

Spring Creek Manor Fall/Winter - Week 1

Service for Week of: 11/23/2009

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Juice Cream of Wheat Scrambled Eggs Bacon or Sausage French Toast Margarine Syrup 2% Milk Coffee -- -- Dry Cereal of Choice Wheat Toast White Toast Jelly	Choice of Juice Oatmeal Egg of Choice Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Cream of Wheat Egg of Choice Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Oatmeal Egg of Choice Bacon or Sausage Buttered Waffle Syrup 2% Milk Coffee -- -- Dry Cereal of Choice Wheat Toast White Toast Margarine Jelly	Choice of Juice Hot Cereal of Choice Egg & Ham Scramble Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Malt-O-Meal Egg of Choice Sausage Gravy Biscuit Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice Wheat Toast White Toast	Choice of Juice Cream of Wheat Scrambled Eggs Bacon or Sausage Mini Danish Margarine 2% Milk Coffee -- -- Dry Cereal of Choice Wheat Toast White Toast Jelly
Chicken Marsala Seasoned Fettuccine Italian Mix Vegetables Garlic Bread Rainbow Parfait 2% Milk Coffee -- -- Steak Fingers & Gravy Broccoli Florets	Pork Roast Rice Pilaf Capri Mix Vegetables Wheat Bread Margarine Ice Cream Sundae 2% Milk Coffee -- -- Cheese & Veg Rarebit Three Bean Salad	Beef Pot Roast Potatoes & Baby Carrots Herbed Green Beans Wheat Bread Margarine Choco Banana Cake 2% Milk Coffee -- -- Scalloped Turkey	Kielbasi Sausage Scalloped Potatoes Holiday Cabbage Wheat Roll Margarine Berry Crisp 2% Milk Coffee -- -- Honey Dijon Chicken Winter Mix Veggies	Salmon Fillet Dill Sauce Parisled New Potato Seasoned Zucchini Wheat Bread Margarine Apple Crisp 2% Milk Coffee -- -- Chicken Fricassee Broccoli Florets RC Baked Apple	Hungarian Goulash Parisled Noodles Seasoned Green Peas Wheat Bread Margarine Frosted Pumpkin Bar 2% Milk Coffee -- -- Fruited Pork Marinated Vegge Salad	Roast Turkey Poultry Gravy Mashed Potatoes Sage Dressing Green Beans Almondine Wheat Roll Margarine 2% Milk Cheesecake Coffee -- -- Breaded Veal Cutlet Brown Gravy Seasoned Spinach
Vegetable Soup Grill Cheese Sandwich Saline Crackers Wheat Bread Margarine Chilled Apricots 2% Milk Coffee -- -- Beef & Potato Pie Pickled Beets	Turkey Salad Croissant Apple Zucchini Slaw Wheat Bread Tartar Sauce Margarine Cherry Fruit Cup 2% Milk Coffee -- -- Split Pea Soup Fish 'n Chips Saline Crackers	Cheeseburger Pie Wheat Bread Saline Crackers Margarine Chilled Pears 2% Milk Coffee -- -- Tomato Basil Soup Chicken Caesar Salad	Patty Melt Tator Tots Whole Kernel Corn Ketchup/Mustard/Mayo Oranges & Pineapple 2% Milk Coffee -- -- Minnestrone Soup Pimento Cheese Sandwich Saline Crackers	Egg Salad Sandwich Tossed Salad Pudding Parfait 2% Milk Coffee -- -- Wild Rice Soup Stuffed Shells & Sauce Saline Crackers	Chicken Strips Ranch Dressing Potato Wedges Garden Mix Veges Wheat Roll Margarine Ambrosia 2% Milk Coffee -- -- French Onion Soup BBQ Ham on Bun Saline Crackers	Tuna Salad Sandwich Carrot Raisin Salad Rosy Applesauce 2% Milk Coffee -- -- Squash Bisque Chicken Broc Rice Saline Crackers

NOTE:

Spring Creek Manor Fall/Winter - Week 2

Service for Week of: 11/23/2009

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Juice Cream of Wheat Egg & Bacon Sandwich Margarine 2% Milk Coffee -- Dry Cereal of Choice Wheat Toast White Toast Jelly	Choice of Juice Oatmeal Egg of Choice Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- Dry Cereal of Choice White Toast	Choice of Juice Cream of Wheat Scrambled Eggs Bacon or Sausage Bran Muffin Margarine 2% Milk Coffee -- Dry Cereal of Choice Wheat Toast White Toast Jelly	Choice of Juice Malt-O-Meal Egg of Choice Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- Dry Cereal of Choice White Toast	Choice of Juice Oatmeal Egg of Choice Bacon or Sausage Pancakes Syrup Margarine 2% Milk Coffee -- Dry Cereal of Choice Wheat Toast White Toast Jelly	Choice of Juice Hot Cereal of Choice Scrambled Eggs Bacon or Sausage Blueberry Muffin Margarine 2% Milk Coffee -- Dry Cereal of Choice Wheat Toast White Toast Jelly	Choice of Juice Oatmeal Egg & Cheese Scramble Bacon or Sausage Cinnamon Roll Margarine 2% Milk Coffee -- Dry Cereal of Choice Wheat Toast White Toast Jelly
Baked Glazed Ham Rosemary Potatoes Meadow Vegetables Wheat Roll Margarine Peach Cobbler 2% Milk Coffee -- Beef Ragout Brussels Sprouts RC Peach Cobbler	Baked Chicken Thigh Boiled Potatoes Zucchini lettuce Salad Wheat Bread Margarine Gingerbread 2% Milk Coffee -- Corned Beef Scalloped Cabbage	Creole Baked Fish Au Gratin Potatoes Seasoned Spinach Wheat Bread Margarine Raisin Cream Bar 2% Milk Coffee -- Pork Medallions Seasoned Beets	BBQ Chicken Baked Beans Seasoned Carrots Wheat Bread Margarine Pumpkin Cookies 2% Milk Coffee -- Mock Fillet Normandy Vegetables	Battered Cod Sage Dressing Country Trio Veges Wheat Bread Margarine Applesauce Cake 2% Milk Coffee -- Pork Cutlet Tossed Salad/Dressing	Lasagna Green Beans Oregano Wheat Roll Margarine Chocolate Mousse 2% Milk Coffee -- Smothered Beef Steak Broccoli Salad	Roast Turkey Poultry Gravy Mashed Potatoes Baby Carrots Butterscotch Square 2% Milk Coffee -- Hot Roast Beef Sand Winter Mix Veggies Wheat Bread Margarine
Beef Barley Soup Submarine Sandwich Caesar Salad Margarine Fresh Fruit Wedges 2% Milk Coffee -- Ratatouille Casserole Saltine Crackers	Turkey Pot Pie Seasoned Green Beans Wheat Roll Margarine Apple Brown Betty 2% Milk Coffee -- Creamy Asparagus Soup Pork Fried Rice Saltine Crackers	Pizza Tossed Salad/Dressing Mandarin Oranges 2% Milk Coffee -- Garden Vegetable Soup Beef Biscuit Roll/Gry Saltine Crackers	Broccoli Quiche Hash Browns Tomato Wedges Wheat Bread Margarine Cranberry Peaches 2% Milk Coffee -- Beef & Rice Soup Liver & Onions Saltine Crackers	French Dip Sandwich Au Jus Gravy Dill Potato Salad Whole Kernel Corn Emerald Pears 2% Milk Coffee -- Minestrone Soup Garden Burger on Bun Saltine Crackers	Creamy Potato Soup Pork Roast Sandwich Caribbean Veggie Mix Orange Sherbet 2% Milk Coffee -- Grilled Ham Scalloped Potatoes Saltine Crackers	Black Bean Soup Ham Salad on Croissant Potato Chips Marinated Veggie Salad Saltine Crackers Fresh Fruit Cup 2% Milk Coffee -- Cottage Chz Peach Half Wheat Bread Margarine

NOTE:

Spring Creek Manor Fall/Winter - Week 3

Service for Week of: 11/23/2009

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Juice Malt-O-Meal Scrambled Eggs Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee	Choice of Juice Cream of Wheat Egg of Choice Bacon or Sausage Cinn French Toast Syrup Margarine 2% Milk Coffee	Choice of Juice Oatmeal Sausage Gravy Biscuit Margarine Jelly 2% Milk Coffee	Choice of Juice Hot Cereal of Choice Egg of Choice Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee	Choice of Juice Malt-O-Meal Egg & Cheese Scramble Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee	Choice of Juice Cream of Wheat Egg of Choice Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee	Choice of Juice Oatmeal Scrambled Eggs Bacon or Sausage Coffee Cake Margarine 2% Milk Coffee
Dry Cereal of Choice White Toast Jelly	Dry Cereal of Choice Wheat Toast White Toast Jelly	Dry Cereal of Choice Wheat Toast White Toast	Dry Cereal of Choice White Toast	Dry Cereal of Choice White Toast	Dry Cereal of Choice White Toast	Dry Cereal of Choice Wheat Toast White Toast Jelly
Beef Stroganoff Herbed Potatoes Seasoned Green Peas Wheat Roll Margarine Bread/Pudding 2% Milk Coffee	Chicken Stir Fry Fried Rice Oriental Mix Veggies Wheat Bread Margarine Pineapple UpDown Cake 2% Milk Coffee	Pork Apple Casserole Garlic Noodles Italian Mix Vegetables Garlic Bread Chocolate Chip Cookies 2% Milk Coffee	Teriyaki Chicken Rice Pilaf Spanish Green Beans Wheat Roll Margarine Oatmeal Cranberry Bar 2% Milk Coffee	Lemon Pepper Fish Potatoes & Onions Seasoned Zucchini Wheat Bread Margarine Pumpkin Pie Square 2% Milk Coffee	Pepper Steak & Gravy Mashed Potatoes Broccoli Florets Wheat Bread Margarine Cherry Cheesecake 2% Milk Coffee	Spagetti & Meat Sauce Pork Gravy Potato Casserole Country Trio Veges Wheat Roll Margarine Ginger Pear Cake 2% Milk Coffee
Broiled Chicken Spinach Souffle	Beef Shortribs Broccoli Florets	Chicken Paprikash Tossed Salad/Dressing	BBQ Beef Brisket Diced Carrots	Steak & Mushrooms Corn Salad	Oven Fried Chicken Two Bean Salad	Beef Tips in Gravy Cauliflower & Peppers
Macaroni & Cheese Herbed Green Beans Wheat Bread Margarine Caramel Apple Crisp 2% Milk Coffee	Creamy Mushroom Soup Deli Sandwich Pickle Chip Garnish Tossed Salad/Dressing Saltine Crackers Spiced Peaches 2% Milk Coffee	Split Pea Soup Grill Turkey Swiss Rye Potato Wedges Baked Tomato Half Saltine Crackers Margarine Fruit Cocktail Gelatin 2% Milk Coffee	Sloppy Joe on Bun Confiti Cole Slaw Oatmeal Cranberry Bar 2% Milk Coffee	Chicken Nuggets French Fries Peas & Carrots Wheat Roll Ketchup Margarine Fresh Fruit Cup 2% Milk Coffee	Potato Chowder Grill Cheese Sandwich Cucumber Dill Salad Saltine Crackers Sliced Bananas 2% Milk Coffee	Turkey Salad Sandwich Pea Salad Margarine Fresh Fruit Cup 2% Milk Coffee
Minestrone Soup Veggie Quiche Saltine Crackers	Turkey Melt Wheat Roll Margarine	Western Omelet Wheat Bread	Fish 'n Chips Saltine Crackers	Turkey Rice Soup Veal Cutlet on Bun Saltine Crackers	Egg Salad Sandwich Wheat Bread Margarine	Tomato Florentine Soup Shaved Ham Sandwich Saltine Crackers

NOTE:

Spring Creek Manor Fall/Winter - Week 4

Service for Week of: 11/23/2009

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Juice Cream of Wheat Egg of Choice Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Hot Cereal of Choice Breakfast Sandwich Margarine 2% Milk Coffee -- -- Dry Cereal of Choice Wheat Toast White Toast Jelly	Choice of Juice Oatmeal Scrambled Eggs Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Cream of Wheat Egg of Choice Bacon or Sausage Pancakes Syrup Margarine 2% Milk Coffee -- -- Dry Cereal of Choice Wheat Toast White Toast Jelly	Choice of Juice Malt-O-Meal Scrambled Eggs Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Cream of Wheat Egg & Cheese Scramble Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Oatmeal Scrambled Eggs Bacon or Sausage Donut 2% Milk Coffee -- -- Dry Cereal of Choice Wheat Toast White Toast Margarine Jelly
Roast Beef Potatoes & Onions Baked Squash Wheat Bread Margarine Crispy Rice Bar 2% Milk Coffee -- -- Baked Fish & Dill Sauce Seasoned Spinach	Chicken Alfredo Seasoned Fettuccine Capri Mix Vegetables Wheat Roll Margarine Fudge Chocolate Cake 2% Milk Coffee -- -- Veal Cubes/ Mushroom Sc Seasoned Carrots	BBQ Pork on Bun Potato Salad Seasoned Mixed Veg Wheat Bread Margarine Frosted Brownie 2% Milk Coffee -- -- Beef Pot Pie Brussels Sprouts	Swedish Meatballs Parsiled Noodles Herbed Green Beans Wheat Roll Margarine Ice Cream Sundae 2% Milk Coffee -- -- Baked Chicken Tossed Salad/Dressing	Salmon Fillet Rice Pilaf Creamy Corn Wheat Bread Margarine Snickerdoodle Cookies 2% Milk Coffee -- -- Sausage & Peppers Confiti Cole Slaw	Chicken/Noodle/Casserole Broccoli-Cauliflower Biscuit Margarine Cinnamon Roll 2% Milk Coffee -- -- Shrimp Scampi Green Beans Oregano	Baked Glazed Ham Baked Sweet Potato Seasoned Green Peas Wheat Roll Margarine Pumpkin Pie 2% Milk Coffee -- -- Beef Shortribs Seasoned Carrots
Hot Dog on Bun Tator Tots Three Bean Salad Minted Peas 2% Milk Coffee -- -- Chicken Veg Soup Spanish Omelet Saltine Crackers Margarine	Beef Stew Peas & Onions Cornbread Honey Butter Bananas & Oranges 2% Milk Coffee -- -- Minestrone Soup Hot Rst Beef Sandwich Saltine Crackers	Ham & Bean Soup Grilled Ham & Cheese Saltine Crackers Margarine Fresh Fruit Cup 2% Milk Coffee -- -- Tuna Salad Plate	Tortilla Soup Grill Chicken Sandwich Tomato Salad Margarine Gingerchews 2% Milk Coffee -- -- Cottage Cheese & Fruit Saltine Crackers	Cream of Chicken Soup Lasagna Scandinavian Mix Veges Parmesan Breadstick Margarine Hot Fruit Compote 2% Milk Coffee -- -- Tuna Salad Sandwich Saltine Crackers	Chili con Carne Mixed Green Salad Cornbread Margarine Hot Spiced Apples 2% Milk Coffee -- -- Turkey Cheese Sandwich Saltine Crackers	Chicken Noodle Soup Grilled Cheese&Tomato Saltine Crackers Chilled Peaches 2% Milk Coffee -- -- TurkeyCheeseQuesadilla Cucumber Dill Salad Wheat Bread Margarine

NOTE:

Spring Creek Manor Fall/Winter - Week 5

Service for Week of: 11/23/2009

Regular diet / Regular texture

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Choice of Juice Cream of Rice Egg of Choice Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Cream of Wheat Egg of Choice Breakfast Ham Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Cinnamon Oatmeal Scrambled Eggs Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Malt-O-Meal Egg of Choice Bacon or Sausage Banana Bran Muffin Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice Wheat Toast White Toast	Choice of Juice Oatmeal Egg of Choice Sausage Link Pancakes Syrup Margarine 2% Milk Coffee -- -- Dry Cereal of Choice Wheat Toast White Toast Jelly	Choice of Juice Hot Cereal of Choice Scrambled Eggs Bacon or Sausage Wheat Toast Margarine Jelly 2% Milk Coffee -- -- Dry Cereal of Choice White Toast	Choice of Juice Malt-O-Meal Egg of Choice Bacon or Sausage Caramel Roll Margarine 2% Milk Coffee -- -- Dry Cereal of Choice Wheat Toast White Toast Jelly
Pork Ribs Herbed Potatoes Seasoned Spinach Wheat Bread Margarine Lemon Square 2% Milk Coffee -- -- Chicken a la King Seasoned Zucchini	Chicken Enchiladas Refried Beans Lettuce & Tomato Wheat Bread Salsa Sour Cream Margarine Oatmeal Cookies 2% Milk Coffee -- -- Steak Fingers & Gravy Baked Potato Broccoli Cauliflower Sld	Beef Stew Parsley Carrots Biscuit Margarine Banana Pudding 2% Milk Coffee -- -- Ham & Beans Seasoned Cabbage	Fried Chicken Country Gravy Mashed Potatoes Capri Mix Vegetables Wheat Roll Margarine Peach Cobbler 2% Milk Coffee -- -- Pepper Steak & Gravy Seasoned Green Beans	Lemon Pepper Fish Herbed Noodles Peas & Mushrooms Wheat Bread Margarine Pudding Parfait 2% Milk Coffee -- -- Roast Beef Croissant Creamy Cole Slaw	Meatloaf & Gravy Baked Potato Broccoli Normandy Wheat Bread Margarine Iced Chocolate Cake 2% Milk Coffee -- -- Turkey & Dressing Cass Tomato Salad	Ginger Roast Pork Fluffy Rice Seasoned Zucchini Wheat Roll Margarine Custard Pie 2% Milk Coffee -- -- Lemon Chicken Seasoned Green Peas
Beef & Bean Burrito Spanish Rice Gallico Corn Corn Chips Salsa Fresh Fruit Cup 2% Milk Coffee -- -- Cream of Chicken Soup Turkey Pasta Salad Saltine Crackers	Meatball Sub Tossed Salad/Dressing Garlic Bread Creamy Fruit Cocktail 2% Milk Coffee -- -- Garden Vegetable Soup Garden Burger on Bun Saltine Crackers	Philly & Cheese Sub Steak Fries Peppers & Onions Saltine Crackers Mixed Fruit 2% Milk Coffee -- -- Creamy Potato Soup Egg Salad Plate Seasoned Beets Wheat Roll Margarine	Turkey Tetrazzini Tossed Salad/Dressing Wheat Bread Margarine Orange Wedges 2% Milk Coffee -- -- Turkey Pea Soup Tuna Salad Sandwich Saltine Crackers	Vegetable Soup BBQ Pork on Bun Saltine Crackers Cranberry Peaches 2% Milk Coffee -- -- Chicken & Dumplings Lyonaise Carrots Wheat Bread Margarine	Grill Cheese Sandwich Crispy Potato Cubes Seasoned Green Beans Ketchup/Mustard/Mayo Cranberry Bar 2% Milk Coffee -- -- Creamy Tomato Soup Meat & Cheese Plate Saltine Crackers Margarine	Hamburger on Bun Crispy Potato Cubes Corn Salad Wheat Bread Margarine Caramel Apple Slices 2% Milk Coffee -- -- Creamy Asparagus Soup Roast Chicken Saltine Crackers

NOTE: