FALL/WINTER MENU—ALBRIGHT MANOR 2023-2024

BREAKFAST - WEEK 1							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea
	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat
	Fried Egg	Yogurt	Scrambled Egg	Sliced Cheese	Poached Egg	Scrambled Eggs	Boiled Egg
	Bacon			Muffin	English Muffin		
	Banana	Mandarin Oranges	Pears	Mixed Berries	Banana	Mandarin Oranges	Fruit Cocktail
	Whole Wheat Toast & Jams	Whole Wheat Toast/Raisin Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams

LIGHT MEAL - WEEK 1							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea
	Cream of Mushroom Soup	Chef's Choice Soup	Cream of Turkey Soup	Chicken Noodle Soup	Cream of Tomato Soup	Navy Bean Soup	Vegetable Chowder Soup
Choice	Ravioli with Tomato Sauce	Tortiere	Pizza	BBQ Pulled Pork on a Bun	Chicken Stir Fry	Hamburger with Fixins	Cottage Cheese Fruit Plate
1		Gravy			Steamed White Rice		Bran Muffin
	Italian Mixed Vegetables	Peas	Caesaar Salad	Coleslaw Vinagrette	Oriental Vegetable	Creamy Cucumber Salad	Cantaloupe
	Ham Sandwich	Turkey Sandwich	Salmon Salad Sandwich	Chef Salad	Grilled Cheese	French Toast & Sausage	Pastrami Sandwich
Choice				with Turkey, Egg & Cheese		Syrup	
2							
	Tossed Salad	Macaroni Salad	Tomato, Cucumber, Onion Salad	Plain Scone	Tossed Salad	Apple Raisin Compote	Tomato Slices
	Crushed Pineapple	Fruit Cocktail	Honeydew Melon	Apricots	Peaches	Tropical Fruit Salad	Applesauce

HEAVY MEAL - WEEK 1							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea
	Roast Turkey	Salisbury Steak	Seasoned Roasted Chicken Breast	Shepherd's Pie with Gravy	Baked Ham	Battered Fish	Pork Loin
	Gravy & Cranberry Jelly	Onion Gravy	Chalet Sauce		Pineapple Sauce	Tartar Sauce	
Choice	Mashed Potatoes	Oven Browned Potatoes	Mashed Potatoes		Scalloped Potatoes	French Fries	Oven Browned Potatoes
1	Turnip	Glazed Sliced Carrots	Roasted Beets	Fall Medley Vegetables	Corn	Steamed Peas	Red Cabbage w/ Apples
	Chocolate Cream Pie	Vanilla Dream Cake	Poke Cake	Pudding	Peanut Butter Square	Orange Cake HMD	Homemade Cookies
	Baked Cod Fillets	Broccoli Cheese Quiche	Chilli	Baked Haddock	Pasta Primavera	Creamy Lasagna	Chicken Pie
Choice			Broccoli	Tartar Sauce			Chicken Gravy
2	Mashed Potatoes			Baked Potatoes			
	Green Beans	Stewed Tomatoes	Cornmeal Muffin	Brussel Sprouts	New England Vegetable	Mixed Vegetables	Broccoli

SNACK OPTIONS							
PM Snack	Baked Cookies	Fruit Bread	Donut	Muffin	Cheese and Crackers	Baked Cookies	Assorted Cookies
PM Choice 1	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
HS Snack	Fruit Turnover	Social Tea	Shortcake Cookies	Digestive Cookies	Rice Krispie Square	Aarrowroot Cookie	1/2 Peanut Butter & Jam SW
HS Choice 2	Applesauce	Applesauce	Applesauce	Applesauce	Applesauce	Applesauce	Applesauce

FALL/WINTER MENU—ALBRIGHT MANOR 2023-2024

BREAKFAST - WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea
	BR045	**BR046**	**BR047**	**BR048**	**BR049**	**BR050**	**BR051**
	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat
	Fried Egg	Sliced Cheese	Breakfast Sandwich	Yogurt	Poached Egg	Scrambled Eggs	Cottage Cheese
	Peameal Bacon	Peaches	Banana	Muffin/Cantaloupe	Apricots	Diced Peaches	Pineapple Tidbit
	Banana				English Muffin		
	Whole Wheat Toast & Jams	(Whole Wheat Toast/Raisin Toast & Jams)	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams

LIGHT MEAL - WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea
	PL282	**VL265**	**EL174**	**EL175**	**BL224**	**BL195**	**EL176**
	Turkey with Rice Soup	Cream of Broccoli Soup	Minestrone Soup	Chef's Choice Soup	Potato Leek Soup	Chicken Noodle Soup	Alphabet Soup
	Ham & Swiss Sandwich	Cannelloni with Tomato Sauce	Hot Dog on a Bun		Potato Casserole	Alfredo Pasta Bake	Vegetable Omelet
Choice				Egg Bake, Mushroom Cheddar			
	Greek Salad	Mixed Vegetable	Baked Beans	Garlic Bread	Corn Salad	Mixed Vegetables	Oven Roasted Onions & Peppers
1						Bread Sticks	Hash Browns
	CL128	**TL080**	**OL206**	**OL180**	**SL193**	**VL266**	**OL207**
	Grilled Chicken Caesar Salad	Open Faced Turkey Sandwich	Chicken Salad Sandwich	Cheese Dreams	Tuna Melt	Mini Sub	Ham Salad Sandwich
Choice		Gravy					
2							
	Garlic Bread	Peas	Tossed Salad	Marinated Vegetable Salad	Sliced Cucumbers	Garden Salad	Greek Salad
	Honeydew Melon Cubes	Strawberries	Fresh Fruit Salad	Mango	Cinnamon Apple Slices	Fruit Cocktail	Pears

HEAVY MEAL - WEEK 2

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea
	BH054	**CH187**	**BH390**	**PH203**	**TH053**	**SH128**	**CH216**
	Roast Beef	Southern Breaded Chicken	Meatloaf	Roast Pork	Turkey Schnitzel	Battered Cod	Roast Chicken
Choice	Gravy		Onion Gravy	Applesauce	Cranberry Sauce		
1	Mashed Potatoes	Oven Roasted Sweet Potatoes	Boiled Potatoes	Mini Red Potatoes	Mashed Potatoes	Potato Wedges	Garlic Mashed Potatoes
	Diced Carrots	Stewed Tomatoes	Steamed Asparagus	Wax Beans	Turnip	Green Beans	Winter Mix Vegetables
	SH224	**PH204**	**SH225**	**CH217**	**BH391**	**PH205**	**BH392**
	Captain Burger on a Bun	Sausage and Onions	Salmon Loin	Chicken Balls & Dipping Sauce	Vegetable Beef Stew	Honey Garlic Pork	Veal Cutlet in Mushroom Sauce
Choice	Tartar Sauce		Dill Sauce	Stir Fry Vegetables			
2	Coleslaw	Rice Pilaf	Mashed Potatoes	Vegetable Fried Rice	Croissant	Mashed Potatoes	Noodles
		Brussel Sprouts	Italian Mix Vegetables		Spinach Salad	Diced Squash	Oven Roasted Zucchini
	Pumpkin Pie	Rice Pudding	Butter Tarts	Jello	Crème Caramel	Fruit Tart	Ice Cream

SNACK OPTIONS

PM Snack	Baked Cookies	Fruit Bread	Donut	Muffin	Cheese and Crackers	Baked Cookies	Assorted Cookies
PM Choice 1	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
HS Snack	Fruit Turnover	Social Tea	Shortcake Cookies	Digestive Cookies	Rice Krispie Square	Aarrowroot Cookie	1/2 Peanut Butter & Jam SW
HS Choice 2	Applesauce	Applesauce	Applesauce	Applesauce	Applesauce	Applesauce	Applesauce

FALL/WINTER MENU—ALBRIGHT MANOR 2023-2024

BREAKFAST - WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea	Milk, Coffee, Tea
	BR013	**BR029**	**BR052**	**BR053**	**BR044**	**BR055**	**BR054**
	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat	Oatmeal/Cream of wheat
	Fried Egg	Raisin toast	Scrambled Egg	Cottage Cheese/Muffin	Poached Egg	Sliced Cheese	Boiled Egg
	Bacon	Yogurt/Mandarin Oranges	Blueberries	Tropical Fruit Salad	Banana	Orange Sections	Diced Pears
	Banana				English Muffin		
	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams	Whole Wheat Toast & Jams

LIGHT MEAL - WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea
	VL267	**CL174**	**OL208**	**PL283**	**BL225**	**PL284**	**CL175**
	Beef Barley Soup	Vegetable Soup	Turkey Noodle Soup	Italian Wedding Soup	Cream of Mushroom Soup	Chicken Rice Soup	Chef's Choice Soup
	Macaroni & Cheese	Breaded Chicken Dippers	Beans & Wieners	Pizza	Cheeseburger with Fixins/	Perogies	Chicken Burger on a Bun
Choice		Dipping Sauce	Roasted Zuchinni		Tomato, onion, lettuce	Sour Cream & Bacon Bits	Mayo, tomato, Lettuce
1			Toasted Multigrain Bread		Oven Baked French Fries	Mixed Vegetables	
	Stewed Tomatoes	Garden Salad		Caesar Salad			Broccoli Salad
	Apricots	Pears	Grapes	Pineapple Tidbits	Peach Slices	Fruit Cocktail	Melon
	PL239	**SL119**	**BL226**	**EL145**	**PL285**	**SL194**	**VL268**
	Pancakes & Sausage	Salmon Salad Sandwich	Beef Sandwich	Egg Salad Sandwich	Bologna Sandwich	Tuna Salad Sandwich	Cheese Fruit Plate
Choice	Syrup		Tomato Slices			Cucumber Slices	
2							
	Strawberry Compote	Dixie Coleslaw	Hot Potato Salad	Beet Salad	4 Bean Salad	Chick Pea Salad	Savoury Pastry

HEAVY MEAL - WEEK 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Menus	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea	Milk, Juice, Coffee, Tea
	PH164	**BH255**	**PH165**	**BH393**	**CH192**	**SH130**	**PH090**
	Glazed Baked Ham	Spaghetti & Meat Sauce	Baked Oktoberfest Sausage	Cabbage Roll Casserole	Chicken Teriyaki	Battered Fish	BBQ Boneless Pork Ribs
Choice			and Sauerkraut			Tartar Sauce	
1	Scalloped Potatoes		Boiled Potatoes	Carrot Coins	Rice	Pom Pom Potatoes	Mashed Potatoes
	Brussel Sprouts	Caesar Salad	Broccoli		PEI Mixed Vegetables	Coleslaw	Squash
	Apple Pie	Jello	Pudding	Fruit Tart	Triple Berry Crumble	Banana Cream Pie	Tiramisu Trifle
	CH218	**SH226**	**BH394**	**SH227**	**VH099**	**TH100**	**BH395**
	Chicken Stew	Cod Nuggets	Turkey Sweet Potato Bake	Parmesan Crusted Salmon	Vegetable Lasagna	Turkey & Vegetable Stew	Beef Pot Pie
Choice		Peas	Gravy				Gravy
2	Tea Biscuit	Potato Wedges		Oven Browned Potatoes		Tea Biscuit	
			4 - Way Mixed Vegetables	Buttered Red Cabbage	Garden Salad		Diced Carrots

SNACK OPTIONS

PM Snack	Baked Cookies	Fruit Bread	Donut	Muffin	Cheese and Crackers	Baked Cookies	Assorted Cookies
PM Choice 1	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
HS Snack	Fruit Turnover	Social Tea	Shortcake Cookies	Digestive Cookies	Rice Krispie Square	Aarrowroot Cookie	1/2 Peanut Butter & Jam SW
HS Choice 2	Applesauce	Applesauce	Applesauce	Applesauce	Applesauce	Applesauce	Applesauce