

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 3

Monday Breakfast

- French Toast w/ VT Maple Syrup
- Sausage

Lunch

- Sloppy Joe on a Bun
- Tossed Salad w/ Dressing
- Chocolate Eclair

Dinner

- Macaroni & Cheese
- Dinner Roll w/ Butter
- Stewed Tomatoes
- Fruit Cocktail

Tuesday Breakfast

- Eggs Benedict Casserole w/ Hollandaise Sauce
- Oatmeal

Lunch

- Breaded Chicken w/ Country Gravy
- Mashed Potatoes w/ Gravy
- Broccoli au gratin
- Lemon Bars

Dinner

- Cream of Spinach Soup
- Tuna Salad Sandwich
- Mandarin Oranges

Wednesday Breakfast

- Cheesy Scrambled Eggs
- Apple Cinnamon Coffeecake
- Raisin Bran

Lunch

- Pork Loaf w/ Cider Sauce
- Mashed Sweet Potatoes w/ Butter
- Green Bean Casserole
- Peach Cobbler w/ TPG

Dinner

- Goulash
- Italian Bread w/ Butter
- Roasted Summer Squash
- Grapes

Thursday Breakfast

- Peanut Butter Cream of Wheat
- Sausage Gravy on a Biscuit

Lunch

- Breaded Fish w/ Tartar Sauce
- Rice Pilaf
- Carrot soufflé
- Peppermint Cupcake w/ Whipped Topping

Dinner

- Chicken A La King on a Biscuit
- Buttered beets
- Fresh Fruit Cup

Friday Breakfast

- Apple Pancakes w/ VT Maple Syrup
- Bacon

Lunch

- Cheeseburger Pie
- Dinner Roll w/ Butter
- Mixed Vegetables
- Banana Cream Pie

Dinner

- Corn Chowder
- Egg Salad Sandwich
- Applesauce w/ Tpg

Saturday Breakfast

- Veggie & Cheese Omelet
- Cheerios
- Toast

Lunch

- Chicken Tetrazzini
- French Bread w/ Butter
- Carrots & Peas Mix
- Fruited Jell-O w/ TPG

Dinner

- Ham & Scalloped Potatoes
- Garlic Bread
- Spinach
- Ice Cream

Sunday Breakfast

- Strudel
- Scrambled Eggs
- Oatmeal

Lunch

- Roast Turkey w/ Gravy
- Mashed Potato w/ Gravy
- Cranberry Sauce
- Winter Squash
- Cherry Pie w/ TPG

Dinner

- Chili
- Corn Bread w/ Butter
- Green Beans
- Peaches

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.