



Saint Antoine Residence

EXCELLENCE IN NURSING AND REHABILITATIVE CARE

Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Orange Juice Banana Oatmeal or Cold Cereal Scrambled Eggs Cheese or Plain Omelet Doughnut Bacon Toast Butter, Jelly Coffee, Tea or Milk	Orange Juice Banana Oatmeal or Cold Cereal Scrambled Eggs Fried Eggs Blueberry Muffin Breakfast Sausage Butter, Jelly Coffee, Tea or Milk	Orange Juice Banana Oatmeal or Cold Cereal Scrambled Egg Hard Boiled Egg Waffle Syrup Bacon Butter, Jelly Coffee, Tea, or Milk	Orange Juice Banana Oatmeal or Cold Cereal Scrambled Eggs Wheat Toast Breakfast Sausage Butter, Jelly Coffee, Tea, or Milk	Orange Juice Banana Oatmeal or Cold Cereal Scrambled Eggs Fried Eggs Home Fries English Muffin Bacon Butter, Jelly Coffee, Tea, or Milk	Orange Juice Banana Oatmeal or Cold Cereal Scrambled Egg Hard Boiled Egg French Toast Sticks Toast Breakfast Sausage Butter, Jelly Coffee, Tea, or Milk	Orange Juice Banana Oatmeal or Cold Cereal Cold Cereal Scrambled Egg Hard Boiled Egg Bacon Whole Wheat Toast Butter, Jelly Coffee, Tea, or Milk
AM	Chicken Noodle Soup Roast Pork w/ Gravy Turkey Breast Cranberry Sauce Mashed Potato Parslied Potato Carrots Peas Grapenut Custard Diet Grapenut Custard	Chicken Noodle Soup Hamburger on Hamburger Bun Baked Chicken w/ gravy w/ cranberry Sauce Macaroni Salad Mashed Potato Carrots Spinach Spice Cake w/topping Diet spice cake w/diet top	Chicken Noodle Soup Canadian Meat Pie Pork Chop Applesauce Garnish Mashed Potato Rice Pilaf Braised Brussels Sprouts Carrots Chocolate Cream Pie	Chicken Noodle Soup Meatloaf w/ Gravy LS Meatloaf w/ SF/FF Gravy Veal Patty w/mushroom see Mashed Potato Carrots Sliced Hot Beets Apple Cake Diet Applesauce Cake	Chicken Noodle Soup Ziti & Meatballs Garlic Knots Baked Chicken w/ Cran Sauce w/gravy Mashed Potato Carrots Asparagus Angel Cake	Chicken Noodle Soup Fried Fish Baked Fish Turkey Patty w/gravy Mashed Potato French Fries Coleslaw Carrots Vanilla Pudding Diet Vanilla Pudding	Chicken Noodle Soup Hot Dogs Stewed Hamburg w/ gravy SF/FF/Reg. Wheat Bread Slice Mashed Potato Baked Beans Carrots Pickled Diced Beets Custard Diet Custard
2 PM Snacks Sunday-Saturday Refer to the MNT (Medical Nutrition Therapy) snack list guide for appropriate snack items Standard = 4oz. Juice							
PM	Beef Barley Soup Julienne Salad Bowl Macaroni & Cheese Baked Potato Mashed Potato Carrots Asparagus Cuts Strawberry Chiffon Diet Strawberry Chiffon	Turkey Noodle Soup Sloppy Joe on Hamburger Bun Egg Salad Sandwich On Wheat Baked Potato Mashed Potato Carrots Whipped Turnip & Carrot Pineapple	Minestrone Soup Hot Sliced Turkey w. Gravy Bolognese w. Rotini Garlic Knots Baked Potato Mashed Potato Carrots Summer Squash Vanilla Cupcake w/ frosting Diet Cupcake w/frosting	Beef Orzo Soup Fishwich Sandwich on Hamburger Bun w/ Tartar Sauce Baked Fish Filet Turkey Stew Mashed Potato Carrots Cream Style Corn Butterscotch Pudding w/ topping Diet Butterscotch Pudding w/ diet topping	Turkey Vegetable Soup General Tso's Chicken, LS Turkey w/ Gravy SF/FF/Reg. White Rice Fried Rice Mashed Potato Carrots Carrots Asian Mixed Vegetables Lemon Meringue Tart Diet Lemon Pudding	Seafood Bisque Seafood Salad on Hot Dog Roll Veal Marsala Baked Potato Mashed Potato Carrots Wax Beans Potato Chips Sweetened Strawberries	Beef Vegetable Soup Chicken Cacciatore Baked Chicken Breast Cranberry Sauce Baked Potato Mashed Potato Shells Carrots Zucchini Choco Chip Cookies
7 PM Snacks Sunday-Saturday Refer to MNT (Medical Nutrition Therapy) snack list guide for appropriate snack items Standard = 4oz. Milk + 2 Cookies							

If you have any of the 8 food allergies, you must inform your nutrition assistant