

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.

Reviewed by:
A. Batschelet, RD

Winter Menu Wk 3

Week of Mar 23rd

Monday Breakfast

- French Toast w/ VT Maple Syrup
- Bacon

Lunch

- Meatballs in Orange Sauce
- Roasted Potatoes
- Tossed Salad w/ Dressing
- Caramel Custard w/ Tpg

Dinner

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

Tuesday Breakfast

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

Lunch

- Chicken Breast w/ Gravy
- Mashed Potatoes w/ Gravy
- Broccoli au gratin
- Peppermint Cupcake with Whipped Tpg

Dinner

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

Wednesday Breakfast

- Cheesy Scrambled Eggs
- Toast
- Raisin Bran

Lunch

- Maple BBQ Pork Riblette
- Mashed Sweet Potatoes w/ Butter
- Green Beans
- Peach Cobbler w/ TPG

Dinner

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

Thursday Breakfast

- Fried Eggs
- Apple Cinnamon Coffee Cake
- Oatmeal

Lunch

- Breaded Fish w/ Tartar Sauce
- Rice Pilaf
- Carrots
- Mandarin Orange Cake

Dinner

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

Friday Breakfast

- Pancakes w/ VT Maple Syrup
- Sausage

Lunch

- Salisbury Steak with Gravy
- Baked Potato w/ Sour Cream
- Mixed Vegetables
- Soft Molasses Cookie

Dinner

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

Saturday Breakfast

- Veggie & Cheese Omelet
- Cheerios
- Toast

Lunch

- Chicken Tetrizzini
- French Bread w/ Butter
- Carrots & Peas Mix
- Banana Cream Pie

Dinner

- Hot Dog on a Bun
- Baked Beans
- Coleslaw
- Pears

Sunday Breakfast

- Strudel
- Scrambled Eggs
- Oatmeal

Lunch

- Open Face Roast Pork Sandwich with Gravy
- Mashed Potato w/ Gravy
- Cranberry Sauce
- Winter Squash
- Cherry Pie w/ TPG

Dinner

- Sloppy Joe on a Bun
- 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.