

WEST PARK 2012 Winter/Spring - Week 1

Service for Week of:

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rolled Oats Buttered Wheat Toast Boiled Egg -- Stewed Prunes Assorted Cold Cereal	Rolled Oats Buttered Wheat Toast Scrambled Eggs -- Stewed Prunes Assorted Cold Cereal	Rolled Oats Bran Muffin Cheddar Cheese Slice -- Stewed Prunes Assorted Cold Cereal Buttered Wheat Toast	Rolled Oats Buttered Wheat Toast Poached Egg -- Stewed Prunes Assorted Cold Cereal	Rolled Oats Buttered Wheat Toast Blueberry Yogurt -- Stewed Prunes Assorted Cold Cereal	Rolled Oats Buttered Wheat Toast Poached Egg -- Stewed Prunes Assorted Cold Cereal	Rolled Oats Buttered Wheat Toast Scrambled Eggs -- Stewed Prunes Assorted Cold Cereal Bacon
Alphabet Soup Pierogies/Bacon&SourCrm Diced Carrots Buttered Wheat Bread Butterscotch Pudding -- Smoked Turkey Sandwich Garden Salad Cinnamon Applesauce	Borscht Macaroni & Cheese Stewed Tomato w/ Basil Buttered Wheat Bread Tropical Fruit Salad -- Corned Beef on Rye Dill Pickle Spear Cucumber Slices Strawberry Yogurt	ChickenNoodle Soup Salmon Salad Sandwich Lettuce Salad Apricot Halves -- Vegetable Quiche Whole Green Beans Buttered Wheat Bread Very Berry Mousse	Beef Barley Soup Assorted Sandwich/Mult Spinach Orange Salad Vanilla Pudding -- Belgian Waffles Bacon Hot Spiced Applesw/Crm Fresh Honeydew	Garden Vegetable Soup Ctg Cheese Fruit Plate Tea Biscuit Orange Sherbet -- French Dip Sandwich Greek Salad Fresh Grapes	Creamy Broccoli Soup Egg Salad Sandwich Tossed Salad Watermelon -- DressedHotDog/WarmBun Diced Tomato & Onion Creamy Coleslaw Peach Gelatin	Assorted Juices Pepperoni Pizza Sautéed Mixed Peppers Fruit Cocktail -- Wheat Roll Salmon Salad Plate Lettuce&Tomato Garnish Assorted Pudding
Salisbury Steak Mashed Potato Brussels Sprouts Fresh Cantaloupe -- Sliced Baked Ham Pineapple Salsa Scalloped Potato Scandinavian Vegetables Fruit Cobbler	Herb Roast Lamb Mashed Potato Seasoned Lima Beans Chilled Diced Peaches -- Stuffed Chicken Filet Steamed Rice Asian Blend Vegetables Iced Carrot Cake	Shepherds Pie Creamed Corn Chilled Pears -- Pork Chops w/Gravy Mashed Potato Peas & Carrots Lemon Tart	Hawaiian Chicken Steamed Rice Broccoli Spears Mandarin Oranges -- Beef Pot Roast w/Gravy Garlic Mashed Potatoes Seasoned Parsnips Assort Dessert Squares	Lemon Baked Cod Whipped Potatoes Peas & Pearl Onions Ambrosia -- Veal Parmesan Buttered Noodles Sliced Beets Fresh Apple	Penne w/ Meat Sauce Italian Vegetables Jelly Roll Cake -- BBQ Pork Riblets Herb Mashed Potato Baked Squash Stewed Rhubarb	Roast Turkey Gravy Cranberry Sauce Whipped Potato Bread Stuffing French Green Beans Apple Pie -- Pepper Steak Baby Carrots Crushed Pineapple

NOTE: Water, Coffee/Tea, Milk and Buttered Bread are offered at all meals.

WEST PARK 2012 Winter/Spring - Week 2

Service for Week of:

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Assorted Juices Rolled Oats Buttered Wheat Toast Poached Egg -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Boiled Egg -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Assorted Yogurt -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Boiled Egg -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Bagel&Strw Crm Cheese Buttered Wheat Toast -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Poached Egg -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Scrambled Eggs -- -- Stewed Prunes Assorted Cold Cereal Sausage Links
Italian Style Wedding Mushroom Frittata Scalloped Tomato Mandarin Oranges -- -- Submarine Sandwich Rotini Vegetable Salad Fruited Yogurt	Tomato Rice Soup Hamburger on Bun Lettuce/Tom/Pek/Onion Sweet Potato Fries Chilled Diced Pears -- -- Chicken Salad Sandwich Caesar Salad/No Eggs Iced Cupcake	Veggie Florentine Soup Rueben Sandwich Beet & Onion Salad Chocolate Pudding -- -- Tuna Salad Sandwich Potato Chips Cauli-Tomato Salad Berries & Cream	Cream of Carrot Soup Chili Con Carne Whole Kernel Corn Crushed Pineapple -- -- Chef Salad Coconut Pudding	Assorted Juices SpinchCheeseCannelloni Italian Green Beans Raspberry Frz Yogurt -- -- Beef Roast Sandwich Mustard Mayonnaise Potato Salad Fresh Grapes	Minestrone Soup French Toast Bacon Warmed Peaches Tapioca Pudding -- -- Devised Egg Plate Chilled Applesauce	Pepper Pot Soup Salmon Pepper Burger Marinated Veggie Salad Fruit Cocktail -- -- Swiss Cheese Sandwich Greek Salad Butterscotch Sundae
Garlic Rosemary/Chicken Mashed Potato Mixed Vegetables Hmd Buttertart Bar -- -- Beef Biscuit Pie Seasoned Broccoli Apricot Halves	Glazed Baked Ham O'Brien Potato Green Bean Blend Banana -- -- Krunchie Perch Mashed Potato Seasoned Lima Beans Strawberry Ice Cream	Turkey Schnitzel Roasted Red Potatoes Chopped Spinach Chilled Diced Peaches -- -- Beef Vegetable Stew Fried Zucchini & Onion Caramel Swirl Cake	Farmers Sausage Whipped Potato Sauerkraut Chocolate Brownie -- -- BBQ Chicken Squash Medley Fresh Honeydew	Braised Liver Sauteed Onions Mashed Potato Harvard Beets Spice Cakew/Van Frstg -- -- Fish 'n Chips Peas & Carrots Plums	Herb Baked Chicken Mashed Potato Baby Carrots Watermelon -- -- Pork Tortiere Scalloped Potato Garden Blend Vegetable Fruit Tart	Roast Beef w/Gravy Whipped Potato Parslided Turnips Pumpkin Pie -- -- Lamb Chops Broccoli & Cauliflower Crushed Pineapple

NOTE: Buttered Bread, Milk, Water, Coffee/Tea are offered at all meals

WEST PARK 2012 Summer/Fall - Week 3

Service for Week of:

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Assorted Juices Rolled Oats Buttered Wheat Toast Boiled Egg -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Scrambled Eggs -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Assorted Yogurt -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Poached Egg -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Boiled Egg -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Poached Egg -- -- Stewed Prunes Assorted Cold Cereal	Assorted Juices Rolled Oats Buttered Wheat Toast Scrambled Eggs -- -- Stewed Prunes Assorted Cold Cereal Peanut Bacon
Potato & Leek Soup Chicken Salad Plate Cabbage & Carrot Slaw Watermelon -- -- Beef Ravioli & Sauce Tossed Salad Vanilla Yogurt	Spring Vegetable Soup Tuna Salad Sandwich Cucumber Slices Banana Pudding -- -- Cheese Bacon on Bun Pickled Beets Apricot Halves	French Onion Soup Western Omelet Buttered Wheat Toast Citrus Spring Salad Chilled Pears -- -- Salmon Salad Sandwich Celery Sticks Butterscotch Pudding	Cream of Tomato Soup Grilled Cheese Sandwich Marinated Veggie Salad Tangerine Mousse -- -- Baked Beans Weiners House Salad/ Light Drs Assorted Cookies	New England Clam Chowder Sausage on a Bun Tomato & Onion Salad Vanilla Pudding -- -- Julienne Salad Plate Bing Cherries	Chicken Rice Soup Assorted Sandwich Potato Salad Chocolate Sundae Cup -- -- Corn Beef Hash Carrot Coins Pineapple Tidbits	Assorted Juices Chicken Pot Pie Seasoned Peas Diet Vanilla Wafer -- -- Cabbage Beef Casserole Broccoli & Cauliflower Fresh Banana
Meatloaf Whipped Potato Creamed Corn Plums -- -- Turkey Rice Casserole Rice Pilaf Seasoned Spinach Cherry Cheesecake	Stuffed Chicken Breast Mashed Potato Italian Green Beans Mandarin Oranges -- -- Veal Slices Gravy Garden Blend Vegetable Nanaimo Bar	Sweet & Sour Pork Boiled Potatoes Mashed Turnips Fruit Cocktail -- -- Sliced Corned Beef Steamed Cabbage Wedges Lemon Meringue Pie	Beef Pot Pie Mashed Potato Wax Beans & Red Pepper Raspberry Jelly Roll -- -- Chicken Marsala Scalloped Potato Sliced Beets Rosy Applesauce	Spaghetti & Meatballs Sautéed Mushrooms Chocolate Eclair -- -- Salmon Loaf Whipped Potato Brussels Sprouts Sweet Berries	Beef Stir Fry Steamed Rice Oriental Vegetables Fresh Honeydew -- -- Gravy Turkey Schnitzel Mashed Potato Whole Kernel Corn Assorted Gelatin	Roast Pork Roasted Potato Baked Squash Assorted Pie -- -- Lemon Poached Whitefish Moroccan Vegetables Fruit Cocktail

NOTE: Water, Coffee/Tea, Milk, Buttered Bread are offered at all meals.