



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

BREAKFAST

| | | | | | | |
|---|--|--|--|--|---|---|
| Apple Juice Oatmeal Cheddar Cheese Whole Wheat Toast Coffee Milk,2% Jam | Orange Juice Oatmeal Peanut Butter Raisin Toast Coffee Milk,2% Jam | Cranberry Juice Oatmeal Poached Egg Whole Wheat Toast Coffee Milk,2% Jam | Orange Juice Oatmeal Scrambled Egg Raisin Toast Coffee Milk,2% Jam | Cranberry Juice Oatmeal Breakfast Bacon Whole Wheat Toast Coffee Milk,2% Jam | Apple Juice Oatmeal Cheese Whole Wheat Toast Coffee Milk,2% Jam | Tea Orange Juice Oatmeal Boiled Egg Whole Wheat Toast Coffee Milk,2% Jam |
|---|--|--|--|--|---|---|

LUNCH

| | | | | | | |
|--|---|---|---|--|--|---|
| Shepherd's Pie Gravy Tomato Slices Ice Cream Whole Wheat Bread Tea Milk,2% | Corn Chowder [R]Homemade Bread [R]Cheddar Cheese Jello Tea Milk,2% | Split Pea Soup Macaroni & Cheese [R]Whole Wheat Bread [R]Broccoli Mandarin Orange Tea Milk,2% | Cream Of Celery Chicken Burger Coleslaw Fruit Cocktail Tea Milk,2% | Spaghetti Garlic Toast Pears Milk,2% Tea | Omelet Tomato Slices Peaches Milk,2% Tea | Roast Chicken Whipped Potatoes Peas & Carrots Cranberry Sauce Dressing Strawberry Shortcake Whole Wheat Bread Milk,2% Tea |
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SUPPER

| | | | | | | |
|---|---|--|---|--|---|---|
| Honey Garlic Chicken Whipped Potatoes Alternate Vegetabl Strawberries / Whip Cream Whole Wheat Bread Tea Milk,2% | Meatloaf [R]Tomato Sauce Roasted Potato Turnip & Carrots Donut Whole Wheat Bread Tea Milk,2% | Roast Ham [R]Pineapple Sauce Boiled Potato Pickled Beets Apple Pudding Cake Whole Wheat Bread Tea Milk,2% | Savoury Sausage Potato Scallop Carrots, Sliced Chow Chow Gingerbread Whole Wheat Bread Milk,2% Tea | Poached Fish [R]Dill Sauce Montego Vegetable Whipped Potatoes Homemade Cookies Milk,2% Tea | Beef Stew Biscuit Cream Pie Milk,2% Tea | Chicken Salad Sandwich Chicken Noodle Soup Chocolate Pudding Whole Wheat Bread Milk,2% Tea |
|---|---|--|---|--|---|---|



Week at a glance: Regular M: Wk:B

| 08/08/22 Monday | 08/09/22 Tuesday | 08/10/22 Wednesday | 08/11/22 Thursday | 08/12/22 Friday | 08/13/22 Saturday | 08/14/22 Sunday |
|--------------------|---------------------|-----------------------|----------------------|--------------------|----------------------|--------------------|
|--------------------|---------------------|-----------------------|----------------------|--------------------|----------------------|--------------------|

BREAKFAST

| | | | | | | |
|---|---|--|--|---|--|--|
| Orange Juice Oatmeal Bacon Whole Wheat Toast Coffee Milk,2% Jam | Orange Juice Oatmeal Peanut Butter Whole Wheat Toast Coffee Milk,2% Jam | Cranberry Juice Oatmeal Cheese Raisin Toast Coffee Milk,2% Jam | Orange Juice Oatmeal Boiled Egg Whole Wheat Toast Coffee Milk,2% Jam | Cranberry Juice Oatmeal Poached Egg Raisin Toast Coffee Milk,2% Jam | Apple Juice Oatmeal Scrambled Egg Whole Wheat Toast Coffee Milk,2% Jam | Orange Juice Oatmeal Boiled Egg Whole Wheat Toast Coffee Milk,2% Jam |
|---|---|--|--|---|--|--|

LUNCH

| | | | | | | |
|---|--|--|---|--|---|--|
| Hot Dog On A Bun Potato Nuggets Ice Cream Milk,2% Tea | Cream Of Potato [R]Homemade Bread Tomato Juice Lemon Meringue Pie Milk,2% Tea | Baked Beans [R]Sausage Pudding Milk,2% Tea | Autumn Soup Banana Homemade Bread Milk,2% Tea | Potato Salad [R]Ham Slice Tomatoes & Cukes Soft Roll Mandarin Orange Milk,2% Tea | Chicken Casserole Whole Wheat Bread Jello Milk,2% Tea | Poached Salmon Fillet [R]Pickled Beets Whipped Potatoes Mixed Beans Peaches Whole Wheat Bread Milk,2% Tea |
|---|--|--|---|--|---|--|

SUPPER

| | | | | | | |
|--|---|---|---|--|--|--|
| Bbq Pork Chop Whipped Potatoes Peas Tart Whole Wheat Bread Milk,2% Tea | Chicken Pot Pie Gravy Broccoli Peaches Milk,2% Tea | Roast Beef Whipped Potatoes [R]Gravy Carrots, Sliced [R]Chow Chow Fruit Cocktail Milk,2% Tea | Sweet/sour Pork Prince Edward Veg Whipped Potatoes Hunter's Pudding Whole Wheat Bread Milk,2% Tea | Baked Fish [R]Tartar Sauce Boiled Potato Sunrise Vegetable Lemon Cake Whole Wheat Bread Milk,2% Tea | Pork Ribbette Roasted Potato Whipped Squash Barbecue Sauce Homemade Cookies Whole Wheat Bread Tea Milk,2% | Lasagne Garlic Toast Date Square Milk,2% Tea |
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Diet Spreadsheet YORK MANOR

Signature: _____



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07/14/22 Page: 1

Week at a glance: Regular M: Wk:C

| 08/15/22 Monday | 08/16/22 Tuesday | 08/17/22 Wednesday | 08/18/22 Thursday | 08/19/22 Friday | 08/20/22 Saturday | 08/21/22 Sunday |
|--------------------|---------------------|-----------------------|----------------------|--------------------|----------------------|--------------------|
|--------------------|---------------------|-----------------------|----------------------|--------------------|----------------------|--------------------|

BREAKFAST

| | | | | | | |
|---|---|--|--|--|---|---|
| Oatmeal Bacon Whole Wheat Toast Coffee Milk,2% Jam | Cranberry Juice Oatmeal Cheddar Cheese Whole Wheat Toast Coffee Milk,2% Jam | Apple Juice Oatmeal Scrambled Egg Whole Wheat Toast Coffee Milk,2% Jam | Orange Juice Oatmeal Poached Egg Raisin Toast Coffee Milk,2% Jam | Cranberry Juice Oatmeal Scrambled Egg Whole Wheat Toast Coffee Milk,2% Jam | Apple Juice Oatmeal Boiled Egg Whole Wheat Toast Coffee Milk,2% Jam | Orange Juice Oatmeal Peanut Butter Whole Wheat Toast Coffee Milk,2% Jam |
|---|---|--|--|--|---|---|

LUNCH

| | | | | | | |
|--|---|--|---|---|--|--|
| Turkey Soup Homemade Bread Apple Crisp Milk,2% Tea | Hamburger & Tomato Casserole Fruit Cocktail Milk,2% [R]Whole Wheat Bread Tea | Chicken Stew Pickles Applesauce [R]Homemade Bread Milk,2% Tea | Beef Barley Soup Hamburger On Bun Macaroni Salad Fruit Pie Milk,2% Tea | Fish Nuggets Tartar Sauce Coleslaw French Fries Ice Cream Milk,2% Tea | Sloppy Joe Potato Wedges Pudding Milk,2% Tea | Roast Pork Whipped Potatoes Apple Dressing [R]Gravy Whipped Squash Fruit Cocktail Milk,2% Tea |
|--|---|--|---|---|--|--|

SUPPER

| | | | | | | |
|--|---|---|--|---|---|---|
| Pineapple Pork Whipped Potatoes Peas & Carrots Pudding Whole Wheat Bread Milk,2% Tea | Salisbury Steak Whipped Potatoes California Vegetables Cheesecake Whole Wheat Bread Milk,2% Tea | Salmon Loaf [R]Dill Sauce Whipped Potatoes Prince Edward Veg Whole Wheat Bread Iced Cake Milk,2% Tea | Roast Ham Boiled Potato Corn Scallop Peaches Whole Wheat Bread Milk,2% Tea | Chicken Breast Barbecue Sauce Whipped Potatoes Turnip & Carrots Tropical Fruit Whole Wheat Bread Milk,2% Tea | Pancakes Baked Beans [R]Syrup Banana Milk,2% Tea | Peach Juice Beef Medley Chocolate Cake Garlic Cheese Stick Milk,2% Tea |
|--|---|---|--|---|---|---|

| York Care Centre Menu Rotation | | | | | | | |
|--------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|-----------|
| Week starting | Menu week | Week starting | Menu week | Week starting | Menu week | Week starting | Menu week |
| 01-Aug-22 | A | 12-Sep-22 | A | 24-Oct-22 | A | 05-Dec-22 | A |
| 08-Aug-22 | B | 19-Sep-22 | B | 31-Oct-22 | B | 12-Dec-22 | B |
| 15-Aug-22 | C | 26-Sep-22 | C | 07-Nov-22 | C | 19-Dec-22 | C |
| 22-Aug-22 | A | 03-Oct-22 | A | 14-Nov-22 | A | 26-Dec-22 | A |
| 29-Aug-22 | B | 10-Oct-22 | B | 21-Nov-22 | B | | |
| 05-Sep-22 | C | 17-Oct-22 | C | 28-Nov-22 | C | | |

* Please note that substitutions are sometimes required in certain circumstances such as limited availability of products or special events.