

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/Winter 2021
Week 3**

**Monday
Breakfast**

- Fried Eggs
- Home fries
- Rye Toast

Lunch

- Cheesy Baked Rice
- Dinner Roll w/ Butter
- Broccoli
- Ice Cream

Dinner

- Sloppy Joe on a Bun
- Wax Beans
- Mandarin Oranges

**Tuesday
Breakfast**

- French Toast w/ VT Maple Syrup
- Bacon

Lunch

- Mild Beef Chili
- Cornbread w/ Butter
- Tossed Salad w/Dressing
- Blueberry Pie

Dinner

- Carrot Soup
- Egg Salad Sandwich
- Lettuce & Tomato
- Strawberry Bavarian Cream

**Wednesday
Breakfast**

- Scrambled Eggs
- Apple Coffeecake
- Oatmeal

Lunch

- Open-Faced Hot Pork Sandwich w/ Gravy
- Mashed Potato w/ Gravy
- Roasted Brussel Sprouts
- Chocolate Chip Cookie

Dinner

- Shepherd's Pie
- Carrots
- Dinner Roll w/ Butter
- Fresh Fruit Cup

**Thursday
Breakfast**

- Veggie Omelet
- English Muffin
- Special K

Lunch

- Campbell's Tomato Soup
- Grilled Cheese
- Cherry Cobbler w/TPG

Dinner

- Chicken Fingers
- French Fries
- Mixed Vegetable
- Pears

**Friday
Breakfast**

- Apple Pancakes w/ Maple Syrup
- Sausage Patty

Lunch

- Veggie Lasagna
- Garlic Bread
- Tossed Salad w/Dressing
- Spice Cake w/ Frosting

Dinner

- Hearty Chicken Noodle Soup
- Fruit & Cottage Cheese Plate
- Pumpkin Bread

**Saturday
Breakfast**

- Cheese Omelet
- Wheat Toast
- Oatmeal

Lunch

- Scalloped Potatoes & Ham
- Spinach (w/ Vinegar)
- French Bread w/ Butter
- Butterscotch Pudding w/Tpg

Dinner

- Fish Sticks w/ Tartar Sauce
- Mashed Potatoes w/ Butter
- Coleslaw
- Applesauce

**Sunday
Breakfast**

- Scrambled Eggs
- Mini Wheats
- Danish

Lunch

- Pot Roast w/ Onion Gravy
- Boiled Red Potatoes & Gravy
- Peas and Carrots
- Chocolate Cream Pie

Dinner

- Potato Leek Soup
- Chicken Salad Sandwich
- Lettuce & Tomato
- Pineapple Tidbits

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.