

Nikkei Home Winter/Dec Menu 2014

Meal	Monday Dec 1	Tuesday Dec 2	Wednesday Dec 3	Thursday Dec 4	Friday Dec 5	Saturday Day 6	Sunday Day 7
Breakfast	Assorted Juice Oatmeal Raisin Toast Peanut Butter / Cheese Milk Garnish: Orange slices	Assorted Juice Cold Cereal Choice Pancakes/Syrup Crisp Bacon Fruit & Yogurt	Assorted Juice Oatmeal Toast Baked Egg Milk Fresh Fruit	Assorted Juice Oatbran & Flax French Toast/Syrup Yogurt Milk Stewed Prunes	Assorted Juice Oatmeal Toast Poached Egg Hollandaise Sauce Milk Fresh Fruit	Assorted Juice Cream of Wheat Toast Hash Brown Sausages Milk Fresh Fruit	Assorted Juice Oatbran & Flax Toast Scrambled Eggs Milk Apricot Halves
Lunch	Broth Soup Beef Teriyaki Ohitashi (spinach) Rice Ball	Miso Soup Sweet & Hot Pork & Tofu Pepper Donburri	Broth Soup with Salmon Balls Mixed Rice Broccoli Goma-Ae	Broth Soup 5 Assorted Item Plate Brown Rice	Miso Soup Basil Chicken Karaage Ohitashi (Sui-choy) Rice	Egg swirl Soup Yakisoba with beef and vegetables Shredded Ginger	Miso Soup Oyako Don (chix, egg, onion) Ohitashi (green beans)
Dessert:	Cake of the Day	Ice Cream	Mandarin Orange	Seasonal Fruit	Fruit Yogurt	Fruit Salad	Fruit in Jello
Alternate:	Tuna Sandwich	Shrimp Sandwich	Turkey Sandwich	Egg Salad Sandwich	Ham Sandwich	Salmon Sandwich	Shrimp Sandwich
Dinner	Tomato Soup Spinach Berry Salad Pork with Apricot Glaze♥ Egg Noodles Green Bean Supreme Condiment/ Garnish: Applesauce	Minestrone Soup Tossed Salad Baked Breaded Fish♥ Buttered Potato Greens & Mushroom Dilled Tartar Sauce Lemon	French Onion Soup Mixed Green Salad Roast Beef ♥/Gravy Roasted Potatoes Green Beans & Carrot Horseradish	Mushroom Soup Lettuce & Tomato Dinner Roll/Butter Mustard Baked Chicken♥ Mashed Potato Mixed Vegetables Green Leaf	Beef Vegetable Soup Craisin Salad Turkey Cutlet♥ with Gravy Scalloped Potato Snap Peas Cranberry Sauce	Chicken Noodle Soup Baked Italian Bread Perogies with Bacon Sautéed Onions Pork Sausages Corn Peas Sour cream	Miso Soup (Cabbage, G.onion) Bean Sprout Salad Sweet & Sour Chicken (with onions, peppers, carrots, pineapple chunks) Brown Rice Pineapple slice
	Miso Soup (B.sprout, Onion, G.onion) Fish Cakes♥ Green Bean Goma- Ae Daikon-Ni Rice	Miso Soup (Radish, Carrot,G.Onion) Beef & Onion Chin- Jao-Rosu (Korean Style)♥ Sweet soy sauce Potato Rice	Mini Chicken Udon Inari-Sushi♥ Vegetable Goma-Ae (mixed greens) Cooked Kidney Beans	Sumashi Soup (Tofu, Seaweed,G.onion) Lettuce & Tomato Japanese Style Potato Salad with cucumber, carrot and ham) Pork Katsu Rice	Miso Soup (Onion, Cabbage,G.Onion) Salmon Teriyaki♥ Spinach Goma-Ae Pumpkin-Ni Brown Rice	Corn Soup Sunomono with cucumber & wakame Tofu♥ with Vegetables Ankake Dumplings Rice	
Dessert:	Mixed Fruit	Eclairs	Butterscotch Pudding	Sherbet	Strawberry Cake	Fresh Fruit Salad	Cake of the day
Fruit Option		Fruit of the Day	Pineapple Chunks	Apple or Applesauce	Canned Fruit		Pear

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Meal	Monday Dec 8	Tuesday Dec 9	Wednesday Dec 10	Thursday Dec 11	Friday Dec 12	Saturday Dec 13	Sunday Dec 14
Breakfast	Assorted Juice Oatmeal Raisin Toast Sliced Cheese Milk Garnish: Fresh Fruit	Assorted Juice Oatmeal Toast Cheese Omelet Milk Stewed Prunes	Assorted Juice Cream of Wheat Toast Sliced Ham Milk Fresh Fruit	Assorted Juice Oatbran & Flax Cranberry Scone Cottage Cheese / PB Milk Orange Slices	Assorted Juice Oatmeal Pancakes/Syrup Crisp Bacon Milk Fresh Fruit	Assorted Juice Cream of Wheat Muffin Cheese Wedge Milk Orange Wedge	Assorted Juice Oatmeal Toast Scrambled Egg Milk Fresh Fruit
Lunch	Broth Soup Beef & Tofu Rice Tsukemono	Miso Soup Vegetable Croquettes Shredded Lettuce, Tomato, Egg Rice	Chicken Udon Vegetable Gomae Milk or Juice	Broth Soup Pork & Bean Sprouts with Tofu Sukiyaki Don	Miso Soup Tofu with Sesame Sauce Ohitashi (seasonal green) Rice	Broth Soup Diakon & Chicken-Ni Inari Sushi	Sumashi-Jiru 5 Assorted Item Plate Rice
Dessert:	Fruit Sensation	Chocolate Pudding	Peaches	Seasonal Fruit	Mandarin Orange	Fruit in Jello	Fruit Yogurt
Alternate:	Tuna Sandwich	Turkey Sandwich	Egg Salad Sandwich	Salmon Sandwich	Shrimp Sandwich	Ham Sandwich	Tuna Sandwich
Dinner	Christmas Dinner At Nikkei Centre	Turkey Rice Soup Spinach Feta Salad Beef Stroganoff Egg Noodles or Rice Green Beans	Potato & Bacon Soup Coleslaw Fish and Chips Tartar Sauce	Minestrone Soup Tossed Salad Honey Mustard Turkey♥ Mashed Potato Buttered Seasonal Greens	Cream of Tomato Soup Mandarin Almond Salad Roast Pork♥/Gravy Stuffing Hash Brown Casserole Broccoli	Chicken Noodle Soup Caesar Salad Lasagna with Meat Sauce Garlic Toast	Beef Barley Soup Marinated Red Cabbage Baked Salmon♥ Potato Wedges or Rice Snow or Snap Peas Cauliflower Lemon Wedge
Condiment/Garnish:		Sour Cream	Lemon Wedge/Ketchup	Parsley	Applesauce	Parmesan Cheese	
		Clear Soup (Tofu, SuiChoy,G.Onion) Sauteed Prawn♥ With Lemon Stir-fried Spinach Cooked Pumpkin or Sweet Potato Rice	Kenchin Soup (pork, onion, radish, gobo, tofu, konnyaku)♥ Satsuma Age (fish cake) Ohitashi (Veg) Mixed Rice	Sumashi Soup (Carrot, Spinach,G.onion) Tossed Salad Stir Fry Beef with Green Bean♥ Asa-Zuke Rice	Miso Soup (Radish,Hu,G.onion) Grilled Hoki Fillet♥ Daikon-Oroshi /Lemon Broccoli Goma-Ae Rice with black sesame	Sumashi Soup (Tofu,Soumen Noodle,G.onion) Cucumber Wakame Sunomono Salad Chirashi Sushi♥(seafood & vegetables)	
Dessert:		Tapioca Pudding	Fruit Salad	Chocolate Pudding	Cookies	Apple Pie	Cheese Cake
Fruit Option		Peaches		Pineapple	Fruit of the Day	Fruit Sensation	Orange Mandarin

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Meal	Monday Dec 15	Tuesday Dec 16	Wednesday Dec 17	Thursday Dec 18	Friday Dec 19	Saturday Dec 20	Sunday Dec 21
Breakfast	Assorted Juice Oatbran & Flax Raisin Toast Sliced Cheese /PB Milk Garnish: Fresh Fruit	Assorted Juice Cold Cereal Choice Pancakes/Syrup Bacon Strips Milk Stewed Prunes	Assorted Juice Oatmeal Toast Mushroom Omelet Milk Apple Sauce	Assorted Juice Cream of Wheat French Toast/Syrup Cheese or PB Milk Fresh Fruit	Assorted Juice Oatmeal Toast & Hash Brown Sausages Milk Mixed Fruit	Assorted Juice Cream of Wheat Toast Baked Egg Milk Fresh Fruit	Assorted Juice Oatmeal Muffin Yogurt Milk Orange Slice
Lunch	Tempura Prawn Udon Vegetable Stirfry	Sumashi Soup Soft Japanese Green & Tofu Foo Young Style Ohitashi (spinach) Brown Rice	Miso Soup Beef Curry Green Bean Goma- Ae Rice	Broth Soup Chicken Rice Vegetable Ohitashi	Sumashi-Jiru 5 Assorted Item Plate Rice	Miso Soup Rice with peas Sauteed Pork & Onion Ponzu Flavour	Milk or Juice Beef Don Vegetable Goma-Ae
Dessert:	Fruit Sherbet	Cookies	Fresh Fruit	Lemon Pudding	Fruit Salad	Mousse	Seasonal Fruit
Alternate:	Turkey Sandwich	Egg Salad Sandwich	Ham Sandwich	Salmon Sandwich	Shrimp Sandwich	Tuna Sandwich	Egg Salad Sandwich
Dinner	Ham & Pea Soup Jo's Spinach Salad Pot Roast♥/Gravy Roasted Potato Broccoli Spears Mashed Turnip	Cream of Leek Soup Beet and Fruit Salad Dinner Roll with Butter Fried Chicken Mashed Potato Corn with Red Pepper	Clam Chowder Soft Dinner Roll & Butter Fish Provencale Sautéed Vegetables Brown Rice * or Kaki if available*	Crn Vegetable Soup Lettuce & Tomato Salad Butter Chicken♥ Steamed Rice California Mixed Vegetables	Juice or Milk Mandarin Almond Salad Braised Pork Chop in Applesauce Rice Pilaf Broccoli & Cauliflower	Chicken Rice Soup Tossed Salad Salmon Wellington♥ White Sauce Mashed Potato Green Peas	Vegetable Soup Green Salad Roll & Butter Roasted Chicken♥ Gravy Mashed Potato or Rice Mixed Vegetables Decorative Leaf
Condiment/ Garnish:	Sour Cream, Onion	Honey Mustard Sauce	Lemon Wedge	Mango Chutney	Parsley Sprig	Pineapple Slice	
	Sumashi Soup (Spinach,Carrot) Tossed Green Salad Ginger Pork♥ Sautéed Cabbage Rice	Eggswirl Soup Vegetable Nimono (seasonal vegetables) Grilled Salmon♥ Eggplant Goma-Ae Rice	Miso Soup (radish,seaweed,g.oni on) Futomaki, Inari Sushi♥ Ohitashi (spinach) Pickled Ginger	Nyu Men & Tofu Wakame Soup Lettuce & Tomatoes Teriyaki Beef♥ Ohitashi (mixed veggies) Brown Rice	Miso Soup (SuiChoy, Carrot,G.Onion) Spinach Goma-Ae Assorted Tempura (seafood & vegetables) Daikon-Oroshi Rice	Nabeyaki Udon♥ Stir-fried Spinach & Egg Asa-Zuke	
Dessert:	Fruit Tart	Lemon Pudding	Mini Cake	Fruit in Jello	Assorted Cake	Peaches & Ice Cream	Tiramisu
Fruit Option	Pear Slices	Fruit Salad	Fruit Cocktail		Orange Sections		Fresh Fruit
Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Nikkei Home Winter/Dec Menu 2014

	Dec 22	Dec 23	Dec 24	Dec 25 Christmas	Dec 26 Boxing Day	Dec 27	Dec 28
Breakfast	Assorted Juice Oatmeal Toast Sliced Cheese or PB Milk	Assorted Juice Cold Cereal Choice Pancakes/Syrup Crisp Bacon Milk	Assorted Juice Oatbran & Flax Toast Scrambled Egg Milk	Continental Self-Serve	Assorted Juice Oatmeal French Toast/Syrup Bacon Strips Milk	Assorted Juice Cream of Wheat Muffin Sausages Milk	Assorted Juice Oatmeal Toast Western Omelet Milk Seasonal Fruit in Yogurt
Garnish:	Fresh Fruit	Canned Fruit	Orange Slices		Brunch Service:	Fresh Fruit	Fresh Fruit
Lunch	Milk or Juice Tossed Salad Curry Chicken & Veg Rice	Miso Soup Salmon Teriyaki Don Tsukemono	Chunky Beef & Tofu Soup Tsukemono Brown Rice	Hot Cider or Hot Chocolate Wife Saver's Egg Toast Assorted Fresh Fruit Vanilla Yogurt	Juice or Milk Kitsune Udon Goma-Ae (spinach)	Broth Soup 5 Assorted Item Plate Rice	Egg Swirl Soup Sweet & Hot Pork and Tofu Pepper Donburri Zucchini Ohitashi
Dessert:	Sherbet	Ice Cream	Fresh Fruit		Cake of the Day	Ice Cream Bar	Seasonal Fruit
Alternate:	Turkey Sandwich	Shrimp Sandwich	Salmon Sandwich		Egg Salad Sandwich	Tuna Sandwich	Turkey Sandwich
Dinner	Chicken Veg Soup Tossed Salad Shepherd's Pie♥ Corn Niblets Dinner Roll/Butter	Beef Noodle Soup Coleslaw Grilled Fish♥ Tartar Sauce Lemon Rice Pilaf Diced Carrots Wax & Green Beans	Tomato Bisque Soup Spinach Salad Pulled Pork♥ with sauce Brown Rice Julienne Carrots Snap or Snow Peas	Christmas Dinner: Wine or Apple Cider or Eggnog Christmas Salad Roast Turkey♥ Stuffing/Gravy Candied Yam or Rice Seasonal Greens Cranberry Sauce	Cream of Carrot Soup Lettuce & Tomato Salad Veal Cutlet/Gravy Garlic Mashed Potato Green Beans	Vegetable Soup Diced Cucumber Salad Greek Style Chicken♥ Lemony Potatoes California Mixed Veg	Harvest Squash Soup Mushroom Salad Baked Festive Ham♥ Scalloped Potato or Rice Peas & Onions
Condiment/ Garnish:	Parsley	Chopped Parsley	Green leaf or parsley		Lettuce & Carrot Flower	Buttered Pita Bread	P/A Sauce/Mustard
	Miso + wakame Soup Tossed Salad Saba Miso Yaki♥ Diakon-Ni Vegetable Goma-Ae Mixed Rice	Pork & Veg Miso Soup (radish, carrots, potato, onion, cabbage, tofu) ♥ Vegetable Ohitashi Rice Tsukemono	Miso Soup (carrot,sui choy,g.onion) Bento Box Dinner♥		Milk or Juice Vegetable Salad With1/2 egg Pork Curry♥ Rice	Chawan-mushi Assorted Maki Sushi♥ Ohitashi (mixed veg)	
Dessert:	Fruit Salad	Sherbet	Pineapple Slices	Pumpkin Pie with Ice Cream	Peaches	Milk Pudding	Cake of the Day
Fruit Option		Mandarin Orange	Fruit Cocktail			Fresh Fruit Salad	Pear
Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Nikkei Home Winter/Dec Menu 2014

	Dec 29	Dec 30	Dec 31	Jan 1 New Year's Day	Jan 2	Jan 3	Jan 4
Breakfast	Assorted Juice Oatmeal Raisin Toast Cheese Slice Milk	Assorted Juice Oatmeal Toast Scrambled Eggs Milk	Assorted Juice Cream of Wheat French Toast/Syrup Bacon Strips Milk	Continental Self-Serve	Assorted Juice Oatmeal Toast Sausages Milk	Assorted Juice Cream of Wheat Muffin Cheese Wedge Milk	Assorted Juice Oatmeal Toast Fried Egg and Bacon Milk
Garnish:	Fresh Fruit	Fresh Fruit	Stewed Prunes	Brunch Service:	Mixed Fruit	Fresh Fruit	Canned Fruit
Lunch	Broth Soup Salmon Don Tsukemono	Broth Soup Itame-Ni (Ground Pork & Diakon) Inari Sushi	Miso Soup Stir-Fried Broccoli & Chicken Brown Rice	Assorted Juices Carved Roast Ham Scrambled Eggs Pancakes/Syrup or Toast Fruit Salad, Rice Balls	Juice or Milk Beef Udon Vegetable Ohitashi	Egg Soup 5 Assorted Item Plate Rice and Peas	Broth Soup Spicy Chicken Donburri Ohitashi (seasonal veggie)
Dessert:	Fruit Sensation	Cookies	Berries & Cream		Mandarin Orange	Milk Pudding	Fruit Salad
Alternate:	Shrimp Sandwich	Ham Sandwich	Salmon Sandwich		Tuna Sandwich	Turkey Sandwich	Cheese Sandwich
Dinner	Beef Barley Soup Spring Mix Salad Weiners and Baked Beans Whole Wheat Bun Butter	Turkey Rice Soup Spinach Salad Mini Burgers (2) Onion Rings	Cream Tomato Soup Dinner Roll/Butter Shrimp Quiche Mixed Vegetables	New Year's Day: Beef Noodle Soup Mixed Green Salad Roast Chicken Potato Wedges or Rice Peas and Carrots Dipping Sauce	Cream of Broccoli Soup Caesar Salad Baked Fish♥ with tartar sauce Mashed Potato Mixed Vegetables	Vegetable Soup Cauliflower Salad Spaghetti with Meatballs Garlic Bread	Crn of Vegetable Soup Tossed Salad Tuna Grilled Cheese Melts
Condiment/ Garnish:	Chopped Parsley	Ketchup, mustard, relish	Chopped Parsley		Lemon Slices	Parmesan Cheese	Slice Dill Pickle
	Miso soup (cabbage, carrot,onion) FishCake♥ Egg Foo Yan Vegetable Takiawase Cucumber Sunomono Brown Rice	Sumashi Soup (tofu,carrot,g.onion) Pumpkin Nimono Chicken Miso Yaki♥ Stir-Fry Spinach Rice	Sumashi Soup (seaweed, g.onion) Unagi Don♥ Vegetable Ohitashi Tsukemono	Broth Soup Special New Year's Bento Box	Vegetable Soup (radishi,carrot,g.onion, sui choy,) Tossed Salad w/Tomato Sweet Miso Pork Ohitashi (greens) Rice	Miso Soup (suichoy, onion,g.onion) Lettuce & Tomato Steamed Fish with ginger Cilantro♥ Spinach Chuka-Ae Rice	Sumashi Soup (radish,seaweed,grn. onion) 5 Assorted Item Plate Tsukemono Brown Rice
Dessert:	Seasonal Fruit	Fruit with Pudding	Fruit Yogurt	Ice Cream Sundaes with choice of toppings	Fruit Salad	Pie of the Day	Fruit of the Day
Fruit Option:			Mandarin Orange	Pineapple		Fruit Sensation	