

King Manor Care & Rehabilitation

Week at a Glance - KMCR 2021

Regular

Week 1

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Breakfast	Farina	Grits	Oatmeal	Farina	Oatmeal	Grits	Oatmeal	Grits	Oatmeal	Grits	Oatmeal	Grits	Oatmeal
	Scrambled eggs	Pancakes	Cheese Omelet	Vegetarian Sausage Patty	Home-Made French Toast	Egg and Cheese Bake	Croissant						
	Biscuit	Hard Boiled Eggs	Hashbrown Potatoes	Waffle	Hard Boiled Eggs	Blueberry Muffin	Scrambled eggs						
	Margarine	Syrup	Creamer	Syrup	Syrup	Sugar	Fresh Fruit Cup						
	Creamer	Creamer	Margarine	Sugar	Margarine	Margarine	Sugar						
	Sugar	Sugar	Sugar	Creamer	Creamer	Salt	Creamer						
	Assorted Fruit Jelly	Salt	Salt	Margarine	Salt	Pepper	Margarine						
	Salt	Pepper	Pepper	Salt	Sugar	Creamer	Salt						
	Pepper			Pepper	Pepper		Pepper						
	Alternates		Alternates		Alternates		Alternates		Alternates		Alternates		
	Oatmeal	Oatmeal	Banana	Scrambled eggs	Coffee	Coffee	Coffee						
	Cream of Wheat	Coffee	Coffee	Coffee									
	Farina												
	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												

## Week at a Glance - KMCR 2021

## Week 1

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

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

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Week at a Glance - KMCR 2021

Regular

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Farina Vegetable Omelet Toast Assorted Fruit Jelly Margarine Salt Creamer Sugar Pepper Farina Whole Milk	Grits Pancakes Syrup Hard Boiled Eggs Margarine Salt Sugar Pepper Creamer Sugar Pepper Salt Syrup Margarine	Oatmeal Cheese Omelet Hash brown Potato Banana Margarine Sugar Creamer Salt	Farina Waffle Vegetarian Sausage Patty Margarine Syrup Sugar Pepper Creamer	Oatmeal French Toast Hard Boiled Eggs Syrup Creamer Margarine Sugar Salt Pepper	Grits Egg and Cheese Frittata Blueberry Muffin Margarine Sugar Salt Pepper Creamer Syrup	Oatmeal Scrambled eggs Croissant Margarine Chilled Fruit Cup Sugar Creamer Salt Pepper
	Alternates 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	Alternates Coffee	Alternates Coffee	Alternates Scrambled eggs Coffee	Alternates Coffee	Alternates Coffee	Alternates Coffee

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Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Alternates</div> <div>Fresh Grapes</div> <div>Pineapple Chunks</div> <div>Fruit Platter</div> <div>Fresh Fruit Cup</div> <div>Fresh Banana</div> <div>Fresh Grapes</div> <div>Pineapple Chunks</div> <div>Fruit Platter</div> <div>Cream Cheese</div> <div>Chocolate Ice Cream</div> <div>Coffee</div> <div>Coffee</div>						

Week at a Glance - KMCR 2021

Week 2

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Lunch	Vegan Sweet and Sour Chicken	Vegetarian Stuffed Pepper	Vegan Chicken Cutlet	Macaroni & Cheese	Eggplant Parmesan	Stuff Tilapia	Cheese Blintz						
	lo mein noodles	Spiral Pasta	Cream Sauce	Stewed Tomatoes	Spaghetti	Red Roasted Potato	Broccoli						
	Sugar Snap Peas	Roasted Vegetables	Roasted Garlic Potato	Fruit Cocktail Cup	Green Beans	Buttered Carrots	Fresh Fruit						
	Cinnamon Rice Pudding	Tapioca Pudding	garlic sauteed spinach	Sugar	Pineapple Chunks	Orange Gelatin	Salt						
	Pepper	Sugar	Chilled Pears	Salt	Sugar	Sugar	Pepper						
	Sugar	Salt	Salt	Pepper	Pepper	Salt	Sugar						
	Coffee	Pepper	Pepper	Salt	Salt	Pepper	Coffee						
		Sugar	Sugar	Pepper	Coffee								
		Salt	Coffee	Sugar									
		Pepper		Coffee									
		Coffee											
	Alternates		Alternates		Alternates		Alternates		Alternates		Alternates		
	Cheese Pizza		Egg Salad Wrap with Cheese		Grilled Cheese & Tomato		Baked Fish		Tuna Salad Sandwich		Stuff Tilapia		
	Tossed Salad		lettuce and tomato		Sandwich		Rice Pilaf		Cucumber Onion Salad		Buttered Carrots		
Fresh Banana		Diced Beet Salad		Cole Slaw		Capri Mixed Veg							
Pineapple Chunks		French Dressing											
Fresh Grapes		Italian Dressing											
Fruit Platter													
Fresh Fruit Cup													
Fresh Banana													
Fruit Platter													
Pineapple Chunks													
Fresh Grapes													
Fresh Fruit Cup													

## Week at a Glance - KMCR 2021

## Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	Chicken Gumbo Soup Roasted Chicken Mixed Vegetable Rice Baked Apple Slices Salt Pepper Sugar Coffee	Beef Noodle Soup Roast Turkey Mashed Potatoes Green Beans Chilled Peaches Salt Sugar Pepper Coffee	Lentil Soup Corned Beef & Cabbage Boiled Potatoes Apple Pie Salt Pepper Sugar Coffee	Vegetable Soup Meatloaf Sweet Potato Green Peas 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 Pasta Beef / veg stir fry Chocolate Cake Sugar Salt Pepper Coffee
	Alternates	Alternates	Alternates	Alternates	Alternates	Alternates	Alternates
	Beef Fajita Grilled Vegetable Fresh Banana Fresh Fruit Cup Pineapple Chunks Fruit Platter Fresh Grapes	Italian Sausage Sauteed Onions & Peppers Pasta Sugar Salt Pepper Italian Dressing French Dressing	Jambalaya Rice Mixed Vegetable Salt Sweetner Pepper Sugar	Grilled Chicken Sandwich lettuce and tomato French Fries Ketchup Mayonnaise	BBQ Beef on a Bun Cole Slaw Onion Ringlet	Turkeyburger on Bun Lettuce & Tomato Margarine	Chicken Marsala Mashed Potatoes Prince Edward Mix

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Regular

Week 3

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Breakfast	Farina	cream of rice	Oatmeal	Farina	Oatmeal	Egg and Cheese Frittata	Grits						
	Vegetable Omelet	Pancakes	Cheese Omelet	Waffle	French Toast	Grits	Scrambled eggs						
	Toast	Syrup	Hash brown Potato	Vegetarian Sausage Patty	Hard Boiled Eggs	Blueberry Muffin	Croissant						
	Assorted Fruit Jelly	Hard Boiled Eggs	Banana	Syrup	Syrup	Margarine	Fresh Fruit Cup						
	Creamer	Margarine	Creamer	Sugar	Margarine	Sugar	Margarine						
	Sugar	Sugar	Sugar	Margarine	Sugar	Salt	Sugar						
	Salt	Salt	Salt	Creamer	Salt	Pepper	Salt						
	Margarine	Pepper	Pepper	Salt	Creamer	Creamer	Pepper						
	Pepper						Creamer						
	Alternates	Alternates	Alternates	Alternates	Alternates	Alternates	Alternates						
Coffee	Coffee	Coffee	Scrambled eggs	Coffee	Coffee	Coffee							
			Coffee										

Lunch	Vegan Grilled Chicken	Vegan Chicken Cutlet	Stuffed Shells	Vegetable Chili w/ Beans	(Meat) Pizza	Baked Fish	Baked Ziti
	Penne Alla Vodka	Orzo Pilaf	Capri Mixed Veg	Rice	Tossed Salad	Brown Rice	Italian Medley Veg
	Italian Green Beans	Grilled Vegetable	Pineapple tidbits	Baby Carrots	Fruit Cocktail Cup	Broccoli	Garlic Bread
	Vanilla Ice Cream	Fruited Jello	Sugar	Sugar Cookie	Sugar	Applesauce	Orange Gelatin
	Salt	Sugar	Salt	Sugar	Salt	Sugar	Sugar
	Pepper	Salt	Pepper	Salt	Pepper	Salt	Pepper
	Sugar	Pepper	Coffee	Pepper	Coffee	Pepper	Salt
	Coffee	Coffee		Coffee		Coffee	Coffee
	Alternates	Alternates	Alternates	Alternates	Alternates	Alternates	Alternates
	Egg Salad Wrap	lettuce and tomato	Tuna Melt	Cheese Blintz	Eggplant Parmesan	Macaroni & Cheese	Egg Salad Platter
Tomato & Onion Salad	Veggieburger with Cheese On Bun	Cole Slaw	Cool Vegetable Salad	Pasta	Stewed Tomatoes	Dinner Roll	
	Gravy		Blueberry Topping	Green Beans			



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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	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 Spaghetti 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 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 Broccoli Chilled Pears Sugar Salt Pepper Coffee
	Alternates Deli Sandwich lettuce and tomato Cole Slaw	Alternates Hot Turkey S/W Roasted Vegetables	Alternates Hamburger lettuce and tomato Cool Vegetable Salad	Alternates Chicken Tenders Tater Tots Three Bean Salad	Alternates Beef Hot Dog on Bun Baked Beans	Alternates Grilled Chicken Sandwich lettuce and tomato Cole Slaw	Alternates Roasted Chicken Mashed Potatoes Green Peas

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Regular

Week 4

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Breakfast	Farina	cream of rice	Oatmeal	Farina	Oatmeal	Grits	Grits						
	Vegetable Omelet	Pancakes	Cheese Omelet	Waffle	French Toast	Blueberry Muffin	Scrambled eggs						
	Toast	Syrup	Hash brown Potato	Vegetarian Sausage Patty	Hard Boiled Eggs	Egg and Cheese Frittata	Croissant						
	Margarine	Hard Boiled Eggs	Banana	Syrup	Syrup	Margarine	Margarine						
	Creamer	Margarine	Sugar	Sugar	Sugar	Sugar	Fresh Fruit Cup						
	Sugar	Sugar	Salt	Margarine	Creamer	Creamer	Sugar						
	Salt	Salt	Creamer	Salt	Salt	Salt	Salt						
	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper	Pepper						
	Alternates	Alternates	Alternates	Alternates	Alternates	Alternates	Alternates						
	Coffee	Coffee	Coffee	Scrambled Eggs & Cheese Coffee	Coffee	Coffee	Coffee						
Lunch	Lemon Pepper Fish	Eggplant Rollintini	BBQ Vegan Chicken & Cheese Wrap	Macaroni & Cheese	Vegan Chicken Divan	Stuffed Tilapia	Baked Cheese Lasagna						
	Rice Pilaf	Linguine	Vegetable Blend	Zucchini and Tomato Bake	Orzo Pilaf	Prince Edward Mix	Grilled Vegetable						
	Broccoli	Italian Green Beans	Peach Gelatin	Tapioca Pudding	Sauteed Spinach	Mashed Sweet Potatoes	Butterscotch Pudding						
	Fresh Fruit	Cinnamon Rice Pudding	Sugar	Sugar	Fruit Cocktail	Blueberry Pie	Salt						
	Sugar	Sugar	Salt	Salt	Sugar	Sugar	Pepper						
	Salt	Salt	Pepper	Pepper	Salt	Salt	Coffee						
	Pepper	Pepper	Coffee	Coffee	Pepper	Pepper							
	Coffee	Coffee			Coffee	Coffee							
	Alternates	Alternates	Alternates	Alternates	Alternates	Alternates	Alternates						
	Tortellini Primavera w/ Cream Sauce Capri Mixed Veg	Dinner Roll	Fish Cake Bun Tomato Basil Salad	Homemade Veggie Quiche Baby Carrot	Breaded Fish Au Gratin Cucumber Salad	Cheese and Chili Enchilada California Vegetables	Tuna Salad S/W Tossed Salad						

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Week 4

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