

All meals are served with Coffee, and Assortment of Teas, Whole Milk, 2% Milk or Skim, and a variety of juices such as Orange, Apple, Cranberry, and Grape.

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Spring Menu Week 3

<u>Monday</u> <u>Breakfast</u>	<u>Tuesday</u> <u>Breakfast</u>	<u>Wednesday</u> <u>Breakfast</u>	<u>Thursday</u> <u>Breakfast</u>	<u>Friday</u> <u>Breakfast</u>	<u>Saturday</u> <u>Breakfast</u>	<u>Sunday</u> <u>Breakfast</u>
<ul style="list-style-type: none"> • Veggie Omelet • English Muffin 	<ul style="list-style-type: none"> • Scrambled Eggs • Toast • Banana Oatmeal 	<ul style="list-style-type: none"> • Blueberry Pancakes w/ VT Maple Syrup • Sausage 	<ul style="list-style-type: none"> • Fried Eggs • Toast X2 	<ul style="list-style-type: none"> • Ham & Cheese Breakfast Quiche • Raspberry Muffin 	<ul style="list-style-type: none"> • Scrambled Eggs • Toast X2 • Bacon 	<ul style="list-style-type: none"> • Cinnamon Bun • Honey Nut Cheerios
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<ul style="list-style-type: none"> • Cheeseburger Casserole • Tossed Salad • Tater Tots • Fruited Jell-O w/ Tpg 	<ul style="list-style-type: none"> • Veggie Lasagna w/ Alfredo Sauce • Stewed Tomatoes • Texas Toast • Sherbet 	<ul style="list-style-type: none"> • Turkey Burger on a Bun w/ Sauce • Cauliflower Au Gratin • Applesauce Cake w/ Tpg 	<ul style="list-style-type: none"> • Salisbury Steaks w/ Gravy • Mashed Potato w/ Gravy • Peas • Lemon Meringue Pie 	<ul style="list-style-type: none"> • Chicken Parmesan • Pasta w/ Sauce • Tossed Salad • Chocolate Chip Bar Cookie 	<ul style="list-style-type: none"> • Fishwich on a bun • Carrots • Grape Nuts Custard 	<ul style="list-style-type: none"> • Baked Ham & Pineapple w/ Gravy • Mashed Sweet Potatoes • Mixed Vegetables • Chocolate Mousse w/ Whipped Topping
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
<ul style="list-style-type: none"> • Chicken & Broccoli Stir Fry w/ Rice • Dinner Roll • Peaches 	<ul style="list-style-type: none"> • Beef Chili w/ Cheese Topping • Cornbread w/ Butter • Grapes 	<ul style="list-style-type: none"> • Minestrone • Egg Salad Sandwich • Fresh Berries & Whipped Topping 	<ul style="list-style-type: none"> • Tuna Fish Salad • Potato Salad • Broccoli Salad • Dinner Roll • Fruit Cocktail 	<ul style="list-style-type: none"> • Stuffed Peppers • Roasted Potatoes • Summer Squash • Mandarin Oranges 	<ul style="list-style-type: none"> • Cheesy Potato Soup • Fruit & Cottage Cheese Plate • Zucchini Bread • Key Lime Pie 	<ul style="list-style-type: none"> • Chicken Salad Sandwich • Pickle • Homemade Three Bean Salad • Watermelon

Good nutrition is an essential part of your care in our center. The menu has been planned with variety and moderation in mind, and to achieve a well-balanced diet. The daily menu may vary slightly due to the special diet ordered to meet your needs. Please, feel free to ask any questions regarding your menu, diet, or service.