

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:
ARB, RD

Fall Menu Wk 2

Monday
Breakfast

- Pancakes w/ VT Maple Syrup
- Sausage Patty

Lunch

- Chipped Beef on Toast Points
- Spinach (w/Vinegar)
- Banana Pudding w TPG

Dinner

- Macaroni & Cheese
- Herb Dinner Roll w/ Butter
- Stewed Tomatoes
- Mandarin Oranges

Week of March 1st

Tuesday
Breakfast

- Fried Eggs
- Corned Beef Hash
- Berry Muffin

Lunch

- Chicken Parmesan on a Bun
- Roasted Zucchini
- Peach Crisp w/ TPG

Dinner

- Minestrone
- Tuna Salad Sandwich w/ Lettuce & Tomato
- Watermelon

Wednesday
Breakfast

- French Toast w/VT Maple Syrup
- Bacon

Lunch

- Meatloaf w/ Gravy
- Mashed Potatoes w/ Gravy
- Diced Beets
- Chocolate Cupcake w/ Peanut Butter Frosting

Dinner

- Manicotti w/ Tomato Sauce
- Italian Bread w/Butter
- Broccoli
- Grapes

Thursday
Breakfast

- Western Omelet
- Oatmeal

Lunch

- Pork Stir-fry
- Rice Pilaf
- Stir-fry Veggies
- Fruited Jell-O w/ TPG

Dinner

- Corn Chowder
- Chicken Bacon Ranch Salad Sandwich w/ Lettuce & Tomato
- Fresh Fruit Cup

Friday
Breakfast

- Cheesy Scrambled Eggs
- ToastX2

Lunch

- Swedish Meatballs Over Noodles
- Carrots
- Raspberry Cookie

Dinner

- BBQ Pork on a Bun
- Coleslaw
- Pears

Saturday
Breakfast

- Ham & Cheese Scrambled Eggs
- English Muffin

Lunch

- Breaded Fish w/ Tartar Sauce
- Baked Potato w/ Sour Cream
- Mixed Veggies
- Chocolate Éclair

Dinner

- Chicken Alfredo
- French Bread w/ Butter
- Broccoli
- Peaches

Sunday
Breakfast

- Cinnamon Roll
- Cold Cereal
- Scrambled Eggs

Lunch

- Roast Turkey w/ Gravy
- Mashed Potato w/ Gravy
- Stuffing w/Gravy
- Cranberry Sauce
- Butternut Squash
- Apple Pie w/ TPG

Dinner

- Chicken Rice Soup
- Ham Salad Sandwich w/ Lettuce & Tomato
- Fruit Cocktail

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.