

Menu Matrix Week # 1

Diamond House - Warman, Sask

1	Breakfast		Dinner		Supper		Coffee Break	
Sunday	Hot Cereal	Oatmeal	Entrée	Beef Stew	Entrée	Baked sliced Ham - Cold Fresh Homemade Bread Sliced Cukes/Buttermilk Plueme Moos Sliced Cheddar Cheese "Faspa"	Morning Break	
	Cold Cereal	Cold Cereal	Starch	Tea Biscuits (Schnetki)	Starch			Snack for diabetics
	Bread 1	WW or White Toast	Vegetable		Vegetable			
	Bread 2	Raisin Toast/Waffles	Soup	Summer Borscht	Dessert			Afternoon Break
	Protein	Eggs, Bacon, Cheese	Dessert	Peach Pie				Puffed Wheat Cake
	Juice/Fruit	Fruit Juice /Fruit						Rice Krispie Cake
	Milk		Milk		Milk			
	Coffee/Tea		Coffee/Tea		Coffee/Tea		Sugar Cubes (for dipping in coffee)	Night Lunch
	Condiment	Jam/Jelly/Peanut Butter	Condiment		Condiment		Homemade Mustard Sauce	
			Garnish		Garnish			
		Bread	Whole Wheat/ White	Bread				

1	Breakfast		Dinner		Supper		Coffee Break	
Monday	Hot Cereal	Oatmeal	Entrée	Hot Dogs	Entrée	Roast Chicken/Turkey Whipped Potatoes Peas Cherry Pie Bread Stuffing/Bubbat	Morning Break	
	Cold Cereal	Cold Cereal	Starch	Macaroni & Cheese	Starch			Snack for diabetics
	Bread 1	WW or White Toast	Vegetable	Marinated Carrots	Vegetable			
	Bread 2	Raisin Toast/Waffles	Soup	Green Bean Soup	Dessert			Afternoon Break
	Protein	Eggs, Bacon, Cheese	Dessert	Choc Cake/Whip Cream				Coconut Jam Tarts
	Juice/Fruit	Fruit Juice /Fruit						
	Milk		Milk		Milk			Night Lunch
	Coffee/Tea		Coffee/Tea	Mustard/Ketchup/Relish	Coffee/Tea		Cranberry Sauce	
	Condiment	Jam/Jelly/Peanut Butter	Condiment		Condiment		Whole Wheat/White	
			Garnish		Garnish			
		Bread	Whole Wheat/White	Bread				

1	Breakfast		Dinner		Supper		Coffee Break	
Tuesday	Hot Cereal	Oatmeal	Entrée	Egg Salad Sandwich	Entrée	Roast Pork Baked Potatoes Carrots	Morning Break	
	Cold Cereal	Cold Cereal	Starch	Hash Brown Casserole	Starch			Snack for diabetics
	Bread 1	WW or White Toast	Vegetable	Beet Pickles	Vegetable			
	Bread 2	Raisin Toast/Waffles	Soup	Chicken Noodle Soup	Dessert			Afternoon Break
	Protein	Eggs, Bacon, Cheese	Dessert	Cream Puffs or Cream Pie				Peanut Butter Cookies
	Juice/Fruit	Fruit Juice /Fruit					Schmauntfatt (Menn) (rich savory cream gravy)	
	Milk		Milk		Milk			Night Lunch
	Coffee/Tea		Coffee/Tea	Ketchup	Coffee/Tea		Homemade Mustard Sauce	
	Condiment	Jam/Jelly/Peanut Butter	Condiment		Condiment		Whole Wheat/White	
			Garnish		Garnish			
		Bread	Whole Wheat/ White	Bread				

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Wednesday	Hot Cereal	Oatmeal Cold Cereal WW or White Toast Raisin Toast/Waffles Eggs, Bacon, Cheese Fruit Juice /Fruit Jam/Jelly/Peanut Butter	Entrée	Burger Corn Casserole Kiekle (Menn Noodles) Green Salad Summer Borcht (Menn) Tapioca Pudding (Menn) Ketchup Whole Wheat/ White	Entrée	Creamy Chicken Breast Whipped Potatoes Corn Fruit Plautz (Menn) Whole Wheat/ White	<u>Morning Break</u> Snack for diabetics <u>Afternoon Break</u> Butter horns/ Cinnamon buns <u>Night Lunch</u>
	Cold Cereal		Starch		Starch		
	Bread 1		Vegetable		Vegetable		
	Bread 2		Soup		Soup		
	Protein		Dessert		Dessert		
	Juice/Fruit		Milk		Milk		
	Milk		Coffee/Tea		Coffee/Tea		
	Coffee/Tea		Condiment		Condiment		
	Condiment		Garnish		Garnish		
			Bread		Bread		

1	Breakfast		Dinner		Supper		Coffee Break
Thursday	Hot Cereal	Oatmeal Cold Cereal WW or White Toast Raisin Toast/Waffles Eggs, Bacon, Cheese Fruit Juice /Fruit Jam/Jelly/Peanut Butter	Entrée	Tex-Mex Chicken and Rice Salsa-Corn top w/cheese Shredded Carrot Salad Tomato Flapper Pie Crackers Whole Wheat/ White	Entrée	Foarma Worscht (Sausage) Baked Potatoes Mixed Vegetables Canned Pineapple Schmauntfatt (Menn) (rich savory cream gravy) Ketchup Whole Wheat/ White	<u>Morning Break</u> Snack for diabetics <u>Afternoon Break</u> Danish <u>Night Lunch</u>
	Cold Cereal		Starch		Starch		
	Bread 1		Vegetable		Vegetable		
	Bread 2		Soup		Soup		
	Protein		Dessert		Dessert		
	Juice/Fruit		Milk		Milk		
	Milk		Coffee/Tea		Coffee/Tea		
	Coffee/Tea		Condiment		Condiment		
	Condiment		Garnish		Garnish		
			Bread		Bread		

1	Breakfast		Dinner		Supper		Coffee Break
Friday	Hot Cereal	Oatmeal Cold Cereal WW or White Toast Raisin Toast/Waffles Eggs, Bacon, Cheese Fruit Juice /Fruit Jam/Jelly/Peanut Butter	Entrée	Meat Lasagna Garlic Toast Dill Pickles Green Bean Rhubarb or Apple Crisp Tarter Sauce/Lemon Slices	Entrée	Battered Fish Fried Potatoes Peas Lemon Pie/Ice Cream Tarter Sauce/Lemon Slices	<u>Morning Break</u> Snack for diabetics <u>Afternoon Break</u> Cookies <u>Night Lunch</u>
	Cold Cereal		Starch		Starch		
	Bread 1		Vegetable		Vegetable		
	Bread 2		Soup		Soup		
	Protein		Dessert		Dessert		
	Juice/Fruit		Milk		Milk		
	Milk		Coffee/Tea		Coffee/Tea		
	Coffee/Tea		Condiment		Condiment		
	Condiment		Garnish		Garnish		
			Bread		Bread		

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1	Breakfast		Dinner		Supper		Coffee Break
Saturday	Hot Cereal	Oatmeal	Entrée	Sliced Roast Beef	Entrée	Baked Ham	Morning Break
	Cold Cereal	Cold Cereal	Starch	Potato Salad	Starch	Cooked Potatoes	Snack for diabetics
	Bread 1	WW or White Toast	Vegetable	Dill - Beet Pickles	Vegetable	Kernel Corn, Green Salad	
	Bread 2	Raisin Toast/Waffles	Soup	Chicken Vegetable	Dessert	Fresh Fruit	Afternoon Break
	Protein	Eggs, Bacon, Cheese	Dessert			Schmauntfatt (Menn) (rich savory cream gravy)	Double Brownies
	Juice/Fruit	Fruit Juice /Fruit					
	Milk		Milk		Milk		Night Lunch
	Coffee/Tea		Coffee/Tea	Ketchup/Mustard	Coffee/Tea	Mustard Sauce	
Condiment	Jam/Jelly/Peanut Butter	Condiment	Whole Wheat/White	Condiment	Whole Wheat/White		
		Garnish		Garnish			
		Bread		Bread			

Faspa – a light meal traditionally served in mid afternoon

Foarma Worscht – farmer sausage

Kielkje – tender homemade egg noodles boiled in salted water. Often served with a thick cream gravy

Komst Borscht – soup made from hearty meat broth cabbage (komst), onions, potatoes, pieces of chicken flavored with the distinctive taste of dill

Plautz – a delicious cake-like dessert with a crust, fruit filling and crumb or streusel topping

Plueme Moos – a variety of dried fruits (apple, plum, apricot, raisins) simmered to perfection and thickened with corn starch. Served cold or at room temperature

Schmauntfatt – rich savory cream gravy made with meat drippings

Broot – White or Whole Wheat Bread

Vereniki – boiled pockets of soft dough filled with cottage cheese (perogies)

Schnetki – Tea Biscuit

Tweeback – Fresh buns

Reeschkje tweeback – day old buns sliced in have and baked until toasted (Melba Toast)

Plautdietch – Low German