Bagels	Poached Eggs	Baking	Waffles & Sausages	Eggs: Chef's Choice	Baking	Scrambles Eggs & Bacon
Lunch	Salad		Caesar	Coleslaw		Chef's Choice	Spinach	Green
	Mains	Pot Roast	Chicken Pasta	Crusted Cod	Glazed Pork Tenderloin	Rosemary Chicken	Salmon	Pork Chop
		Mashed Potatoes &Gravy		Potato Wedges	Rice	Mased Potato	Pesto Noodles	Baked Potato
		Peas & Carrots		Green Beans	Beets & Carrots	Broccoli	Squash	Brussel Sprouts
Dinner	Soup		Bean		Broccoli		Corn Chowder	
	Mains	Chicken Stripes	Roast Beef Sandwiches	Stuffed Pepper Casserole	Tuna Salad Sandwiches	Beef Stew	Egg Salad Sandwiches	Chicken Noodle Casserole
		French Fries	Tomato Slices	Garlic Toast	Pickles	Biscuits	Cucumber Salad	Green Salad
		Plum Sauce			Cubed Cheese	Toss Salad		
		Green Salad						
	Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert

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Monthly Menu -- Week 2

Month/YY	Feb-21

		Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14
						Chinese New Year		Valentine's Day
Breakfast		English Muffins	Omelette	Cinnamon Buns	Pancakes & Sausages	Eggs: Chef's Choice	Baking	Scrambled Eggs & Bacon
Lunch	Salad	Caesar	Green Salad	Apple Dill Coleslaw			Spinach	
	Mains	Chicken Divan	Italian Sausage Pasta	Bassa with Hollindaise Sauce	Meat Loaf with Gravy	Sweet & Sour Pork	Shake n' Bake Chicken	Mediterran Stuffed Pork Tenderloin
		Rice	Garlic Toast	Rice	Mashed Potatoes	Chow Mein Stir Fry		Mashed Potatoes
		Broccoli		Peas	Corn & Zucchini		Peas & Carrots	Glazed Carrots
				Pink Smoothie For Snack Time		Fortune Cookies		
Dinner	Soup		Chef's Choice		Hamburger Barley		Vegetable Chowder	Ham Potato
	Mains	Chili	Turkey Sandwich	Quiche	Grilled Cheese with Spinach Salad	Chicken Casserole	Tuna Melt	Baked Mac & Cheese
		Biscuits	Potato Chips	Buns		Biscuits	Pickles	Buns
		Green Salad	Carrot Slaw	Pasta Salad		Green Salad		Coleslaw
	Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert

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Monthly Menu -- Week 3

Month/YY	Feb-21

		Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
Breakfast								
		Bagels	Poached Eggs	Baking	Waffles & Sausages	Eggs: Chef's Choice	Baking	Scrambles Eggs & Bacon
Lunch	Salad	Chef's Choice	Caesar	Coleslaw			Toss Green	
	Mains	Cranberry Chicken	Spaghetti	Fish n' Chips	Swiss Steak	Chicken Pot Pie Bake	Beef Stroganoff	Bratwurst Sausage
		Mashed Potatoes	Garlic Toast	Tartar Sauce	Sweet Potato	Biscuits	Buttered Noodles	Roasted Potatoes
		Cream Corn			Carrots & Turnip		Noodles	Potatoes
							Beets	Cabbage & Carrots
Dinner	Soup	Chef's Choice			Chef's Choice		Cream of Potato	Chowder
	Mains	Salmon Sandwiches	Burgers & Fries	Chili	Grilled Ham	Perogies with Bacon and Onions	Chicken Salad Sandwiches	Cold Plate, Meat, Cheese, Pickles
		Pickles		Buns	And Cheese	Sour Cream	Tomato Slices	Cucumber Salad
				Green Salad	Tomato Slices	Coleslaw		Buns
	Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert

HEARTHSTONE MANOR
RESIDENTIAL CARE FACILITY

Monthly Menu -- Week 4

Month/YY	Feb-21

		Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
Breakfast								
		Bagels	Poached Eggs	Baking	Waffles & Sausages	Eggs: Chef's Choice	Smoothies	Scrambles Eggs & Bacon
Lunch	Salad	Caesar	Apple Dill Coleslaw	Greek		Coleslaw	Spinach Mushroom	Romaine Mandarin
	Mains	Baked Ham	Chicken Parmesan	Crusted Fish	Meat Loaf	Roast Chicken	Salmon with Creamy Garlic Butter Sauce	Salisbury Steak
		Scalloped Potato	Noodles	Lemon Rice	Baked Potato	Sweet Potato	Noodles	Mashed Potatoes
		Turnip & Carrot	Cauliflower	Carrots	Squash & Peas	Broccoli	Green Beans	Corn & Red Peppers
Dinner	Soup		Butternut Squash		Broccoli		Butternut Squash	Cream of Vegetables
	Mains	Sweet & Sour Meatballs	Apricot Turkey Sanc	Hamburger Casserole	Egg Salad Sandwich	Beef Stew	Tuna Salad Sandwich	Quiche
		Rice	Tomato Slices	Garlic Toast	Pickles	Biscuits	Potato Chips	Garlic Toast
					Cubed Cheese	Toss Salad	Pickles	
	Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert	Fruit & Dessert