



Nikkei Manor Weekly Menu 10/06/08 - 10/12/08



Beverages served at meal include milk, tea, coffee, orange / apple / cranberry juice

Healthy continental breakfast is served daily from 7:00a.m. to 9:00a.m. Includes cereals, toast, fruit, pastries, yogurt, milk & cheese.

WEEK 3

	Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10	Saturday 10/11	Sunday 10/12
B R E A K F A S T	Prunes Raisin Bran, Milk Scrambled Eggs Sausage Link Toast, Butter, Jelly <i>Continental Breakfast 7:00 - 9:00</i>	Yogurt Cheerios, Milk Raisin Toast Poached Eggs <i>Continental Breakfast 7:00 - 9:00</i>	Apricots Raisin Bran, Milk Scrambled Eggs Sausage Patty Toast, Butter, Jelly <i>Continental Breakfast 7:00 - 9:00</i>	Banana Crispex, Milk Belgian Waffles, Syrup Bacon <i>Continental Breakfast 7:00 - 9:00</i>	Cottage Cheese, Peaches Oatmeal, Milk Poached Eggs Hashbrown Patty <i>Continental Breakfast 7:00 - 9:00</i>	Honeydew Chunks Rice Krispies, Milk Scrambled Eggs Sausage Link Toast, Butter, Jelly <i>Continental Breakfast 7:00 - 9:00</i>	Applesauce Cream of Wheat, Milk French Toast, Syrup Sausage Patty <i>Continental Breakfast 7:00 - 9:00</i>
L U N C H	Tossed Salad (Sesame Dressing) Miso Soup- Tofu & Green Onions Ginger Pork Cabbage Salad, Rice Cucumber Tsukemono (<i>Kyuri</i>) OR Turkey Sandwich Lettuce, Tomato, Pickle Lemon Pudding	Tossed Salad (Bleu Cheese Dressing) Salmon Dengaku & Rice (Miso topping) Shibazuke (Pickled Red Eggplant) OR Macaroni & Cheese Stewed Tomatoes Pineapple Chunks	Tossed Salad (Wafuu Dressing) Miso Soup- Tofu & Wakame Gyu-Don (Beef Bowl) Braised Beef & Onions over Rice Pickled Ginger (Beni-shoga) OR Ham Salad Sandwich Sourdough Bread, Pickle Castella	Chinese Sesame Noodles Wintermelon Soup Vegetable Egg Roll with Dipping Sauce Pork Fried Rice OR Sloppy Joe on Bun Potato Salad, Fresh Fruit Orange Wedge Ice Cream	Tossed Salad (Ranch Dressing) Miso Soup- Tofu & Wakame Yakisoba & Sliced Pork Cabbage, Carrots, Onions Benishoga (Red Ginger) OR Tuna & Tomato Sandwich Wheat Bread, Lettuce Daifuku	Tossed Salad (Italian Dressing) Soy Ginger Chicken Drumsticks Steamed Carrots Rice OR Roast Beef & Cheddar Sandwich with Potato Salad Lettuce, Tomato, Pickle Homebaked Cookie	Tossed Salad (Poppy Dressing) Cream of Tomato Soup Teriyaki Flank Steak Ginger Carrots Rice OR Grilled Cheese Sandwich Potato Chips Seasonal Fruit Ice Cream
D I N N E R	Cucumber Wakame Salad Shrimp & Scallop Curry & Rice Potatoes, Carrots, Onions Rakkyo (Scallions) & Fukujinzuke OR Sauteed Pork & Applesauce Steamed Red Potatoes Green Peas Vanilla Bean Rice Pudding	Seaweed Salad Simmered Daikon & Pork Carrots, Shiitake Rice OR Teriyaki Burger on Bun Pineapple Ring, Swiss Cheese Steak Fries Spiced Peaches	Spinach Ohitashi Osuimono-Nappa, Shiitake, Potato Shrimp & Vegetable Tempura Sweet Potato, Green Bean Rice, Grated Daikon, Tentsuyu OR Penne Pasta with Marinara Steamed Green Beans Garlic Bread Vanilla Ice Cream	Salted Edamame (Soybeans in Pod) Miso Soup- Tofu, Wakame Maki Sushi & Chicken Kara-age Lemon Wedge OR Turkey Sandwich Lettuce, Tomato, Pickle Honeydew Melon Chunks	Horseradish Coleslaw Beef Sukiyaki Onions, Nappa, Spinach, Tofu, Shiitake, Shirataki (Yam Noodle) OR Halibut Patty on Bun Tartar Sauce, Lemon Rice Seasonal Fruit	Salted Edamame (Soybeans in Pod) Corn Chowder Chicken Nimono & Rice Gobo, Carrots, Shiitake Shibazuke (Pickled Red Eggplant) OR Baked Ham Scalloped Potatoes Corn Cinnamon Applesauce	Steamed Bean Sprouts (Sesame Seeds) Cod Shioyaki (Salted and Broiled) Broccoli, Rice Grated Daikon OR Rigatoni Bolgnese (Tube Pasta in Meat Sauce) Garlic Bread Chocolate Tart

The menu is subject to change without notice.