

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.

**Winter Menu Wk 1**

**Monday Breakfast**

- Mushroom & Cheese Omelet
- ToastX2

**Lunch**

- Breaded Fish w/ Tartar Sauce
- Baked Potato w/ Sour Cream
- Roasted Brussel Sprouts or Peas
  - Chocolate Pudding w/ TPG

**Dinner**

- Vegetable, Mac Soup
- Ham Salad Sandwich
- Pears

**Tuesday Breakfast**

- Pancakes w/ VT Maple Syrup
- Bacon

**Lunch**

- Gumbo w/ Rice
- Homemade French Bread w/ Butter
- Tossed Salad w/ Dressing
- Strawberry Rhubarb Pie w/TPG

**Dinner**

- Shepherd's Pie
- Carrots
- Homemade Dinner Roll w/ Butter
- Grapes

**Wednesday Breakfast**

- Apple Cinnamon Oatmeal
- Bran Muffin
- Scrambled Egg

**Lunch**

- Meatloaf w/ Gravy
- Mashed Potatoes w/ Gravy
- Buttered Corn
- Chocolate Raspberry Cake w/ Frosting

**Dinner**

- Turkey Salad Sandwich
- Mushroom Barley Soup
- Fresh Fruit Cup

**Thursday Breakfast**

- French Toast w/ VT Maple Syrup
- Sausage Patty

**Lunch**

- Corned Beef Casserole w/ Gravy
- Homemade Rye Bread
- Mashed Turnip & Carrots
- Lemon Meringue Pie

**Dinner**

- Split Pea Soup w/ Ham
- Egg Salad Sandwich
- Peaches

**Friday Breakfast**

- Cheesy Scrambled Eggs
- Homemade Cinnamon Raisin Toast

**Lunch**

- Beef Stew on a Biscuit
- Buttered Beets
- Coffee Ice Cream

**Dinner**

- Chicken Stir-Fry
- On Rice with Mixed Veggies
- Mandarin Oranges

**Saturday Breakfast**

- Fried Egg
- English Muffin

**Lunch**

- Rotini & Cheese
- Roll w/ Butter
- Stewed Tomatoes
- Sugar Cookie

**Dinner**

- Fishwich on a Bun w/ Tartar Sauce
- Mixed Veggies
- Fruit Cocktail

**Sunday Breakfast**

- Assorted Donuts
- Crispy Rice Cereal
- Scrambled Eggs

**Lunch**

- Roast Pork w/ Onion Gravy
- Mashed Sweet Potatoes w/ Butter
- Green Bean Casserole
- Boston Cream Pie

**Dinner**

- Chicken Noodle Casserole
- Roasted Zucchini
- French Bread
- Rosy Applesauce

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.