

# King Manor Care & Rehabilitation

Regular

## Week at a Glance - KMCR 2021

### Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Farina Vegetable Omelet Toast Creamer Sugar Assorted Fruit Jelly Margarine Salt Pepper Farina	Cream of Rice Pancakes Hard Boiled Eggs Syrup Creamer Sugar Salt Pepper Coffee	Oatmeal Cheese Omelet Hashbrown Potatoes Banana Creamer Margarine Sugar Salt Pepper Coffee	Farina Waffle Syrup Scrambled eggs Sugar Creamer Margarine Salt Pepper	Whole Milk Buttered Grits Egg and Cheese Bake Blueberry Muffin Sugar Margarine Creamer Salt Pepper Coffee	Peanut Butter Oatmeal Hard Boiled Eggs Home-Made French Toast Syrup Sugar Creamer Margarine Salt Pepper	Grits Croissant Scrambled eggs Fresh Fruit Cup Sugar Creamer Margarine Salt Pepper
	<i>Alternates</i> Oatmeal Cream of Wheat Fresh Banana Fruit Platter Fresh Grapes Pineapple Chunks Sour Cream Whole Wheat Toast White Toast Rye Toast Fresh Banana Fresh Grapes Pineapple Chunks Fruit Platter Cream Cheese Chocolate Ice Cream Coffee	<i>Alternates</i> Oatmeal	<i>Alternates</i>	<i>Alternates</i> Coffee	<i>Alternates</i>	<i>Alternates</i> Coffee	<i>Alternates</i> Coffee

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lunch</b>	Eggplant Parmesan Garlic Green Beans Pasta Brownie Salt Sugar Pepper Coffee	Vegetarian Stuffed Pepper Parslied Potatoes Sliced Carrots Pear Slices Sugar Salt Pepper Coffee	Baked Fish Rice Pilaf Italian Blend Fresh Fruit Cup Sugar Salt Pepper Coffee	Stuffed Shells in white sauce Roasted Vegetables Vanilla Ice Cream Sugar Salt Pepper Coffee	Vegetarian Chili and cheese Mixed Vegetable Garlic Bread Orange Gelatin Sugar Salt Pepper	Bake 'N' Broil Fish Red Roasted Potato Sauteed Spinach Butterscotch Pudding Sugar Salt Pepper	Baked Ziti Capri Mixed Veg Dinner Roll Carrot Cake Sugar Pepper Salt
	<i>Alternates</i> Tuna Salad Platter Dinner Roll Grilled Cheese Hamburger on Bun Fresh Banana Fresh Fruit Cup Fruit Platter Fresh Grapes Pineapple Chunks	<i>Alternates</i> Egg Salad Platter Dinner Roll	<i>Alternates</i> Grilled Cheese & Tomato Sandwich Cool Vegetable Salad	<i>Alternates</i> Veggieburger with Cheese On Bun Cucumber Salad	<i>Alternates</i> Cheese Blintz Cool Vegetable Salad Coffee	<i>Alternates</i> Macaroni & Cheese Stewed Tomatoes Coffee	<i>Alternates</i> Tuna Melt on English Muffin Vegetable Blend Coffee

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dinner</b>	Chicken Noodle Soup Roasted Chicken Rice Green Peas Chilled Peaches Sugar Pepper Salt Peach Slices Coffee	Black Bean Soup Hamburger lettuce and tomato Cole Slaw French Fries Banana Cake Sugar Salt Pepper Coffee	Beef Barley Soup Spaghetti Bolognese Broccoli Dinner Roll Italian Ice Sugar Salt Pepper Coffee	Vegetable Soup Roast Turkey Stuffing Carrots Cranberry Sauce Cinnamon Apples Salt Pepper Sugar Coffee	French Onion Soup Salisbury Steak 4 oz Mashed Potatoes Peas & Carrots Pineapple Chunks Sugar Salt Pepper	Chicken Noodle Soup Lemon Pepper Chicken Orzo Pilaf Roasted Vegetables Sugar Salt Pepper Mandarin Oranges	Split Pea Soup Beef Stew Biscuit Baby Carrot Fruit Cocktail Cup Sugar Salt Pepper
	<i>Alternates</i> Beef & Broccoli Stir Fry Veggie Grillers Non-Dairy Creamer Vanilla Ice Cream Chocolate Ice Cream Assorted Cookie Italian Ice White Bread Whole Wheat Bread Rye Bread Fresh Grapes Pineapple Chunks Fruit Platter Fresh Banana	<i>Alternates</i> Chicken a la King Rice Pilaf Green Beans with Garlic	<i>Alternates</i> Deli Sandwich Seasoned Beets	<i>Alternates</i> Hot Dog Bun Baked Beans	<i>Alternates</i> Turkey Sandwich Lettuce & Tomato Coffee	<i>Alternates</i> Italian Sausage Sauteed Onions & Peppers Roll Coffee	<i>Alternates</i> Chicken Salad Platter Biscuit Coffee

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## Week at a Glance - KMCR 2021

### Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Farina Vegetable Omelet Toast Assorted Fruit Jelly Margarine Salt Creamer Sugar Pepper Farina Whole Milk	Cream of Rice Pancakes Syrup Hard Boiled Eggs Margarine Salt Sugar Pepper Sugar Pepper Salt Syrup Margarine Coffee	Oatmeal Cheese Omelet Hash brown Potato Banana Margarine Sugar Creamer Salt	Farina Waffle Scrambled eggs Margarine Syrup Sugar Pepper Creamer Coffee	Grits Egg and Cheese Frittata Blueberry Muffin Creamer Margarine Sugar Salt Pepper Coffee	Oatmeal French Toast Syrup Hard Boiled Eggs Margarine Sugar Salt Pepper Syrup Coffee	Grits Scrambled eggs Croissant Margarine Chilled Fruit Cup Sugar Creamer Salt Pepper Coffee
	<i>Alternates</i> Oatmeal Cream of Wheat Fresh Banana Fresh Grapes Fruit Platter Fresh Banana Pineapple Chunks Fresh Fruit Cup Fruit Platter Fresh Grapes Pineapple Chunks Sour Cream Whole Wheat Toast White Toast Rye Toast Fresh Banana	<i>Alternates</i>	<i>Alternates</i> Coffee	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>

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## Week at a Glance - KMCR 2021

### Week 2

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

	<i>Alternates</i>					
	Fresh Grapes					
	Pineapple Chunks					
	Fruit Platter					
	Fresh Fruit Cup					
	Fresh Banana					
	Fresh Grapes					
	Pineapple Chunks					
	Fruit Platter					
	Cream Cheese					
	Chocolate Ice Cream					
	Coffee					
	Coffee					

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### Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lunch</b>	Vegan Chicken Divan Rice Pilaf Vegetable Blend Cinnamon Rice Pudding Pepper Sugar	Vegetarian Stuffed Pepper Spiral Pasta Roasted Vegetables Tapioca Pudding Sugar Sugar Salt Pepper Coffee	Vegan Chicken Cutlet Cream Sauce Roasted Garlic Potato California Vegetables Chilled Pears Salt Pepper	Macaroni & Cheese Stewed Tomatoes Fruit Cocktail Cup Sugar Salt Pepper Sugar Coffee	Eggplant Parmesan Spaghetti Green Beans Pineapple Chunks Sugar Pepper Salt	Stuff Tilapia Red Roasted Potato Buttered Carrots Orange Gelatin Sugar Salt Pepper Coffee	Cheese Blintz Broccoli Fresh Fruit Salt Pepper Sugar Coffee
	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>
	Cheese Pizza Tossed Salad Fresh Banana Pineapple Chunks Fresh Grapes Fruit Platter Fresh Fruit Cup Fresh Banana Fruit Platter Pineapple Chunks Fresh Grapes Fresh Fruit Cup Coffee	Egg Salad Wrap with Cheese lettuce and tomato Diced Beet Salad French Dressing Italian Dressing	Grilled Cheese & Tomato Sandwich Cole Slaw Coffee	Baked Fish Rice Pilaf Seasoned Asparagus	Tuna Salad Sandwich Cucumber Onion Salad Coffee	Cheese Quesadilla Grilled Vegetable Pepper Salt Sugar	vegan chicken & cheese on Roll lettuce and tomato Cool Vegetable Salad

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### Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dinner</b>	Chicken Gumbo Soup Roasted Chicken Mixed Vegetable Rice Baked Apple Slices Salt Pepper Sugar	Beef Noodle Soup Roast Turkey Mashed Potatoes Green Beans Chilled Peaches Salt Sugar Pepper	Lentil Soup Corned Beef & Cabbage Boiled Potatoes Salt Apple Pie Salt Pepper	Vegetable Soup Meatloaf Sweet Potato Green Peas Banana Cake Salt Sugar Pepper Salt Pepper Sugar Coffee	Onion Soup Homemade Turkey Pot Pie Prince Edward Mix lemon ice Sugar Salt Pepper Coffee	Chicken Rice Soup Chicken Cacciatore Pasta Capri Mixed Veg Mandarin Oranges Sugar Salt Pepper Coffee	Tomato Soup Beef / veg stir fry lo mein noodles Chocolate Cake Sugar Salt Pepper Coffee
	<i>Alternates</i> Beef Fajita Grilled Vegetable Fresh Banana Fresh Fruit Cup Pineapple Chunks Fruit Platter Fresh Grapes Coffee	<i>Alternates</i> Italian Sausage Sauteed Onions & Peppers Pasta Sugar Salt Pepper Italian Dressing French Dressing Coffee	<i>Alternates</i> Jambalaya Rice Mixed Vegetable Salt Sweetner Pepper Sugar Coffee	<i>Alternates</i> Grilled Chicken Sandwich lettuce and tomato French Fries Cool Vegetable Salad Ketchup	<i>Alternates</i> BBQ Beef on a Bun Cole Slaw Onion Ringlet	<i>Alternates</i> Baked Veal Patty Baked Potato Broccoli Margarine	<i>Alternates</i> Baked Rosemary Chicken 5 oz Mashed Potatoes Squash Blend

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## Week at a Glance - KMCR 2021

### Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Farina Vegetable Omelet Toast Assorted Fruit Jelly Creamer Sugar Salt Margarine Pepper Coffee	cream of rice Pancakes Syrup Hard Boiled Eggs Margarine Sugar Salt Pepper Coffee	Oatmeal Cheese Omelet Hash brown Potato Banana Creamer Sugar Salt Pepper Coffee	Farina Waffle Scrambled eggs Syrup Sugar Margarine Creamer Salt Coffee	Grits Egg and Cheese Frittata Blueberry Muffin Margarine Sugar Salt Creamer Coffee	Oatmeal Hard Boiled Eggs French Toast Syrup Margarine Sugar Salt Pepper Creamer Coffee	Grits Scrambled eggs Croissant Fresh Fruit Cup Margarine Sugar Salt Pepper Creamer Coffee
	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>
<b>Lunch</b>	Penne Alla Vodka Italian Green Beans Vanilla Ice Cream Salt Pepper Sugar Coffee	Vegan Chicken Cutlet Grilled Vegetable Orzo Pilaf Fruited Jello Sugar Salt Pepper Coffee	Stuffed Shells Capri Mixed Veg Pineapple tidbits Sugar Salt Coffee	Vegetable Chili w/ Beans Rice Baby Carrots Sugar Cookie Sugar Salt Pepper Coffee	BBQ Vegan Chicken & Cheese Wrap Vegetable Blend Fruit Cocktail Cup Sugar Salt Pepper Coffee	Baked Fish Brown Rice Brussel Sprouts Applesauce Sugar Salt Pepper Coffee	Baked Ziti Italian Medley Veg Garlic Bread Orange Gelatin Sugar Pepper Salt Coffee
	<i>Alternates</i> Grilled Cheese Sandwich Tomato & Onion Salad	<i>Alternates</i> Pizza Tossed Salad	<i>Alternates</i> Tuna Melt on English Muffin Cole Slaw	<i>Alternates</i> Cheese Blintz Cool Vegetable Salad	<i>Alternates</i> Eggplant Parmesan Pasta Green Beans	<i>Alternates</i> Macaroni & Cheese Stewed Tomatoes	<i>Alternates</i> Egg Salad Platter Dinner Roll



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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dinner</b>	Black Bean Soup BBQ Chicken Sweet Potato Fries garlic sauteed spinach Diced Peaches Salt Pepper Coffee	Sweet and Sour Cabbage Soup Salisbury Steak Mashed Potatoes Green Beans Chilled Pears Sugar Salt Pepper Coffee	Greek White Bean Soup Chicken Franchise Linguine Broccoli Apple Pie Sugar Salt Pepper Coffee	Vegetable Beef Soup Open Faced Roast Beef Mashed Potatoes Prince Edward Mix Fresh Fruit Cup Sugar Salt Pepper Coffee	Split Pea Soup Baked Chicken Rice Pilaf Mixed Vegetable Applesauce Cake Sugar Salt Pepper Coffee	Chicken Noodle Soup Beef / veg stir fry Brown Rice Honey Chocolate Cake Sugar Salt Pepper Coffee	French Onion Soup Meatball Hoagie Zucchini Chilled Apricots Sugar Salt Pepper Coffee
	<i>Alternates</i> Deli Sandwich lettuce and tomato Cole Slaw	<i>Alternates</i> Hot Turkey S/W Roasted Vegetables	<i>Alternates</i> Hamburger Lettuce & Tomato Cool Vegetable Salad	<i>Alternates</i> Chicken Tenders 3 Each Tater Tots Three Bean Salad	<i>Alternates</i> Beef Hot Dog on Bun Baked Beans	<i>Alternates</i> Grilled Chicken Sandwich lettuce and tomato Cauliflower	<i>Alternates</i> Roasted Chicken Mashed Potatoes Green Peas

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### Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	Farina Vegetable Omelet Toast Margarine Creamer Sugar Salt Pepper Coffee	cream of rice Pancakes Syrup Hard Boiled Eggs Margarine Sugar Salt Pepper Coffee	Oatmeal Cheese Omelet Hash brown Potato Banana Sugar Salt Creamer Pepper Coffee	Farina Waffle Scrambled Eggs & Cheese Syrup Sugar Margarine Salt Pepper Coffee	Whole Milk Buttered Grits Egg and Cheese Frittata Blueberry Muffin Sugar Creamer Salt Pepper Coffee	Peanut Butter Oatmeal Apple French Toast Syrup Hard Boiled Eggs Margarine Sugar Creamer Salt Pepper Coffee	Grits Scrambled eggs Croissant Margarine Fresh Fruit Cup Sugar Salt Pepper Coffee
	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>
<b>Lunch</b>	Lemon Pepper Fish Rice Pilaf Broccoli Fresh Fruit Sugar Salt Pepper Coffee	Eggplant Rollintini Linguine Italian Green Beans Garlic Bread Cinnamon Rice Pudding Sugar Salt Pepper Coffee	BBQ Vegan Chicken & Cheese Wrap Vegetable Blend Peach Gelatin Sugar Salt Pepper Coffee	Macaroni & Cheese Zucchini and Tomato Bake Tapioca Pudding Sugar Salt Pepper Coffee	Vegan Chicken Divan Orzo Pilaf California Vegetables Fruit Cocktail Sugar Salt Pepper Coffee	Stuffed Tilapia Mashed Sweet Potatoes Seasoned Asparagus Blueberry Pie Sugar Salt Pepper Coffee	Baked Cheese Lasagna Grilled Vegetable Butterscotch Pudding Salt Pepper Coffee
	<i>Alternates</i> Tortellini Primavera w/ Cream Sauce Capri Mixed Veg	<i>Alternates</i> Egg Salad Platter Dinner Roll	<i>Alternates</i> Fish Cake Bun Tomato Basil Salad	<i>Alternates</i> Homemade Veggie Quiche Baby Carrot	<i>Alternates</i> Grilled Cheese & Tomato Sandwich Cucumber Salad	<i>Alternates</i> Cheese and Chili Enchilada Corn Relish	<i>Alternates</i> Tuna Salad Sandwich Tossed Salad

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dinner</b>	Lentil Soup Chicken a la King Rice California Vegetables Apple Pie Sugar Salt Pepper Coffee	Chicken Corn Soup Beef Stew Prince Edward Mix Biscuit Chilled Peaches Salt Pepper Coffee	Split Pea Soup Meatloaf Mashed Potatoes Carrot Coins Pineapple tidbits Salt Sugar Pepper Coffee	Vegetable Soup Chicken Cacciatore Parslied Noodles Green Beans Mandarin Oranges Salt Sugar Coffee	Navy Bean Soup Chinese Pepper Steak Rice Pound Cake Sugar Salt Pepper Coffee	Beef Barley Soup Baked Chicken Red Roasted Potato garlic sauteed spinach Cinnamon Apples Sugar Salt Pepper Coffee	Chicken Gumbo Soup Sloppy Joe on A Bun French Fries Mixed Vegetable Pear Slices Sugar Salt Pepper Ketchup Coffee
	<i>Alternates</i> Italian Sausage Sauteed Onions & Peppers Pasta	<i>Alternates</i> Open Faced Hot Turkey Sandwich Mixed Vegetable	<i>Alternates</i> Chicken Salad Platter Dinner Roll	<i>Alternates</i> Deli Sandwich lettuce and tomato Cole Slaw	<i>Alternates</i> Breaded Chicken Cutlet Pasta with Tomato Basil Capri Mixed Veg	<i>Alternates</i> Hamburger on Bun lettuce and tomato Cool Vegetable Salad	<i>Alternates</i> Roast Turkey Sweet Potato Cauliflower