

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

Spring Menu Week 1

Week of Sept 6th

Monday Breakfast

- Cheesy Scrambled Eggs
- Cream of Wheat
- Blueberry Muffin

Lunch

- Spaghetti & Meatballs
- Garlic Bread
- Roasted Summer Squash
- Ice Cream

Dinner

- Fishwich on a Bun & Tartar
- Fresh Green Beans
- Fruit Cocktail

Tuesday Breakfast

- French Toast w/ VT Maple Syrup
- Bacon

Lunch

- Breaded Chicken w/ Gravy
- Au Gratin Sliced Potatoes
- Honey Roasted Brussel Sprouts
- Orange Fluff

Dinner

- Cheese Ravioli w/Marinara sauce
- Spinach
- Italian Bread/ butter
- Grapes

Wednesday Breakfast

- Apple Cinnamon Oatmeal
- Cinnamon Raisin Toast
- Fried Eggs

Lunch

- Tomato Soup
- Grilled Cheese Sandwich
- Chocolate Mousse with Tpg

Dinner

- Shepard's Pie
- Mixed veg
- Dinner roll
- Peaches

Thursday Breakfast

- Scrambled Eggs
- Raspberry Coffee Cake
- Cheerios

Lunch

- BBQ Pork Riblette
- Baked Potato w/ Sour Cream
- Broccoli
- Apple Oat Cookie

Dinner

- Hot Dog on a Bun
- Baked Beans
- Pineapple Coleslaw
- Watermelon

Friday Breakfast

- Pancakes w/ VT Maple Syrup
- Sausage

Lunch

- Baked Salmon
- Roasted Red Potatoes
- Peas & Carrots
- Strawberry Shortcake

Dinner

- Minestrone Soup
- Egg Salad Sandwich
- Mandarin Oranges

Saturday Breakfast

- Veggie & Cheese Omelet
- Toast X2

Lunch

- Pizza Casserole
- Tossed Salad w/ Dressing
- Chocolate Cake with PB frosting

Dinner

- Chicken Patty on a Bun
- Maple-Glazed Carrots
- Pears

Sunday Breakfast

- Strudel Link
- Oatmeal
- Cheesy Scrambled Eggs

Lunch

- Roast Turkey w/ Gravy
- Mashed Potatoes
- Roasted Winter Squash
- Cranberry Sauce
- Strawberry Rhubarb Pie w/ Topping

Dinner

- Corn Chowder
- Seafood Salad Sandwich
- Pickle
- Rosy Applesauce w/ Topping

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.