
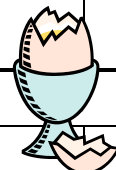
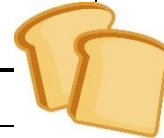






2020 - 2021 Fall – Winter Menu

Vegreville Manor

Week 1

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Oct 19 Nov 16 Dec 14	Jan 11 Feb 8 March 8	Oct 20 Nov 17 Dec 15	Jan 12 Feb 9 March 9	Oct 21 Nov 18 Dec 16	Jan 13 Feb 10 March 10	Oct 22 Nov 19 Dec 17	Jan 14 Feb 11 March 11	Oct 23 Nov 20 Dec 18	Jan 15 Feb 12 March 12	Oct 24 Nov 21 Dec 19	Jan 16 Feb 13 March 13	Oct 25 Nov 22 Dec 20	Jan 17 Feb 14 March 14
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) Boiled Egg		Dry Cereal Toast Fruit (banana/orange) Yogurt		Dry Cereal Toast Fruit (banana/orange) Cheese Slice	
Lunch	 													
Soup	Mushroom		Won Ton		Tomato Vegetable		Barley Vegetable		Chef's Soup of Day		Chicken Noodle		Bacon & Yellow Pea	
Entree	Chicken Caesar Salad Bistro Pastry		Fish Burger (with lettuce, tomato, cheese) Bread/Butter Pickles		Pizza Greek Salad 		Cottage Cheese Stawnychy's Headcheese (or Alternate cut) Boiled Egg Cucumber & Tomato Side Bread/Bun		Breakfast Sausage French Toast w/Fruit Medley		Roast Pork Sandwich Thin Onion slices Carrot Raisin Salad		Egg Salad Sandwich Celery, Carrot sticks & Cucumber	
	Diced Pears		Apricots		Pudding		Fresh Seasonal Fruit		Squares		Fruit Cocktail		Jell-O w/Pineapple	
Alternate	Sandwich		Sandwich		Sandwich		Sandwich		Sandwich		Sandwich		Sandwich	
Supper														
Soup	Won Ton		Tomato Vegetable		Barley Vegetable		Chef's Soup of Day		Chicken Noodle		Bacon & Yellow Pea		Carrot Bisque	
Entrée	Sweet 'n Sour Pork Rice Vegetable Stir Fry w/cabbage 		Beef Stroganoff Noodles Tossed Salad Mixed Vegetables		Hamburger Steak w/fried Onions Gravy Fries Coleslaw Corn		Chef's Choice Main Entrée Salad Vegetable		Fish 'n Chips (Battered Cod) Coleslaw Peas		Meat Balls Mashed Potato Gravy Caesar Salad Artic Bean Mix		Roast Turkey Savory Stuffing Mashed Potato w/gravy Tossed Salad Mixed Vegetables 	
Dessert	Peach Melba		Cherry Dessert		Blueberry Tarts		Ice Cream		Poppy Seed Cake		Apple Crisp		Banana 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.