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

Summer Menu Wk 3

Week of July 5th

Monday
Breakfast
- Cream Cheese & Chive Scrambled Eggs
- Toast
- Oatmeal

Lunch
- BBQ Pork Riblette
- Brussel Sprouts w/ Bacon & Onions
- Baked Potato w/ Sour Cream
- Cherry Crisp w/ TPG

Dinner
- Breaded Fish on a Bun w/ Lettuce & Tartar Sauce
- Corn
- Applesauce

Tuesday
Breakfast
- Fried Eggs
- Sweet Potato Hash
- Orange Cranberry Muffin

Lunch
- Chicken Stir-Fry over Rice
- Broccoli
- Strawberry Rhubarb Pie w/ TPG

Dinner
- Stuffed Shells in Tomato Sauce
- Italian Bread
- Spinach
- Watermelon

Wednesday
Breakfast
- French Toast w/ VT Maple Syrup
- Bacon

Lunch
- Beef Chili
- Cornbread w/ Butter
- Tossed Salad w/ Dressing
- Chocolate Chip Cookie

Dinner
- Cream of Carrot Soup
- Ham Salad Sandwich w/ Lettuce & Tomato
- Grapes

Thursday
Breakfast
- Cheese Omelet
- English Muffin
- Special K

Lunch
- Chicken Parmesan over Spaghetti
- Roasted Summer Squash
- Butterscotch Pudding w/ TPG

Dinner
- Shaved Steak, Cheese, & Onions on a Bun
- Green Beans
- Fresh Fruit Cup

Friday
Breakfast
- Blueberry Pancakes w/ VT Maple Syrup
- Sausage

Lunch
- Baked Haddock w/ Tartar Sauce
- Roasted Red Potatoes
- Honey-Glazed Carrots
- Peanut Butter Brownie

Dinner
- Chicken Tender w/ Dipping Sauce
- Potato Salad
- Creamy Coleslaw
- Pears

Saturday
Breakfast
- Strawberry Banana Smoothie
- Toast
- Brown Sugar & Cinnamon Oatmeal

Lunch
- Meatloaf w/ Gravy
- Mashed Potato w/ Gravy
- Peas & Onions
- Orange Sherbet

Dinner
- Vegetable Rice Soup
- Turkey Salad Sandwich w/ Lettuce & Tomatoes
- Peaches

Sunday
Breakfast
- Scrambled Eggs
- Strudel
- Corn Flakes

Lunch
- Baked Ham w/ Pineapple Sauce
- Scalloped Potatoes
- Asparagus
- Lemon Meringue Pie

Dinner
- Chicken, Broccoli, Pasta Casserole
- Stewed Tomatoes
- Italian Bread w/ Butter
- Mandarin Oranges

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.