

King Manor Care & Rehabilitation

Week at a Glance - KMCR 2021

Week 1

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

King Manor Care & Rehabilitation

Regular

Week at a Glance - KMCR 2021

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch	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	Eggplant Rollintini Roasted Vegetables Vanilla Ice Cream Sugar Salt Pepper Coffee	Vegetarian Chili and cheese Mixed Vegetable Orange Gelatin Sugar Salt Pepper Rice Coffee	Bake 'N' Broil Fish Baked Potato Sauteed Spinach Butterscotch Pudding Sugar Salt Pepper Coffee	Baked Ziti Capri Mixed Veg Dinner Roll Carrot Cake Sugar Pepper Salt Coffee
	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>	<i>Alternates</i>
	Tuna Salad Platter Dinner Roll Grilled Cheese Hamburger on Bun Fresh Banana Fresh Fruit Cup Fruit Platter Fresh Grapes Pineapple Chunks	Egg Salad Platter Dinner Roll	Grilled Cheese & Tomato Sandwich Cool Vegetable Salad	Veggieburger with Cheese On Bun Cucumber Salad	Cheese Blintz Cool Vegetable Salad	Macaroni & Cheese Stewed Tomatoes	Tuna Salad Sandwich Tomato Basil Salad

King Manor Care & Rehabilitation

Regular

Week at a Glance - KMCR 2021

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	Chicken Noodle Soup Roasted Chicken Rice Green Peas Chilled Peaches Sugar Pepper Salt Peach Slices Coffee	Black Bean Soup Hamburger on Bun lettuce and tomato Cole Slaw French Fries 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 Coffee	Chicken Noodle Soup Lemon Pepper Chicken Orzo Pilaf Roasted Vegetables Sugar Salt Pepper Mandarin Oranges Coffee	Split Pea Soup Beef Stew Mashed Potatoes Baby Carrot Fruit Cocktail Cup Sugar Salt Pepper Coffee
	<i>Alternates</i> Beef & Broccoli Stir Fry lo mein noodles 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	<i>Alternates</i> Italian Sausage Sauteed Onions & Peppers Dinner Roll	<i>Alternates</i> Chicken Salad Platter

King Manor Care & Rehabilitation

Regular

Week at a Glance - KMCR 2021

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
	<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> Coffee	<i>Alternates</i> Coffee	<i>Alternates</i> Scrambled eggs Coffee	<i>Alternates</i> Coffee	<i>Alternates</i> Coffee	<i>Alternates</i> Coffee

King Manor Care & Rehabilitation

Regular

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					

King Manor Care & Rehabilitation

Week at a Glance - KMCR 2021

Week 2

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

King Manor Care & Rehabilitation

Regular

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 lo mein noodles Beef / veg stir fry Chocolate Cake 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>
	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

King Manor Care & Rehabilitation

Week at a Glance - KMCR 2021

Week 3

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

King Manor Care & Rehabilitation

Regular

Week at a Glance - KMCR 2021

Week 3

	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
	<i>Alternates</i> Deli Sandwich lettuce and tomato Cole Slaw	<i>Alternates</i> Hot Turkey S/W Roasted Vegetables	<i>Alternates</i> Hamburger lettuce and tomato Cool Vegetable Salad	<i>Alternates</i> Chicken Tenders Tater Tots Three Bean Salad	<i>Alternates</i> Beef Hot Dog on Bun Baked Beans	<i>Alternates</i> Grilled Chicken Sandwich lettuce and tomato Cole Slaw	<i>Alternates</i> Roasted Chicken Mashed Potatoes Green Peas

King Manor Care & Rehabilitation

Regular

Week at a Glance - KMCR 2021

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Farina Vegetable Omelet Toast Margarine Creamer Sugar Salt Pepper	cream of rice Pancakes Syrup Hard Boiled Eggs Margarine Sugar Salt Pepper	Oatmeal Cheese Omelet Hash brown Potato Banana Sugar Salt Creamer Pepper	Farina Waffle Vegetarian Sausage Patty Syrup Sugar Margarine Salt Pepper	Oatmeal French Toast Hard Boiled Eggs Syrup Sugar Creamer Salt Pepper	Grits Blueberry Muffin Egg and Cheese Frittata Margarine Sugar Creamer Salt Pepper	Grits Scrambled eggs Croissant Margarine Fresh Fruit Cup Sugar Salt Pepper
	<i>Alternates</i> Coffee	<i>Alternates</i> Coffee	<i>Alternates</i> Coffee	<i>Alternates</i> Scrambled Eggs & Cheese Coffee	<i>Alternates</i> Coffee	<i>Alternates</i> Coffee	<i>Alternates</i> Coffee
Lunch	Lemon Pepper Fish Rice Pilaf Broccoli Fresh Fruit Sugar Salt Pepper Coffee	Eggplant Rollintini Linguine Italian Green Beans 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 Sauteed Spinach Fruit Cocktail Sugar Salt Pepper Coffee	Stuffed Tilapia Prince Edward Mix Mashed Sweet Potatoes 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> Dinner Roll Egg Salad Platter	<i>Alternates</i> Fish Cake Bun Tomato Basil Salad	<i>Alternates</i> Homemade Veggie Quiche Baby Carrot	<i>Alternates</i> Breaded Fish Au Gratin Cucumber Salad	<i>Alternates</i> Cheese and Chili Enchilada California Vegetables	<i>Alternates</i> Tuna Salad S/W Tossed Salad

King Manor Care & Rehabilitation

Regular

Week at a Glance - KMCR 2021

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	Lentil Soup Chicken a la King Rice California Vegetables Apple Pie Sugar Salt Pepper Coffee	Chicken Corn Soup Beef Stew Buttered Noodles Prince Edward Mix Chilled Peaches Salt Pepper Sugar 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 Chili Rice Mixed Vegetable Pear Slices 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>
	Italian Sausage Sauteed Onions & Peppers Pasta	Open Faced Hot Turkey Sandwich Mixed Vegetable	Chicken Salad Platter Dinner Roll	Deli Sandwich lettuce and tomato Cole Slaw	Breaded Chicken Cutlet Pasta with Tomato Basil Capri Mixed Veg	Hamburger on Bun lettuce and tomato Cool Vegetable Salad	Philly Style Steak Sandwich