



Nikkei Manor Weekly Menu 4/20/09 - 4/26/09



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 4/20	Tuesday 4/21	Wednesday 4/22	Thursday 4/23	Friday 4/24	Saturday 4/25	Sunday 4/26
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) <i>Miso Soup- Tofu & Green Onions</i> Ginger Pork Cabbage Salad, Rice Cucumber <i>Tsukemono (Kyuri)</i> OR Turkey Sandwich Lettuce, Tomato, Pickle Lemon Pudding	Tossed Salad (Bleu Cheese Dressing) <i>Miso Soup- Clams & Green Onions</i> Tofu <i>Dengaku & Rice</i> Steamed Green Beans <i>Shibazuke (Pickled Red Eggplant)</i> OR Macaroni Au Gratin Stewed Tomatoes Pineapple Chunks	Tossed Salad (<i>Wafuu</i> Dressing) <i>Miso Soup- Tofu & Wakame</i> Gyu-Don (Beef Bowl) Braised Beef & Onions over Rice Pickled Ginger (<i>Beni-shoga</i>) 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) <i>Miso Soup- Tofu & Wakame</i> Yakisoba & Sliced Pork Cabbage, Carrots, Onions <i>Benishoga (Red Ginger)</i> 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 <i>Wakame</i> Salad Shrimp & Scallop Curry & Rice Potatoes, Carrots, Onions <i>Rakkyo (Scallions) & Fukujinzuke</i> OR Rosemary Baked Chicken Steamed Red Potatoes Green Peas Vanilla Bean Rice Pudding	Seaweed Salad Pork Nimono Carrots, <i>Shiitake</i> , Bamboo Shoots, Lotus Root, Potatoes Rice OR Teriyaki Burger on Bun Pineapple Ring, Swiss Cheese Steak Fries Spiced Peaches	Spinach <i>Ohitashi</i> <i>Osuimono</i> -Onion, Potato Shrimp & Vegetable Tempura Sweet Potato, Green Bean, <i>Shiso</i> Rice, Grated <i>Daikon</i> , <i>Tentsuyu</i> OR Penne Pasta with Marinara Steamed Green Beans Garlic Bread Vanilla Ice Cream	Salted <i>Edamame</i> (Soybeans in Pod) <i>Miso Soup- Tofu, Wakame</i> Maki Sushi & Chicken <i>Kara-age</i> Lemon Wedge OR Turkey Sandwich Lettuce, Tomato, Pickle Honeydew Melon Chunks	Horseradish Coleslaw Beef <i>Sukiyaki</i> Onions, <i>Nappa</i> , Spinach, <i>Tofu</i> , <i>Shiitake</i> , <i>Shirataki</i> (Yam Noodle) OR Halibut Patty on Bun Tartar Sauce, Lemon Rice Seasonal Fruit	Salted <i>Edamame</i> (Soybeans in Pod) Corn Chowder Chicken <i>Nimono & Rice</i> Gobo, Carrots, <i>Shiitake</i> <i>Shibazuke (Pickled Red Eggplant)</i> OR Baked Ham Scalloped Potatoes Corn Cinnamon Applesauce	Steamed Bean Sprouts (Sesame Seeds) Cod <i>Shioyaki</i> (Salted and Broiled) Broccoli, Rice Grated <i>Daikon</i> OR Roast Turkey & Gravy Mashed Potatoes Broccoli, Rice Chocolate Tart

The menu is subject to change without notice.