Week 1 - General/NAS | **Vernon Manor Fall/Winter 2026-27** | **Week At A Glance**

M	Sun - Nov 01, 2026	Mon - Nov 02, 2026	Tue - Nov 03, 2026	Wed - Nov 04, 2026	Thu - Nov 05, 2026	Fri - Nov 06, 2026	Sat - Nov 07, 2026
BFST	HOT OR COLD CEREAL SCRAMBLED EGG BACON TOAST BUTTER / JELLY	HOT OR COLD CEREAL CHEESE OMELET TOAST BUTTER / JELLY	HOT OR COLD CEREAL SAUSAGE LINK PANCAKES/SYRUP	HOT OR COLD CEREAL BREAKFAST SANDWICH	HOT OR COLD CEREAL SCRAMBLED EGG PATTY TOAST BUTTER / JELLY PEANUT BUTTER	HOT OR COLD CEREAL WAFFLES WITH SYRUP SAUSAGE LINK	HOT OR COLD CEREAL CHEESE OMELET SAUSAGE LINK ASSORTED MUFFINS
NOON	SLOW ROASTED TURKEY MASHED POTATOES/GRAVY GREEN BEANS PUMPKIN PIE & TOPPING	PINEAPPLE HAM LOAF BAKED POTATO CASSEROLE CRANBERRY PEAR CRISP	SMOTHERED CUBE STEAK MASHED POTATOES GRAVY CARROTS CHOCOLATE MINT BROWNIE	POPCORN CHICKEN MACARONI AND CHEESE MIXED VEGETABLES AUTUMN GELATIN	MAPLE BALSAMIC PORK LOIN SMOKEY ROASTED SWEET POTATOES CALIFORNIA BLEND VEGETABLES WHITE CHOCOLATE RASPBERRY CHEESECAKE	SUPREME PIZZA BREADED MOZZARELLA STICKS TOSSED SALAD W/ DRSG CANDY BAR CAKE	PENNE & MEATBALLS RIVIERA VEGETABLES BREADSTICK SMORE'S PUDDING PARFAIT
EVE	TATER TOT CASSEROLE APRICOTS PEANUT BUTTER COOKIE	CHICKEN & NOODLES BUTTERED PEAS MANDARIN ORANGES	CORN CHOWDER CRACKERS HOT HAM & CHEESE MELT BANANA MUFFIN	BBQ SLOPPY JOE ON BUN POTATO CHIPS BAKED BEANS FRUIT COCKTAIL	BEEF POT PIE W/ BISCUIT COLESLAW CINNAMON APPLESAUCE	CHEFS CHOICE	CHILI CHEESE DOG FRENCH FRIES CORN PEARS

Menus Approved By:

11/01/26

Notes:

Fish alternate available each Friday.
Tuna Salad Sandwich or Cod Nuggets w/tartar sauce.
Sugar free dessert option available.

Week 2 - General/NAS | **Vernon Manor Fall/Winter 2026-27** | **Week At A Glance**

M	Sun - Nov 08, 2026	Mon - Nov 09, 2026	Tue - Nov 10, 2026	Wed - Nov 11, 2026	Thu - Nov 12, 2026	Fri - Nov 13, 2026	Sat - Nov 14, 2026
BFST	HOT OR COLD CEREAL SCRAMBLED EGG BACON TOAST BUTTER / JELLY	HOT OR COLD CEREAL CHEESE OMELET TOAST BUTTER / JELLY	HOT OR COLD CEREAL FRENCH TOAST / SYRUP SAUSAGE LINK	HOT OR COLD CEREAL BREAKFAST SANDWICH	HOT OR COLD CEREAL SCRAMBLED EGG PATTY TOAST BUTTER/JELLY PEANUT BUTTER	HOT OR COLD CEREAL WAFFLES WITH SYRUP SAUSAGE LINK	HOT OR COLD CEREAL CHEESE OMELET SAUSAGE LINK ASSORTED MUFFINS
NOON	BAKED PIT HAM AU GRATIN POTATOES BUTTERED PEAS PIE	ROTISSERIE CHICKEN BREAST MAPLE MASHED SWEET POTATOES GREEN BEANS SPICE CAKE W/CREAM CHEESE FROSTING	BRAISED STEAK W/MUSHROOM GRAVY MASHED POTATOES HONEY BUTTERED CARROTS CRAN-STRAWBERRY SHORTCAKE	PULLED PORK HOAGIE COWBOY BEANS WARM CINNAMON APPLES OATMEAL RAISIN COOKIE	BEEF POT ROAST HARVEST ROASTED POTATOES, CARROTS & ONIONS PEPPERMINT CAKE	PARMESAN CRUSTED CHICKEN CREAMY BLUSH PASTA BROCCOLI BREADSTICK BUTTERSCOTCH BROWNIE	STUFFED GREEN PEPPER CORN WHOLE WHEAT BREAD & BUTTER STRAWBERRY CRUNCH
EVE	CREAMY TURKEY PASTA BAKE MIXED VEGETABLES MANDARIN ORANGES	CABBAGE ROLL CASSEROLE CHEESY BREAD FRUIT COCKTAIL ICE CREAM	DILL PICKLE CHICKEN SALAD SANDWICH POTATO CHIPS COLESLAW COOKIE	GOULASH BREADSTICK ORANGE GELATIN WITH PEACHES	HAM AND BEANS MAPLE CORNBREAD TOSS SALAD/ DRESSING PUDDING W/ BERRIES	PHILLY CHEESE SAUSAGE ON A BUN TATER TOTS MIXED VEGETABLES APRICOTS	WESTERN EGG BAKE WHEAT TOAST WITH JELLY FRUIT COCKTAIL

Menus Approved By:

11/08/26

Notes:

Fish alternate available each Friday.
Tuna Salad Sandwich or Cod Nuggets w/tartar sauce.
Sugar free dessert option available.

Week 3 - General/NAS | **Vernon Manor Fall/Winter 2026-27** | **Week At A Glance**

M	Sun - Nov 15, 2026	Mon - Nov 16, 2026	Tue - Nov 17, 2026	Wed - Nov 18, 2026	Thu - Nov 19, 2026	Fri - Nov 20, 2026	Sat - Nov 21, 2026
BFST	HOT OR COLD CEREAL SCRAMBLED EGG BACON TOAST BUTTER / JELLY	HOT OR COLD CEREAL CHEESE OMELET TOAST BUTTER / JELLY	HOT OR COLD CEREAL PANCAKES, SYRUP SAUSAGE LINK	HOT OR COLD CEREAL BREAKFAST SANDWICH	HOT OR COLD CEREAL SCRAMBLED EGG PATTY TOAST BUTTER/JELLY PEANUT BUTTER	HOT OR COLD CEREAL WAFFLES / SYRUP SAUSAGE LINK	HOT OR COLD CEREAL CHEESE OMELET SAUSAGE LINK ASSORTED MUFFINS
NOON	BAKED SEASONED CHICKEN BREAST MASHED POTATOES CHICKEN GRAVY CARROTS PIE	TORTELLINI ALFREDO W/ SMOKED SAUSAGE SCANDINAVIAN VEGETABLES BREADSTICK COOKIE FLUFF	HAM STEAK MASHED POTATOES/GRAVY CALIFORNIA BLEND VEGETABLES PEANUT BUTTER CUP CAKE	SWEDISH MEATBALLS GARLIC BUTTERED NOODLES SEASONED PEAS CARAMEL APPLE SLICES	APRICOT GLAZED MEATLOAF ROASTED SWEET POTATOES W/ BACON RIVIERA VEGETABLES APPLE PIE	CHEESY CHICKEN GARDEN VEGETABLE RICE MIXED VEGETABLES STRAWBERRY FRUIT WHIP	PHILLY CHEESESTEAK BAKE WHOLE WHEAT BREAD & BUTTER CAKE ROLL
EVE	BRATWURST PATTY FRENCH FRIES THREE BEAN SALAD APPLESAUCE	TURKEY CLUB SANDWICH POTATO CHIPS PEA SALAD PEACHES	CHICKEN & DUMPLING SOUP TOSS SALAD/ DRESSING CORNBREAD FRUIT COCKTAIL	FISH & CHIPS COLESLAW SHERBET	HARVEST TURKEY BOWL WHOLE WHEAT BREAD & BUTTER MANDARIN ORANGES	CHILI CHEESY BREAD PEARS COOKIE	CHEDDARWURST ON BUN TATER TOTS TOSS SALAD/ DRESSING APRICOTS

Menus Approved By:

11/15/26

Notes:

Fish alternate available each Friday.
Tuna Salad Sandwich or Cod Nuggets w/tartar sauce.
Sugar free dessert option available.

Week 4 - General/NAS | **Vernon Manor Fall/Winter 2026-27** | **Week At A Glance**

M	Sun - Nov 22, 2026	Mon - Nov 23, 2026	Tue - Nov 24, 2026	Wed - Nov 25, 2026	Thu - Nov 26, 2026	Fri - Nov 27, 2026	Sat - Nov 28, 2026
BFST	HOT OR COLD CEREAL SCRAMBLED EGG BACON TOAST BUTTER / JELLY	HOT OR COLD CEREAL CHEESE OMELET TOAST BUTTER / JELLY	HOT OR COLD CEREAL FRENCH TOAST/SYRUP SAUSAGE LINK	HOT OR COLD CEREAL BREAKFAST SANDWICH	HOT OR COLD CEREAL SCRAMBLED EGG PATTY TOAST BUTTER/JELLY PEANUT BUTTER	HOT OR COLD CEREAL WAFFLES WITH SYRUP SAUSAGE LINK	HOT OR COLD CEREAL CHEESE OMELET ASSORTED MUFFINS MARGARINE/JELLY
NOON	BEEF POT ROAST MASHED POTATOES BEEF GRAVY CORN PIE	MAPLE BBQ RIBS MASHED SWEET POTATOES RIVIERA VEGETABLES STRAWBERRY SHORTCAKE	CHICKEN CACCIATORE GARLIC PARMESAN PASTA BROCCOLI BROWNIE	CHEESEBURGER HERB PARMESAN BABY BAKERS CALICO SLAW ICE CREAM	ROAST TURKEY MASHED POTATOES/GRAVY STUFFING GREEN BEAN CASSEROLE CRANBERRY SAUCE PUMPKIN PIE/TOPPING	FRENCH ONION MEATBALLS GARLIC PARMESAN MASHED POTATOES SCANDINAVIAN VEGETABLES FROSTED PUMPKIN BAR	CHICKEN BISCUIT CASSEROLE TOSSED SALAD W/ DRSG COOKIE
EVE	CHICKEN NOODLE SOUP CRACKERS CHEESE SPREAD SANDWICH ROSY APPLESAUCE	BROCCOLI QUICHE CHEESY BACON HASHBROWNS FRUIT COCKTAIL	HOT TURKEY ON BUN CALIFORNIA MEDLEY SOUP CRACKERS MANDARIN ORANGES	AU GRATIN POTATOES MIXED VEGETABLES CINNAMON PEACHES	BREADED CHICKEN PATTY ON BUN POTATO CHIPS 3 BEAN SALAD GELATIN PARFAIT	SCRAMBLED EGG, HAM & CHEESE SANDWICH TATER TOTS STEWED TOMATOES APRICOTS	BBQ BEEF SANDWICH FRENCH FRIES GREEN BEANS PEARS

Menus Approved By:

11/22/26

Notes:

Fish alternate available each Friday.
Tuna Salad Sandwich or Cod Nuggets w/tartar sauce.
Sugar free dessert option available.

Week 5 - General/NAS | **Vernon Manor Fall/Winter 2026-27** | **Week At A Glance**

M	Sun - Nov 29, 2026	Mon - Nov 30, 2026	Tue - Dec 01, 2026	Wed - Dec 02, 2026	Thu - Dec 03, 2026	Fri - Dec 04, 2026	Sat - Dec 05, 2026
BFST	HOT OR COLD CEREAL SCRAMBLED EGG BACON TOAST BUTTER / JELLY	HOT OR COLD CEREAL CHEESE OMELET TOAST BUTTER / JELLY	HOT OR COLD CEREAL PANCAKES/SYRUP SAUSAGE LINK	HOT OR COLD CEREAL BREAKFAST SANDWICH	HOT OR COLD CEREAL SCRAMBLED EGG PATTY TOAST BUTTER / JELLY PEANUT BUTTER	HOT OR COLD CEREAL WAFFLES WITH SYRUP SAUSAGE LINK	HOT OR COLD CEREAL CHEESE OMELET SAUSAGE LINK ASSORTED MUFFINS
NOON	GARLIC ROASTED PORK GRAVY STUFFING MIXED VEGETABLES PIE	PEPPER STEAK MASHED POTATOES/GRAVY GLAZED CARROTS MONSTER COOKIE	ROASTED CHICKEN/GRAVY CANDIED SWEET POTATOES GREEN BEANS CARROT CAKE ROLL	HOMEMADE BEEF & NOODLES BUTTERED PEAS GARLIC BREADSTICK BUTTERSCOTCH FLUFF	TACO SALAD CORNBREAD PUDDING POKE CAKE	OLD BAY SEASONED FISH HERB PARMESAN BABY BAKERS SCANDINAVIAN VEGETABLES CHERRY CHEESECAKE	OPEN FACE HOT BEEF SANDWICH MASHED POTATOES BEEF GRAVY CALIFORNIA BLEND VEGETABLES ICE CREAM
EVE	CHICKEN BROCCOLI ALFREDO BREADSTICK TOSSED SALAD W/ DRSG PEACHES	HOT DOG ON BUN MACARONI AND CHEESE SEASONED PEAS MANDARIN ORANGES	TOMATO BASIL SOUP SUB SANDWICH FRUIT COCKTAIL	TURKEY COTTAGE PIE BROCCOLI PEARS	BBQ PORK & SLAW SANDWICH POTATO CHIPS CORN APRICOTS	GARDEN VEGETABLE SOUP CRACKERS ROAST TURKEY SANDWICH APPLE PIE LOG	SAUSAGE GRAVY & BISCUIT BERRY MEDLEY V8 JUICE

Menus Approved By:

11/29/26

Notes:

Fish alternate available each Friday.
Tuna Salad Sandwich or Cod Nuggets w/tartar sauce.
Sugar free dessert option available.