

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

5/23/2022

**Spring/Summer
Menu Week 4**

**Monday
Breakfast**

- French Toast w/Maple Syrup
- Bacon

Lunch

- Rotini w/Meatsauce
- Tossed Salad w/ Dressing
- Garlic Knot
- Tapioca Pudding w/ Topping

Dinner

- Tuna Salad Plate (scoops of Tuna Salad, Potato Salad and Broccoli Salad)
- Sliced Tomato
- Dinner Roll w/butter
- Peaches

**Tuesday
Breakfast**

- Cheesy Scrambled Eggs
- Maple Oatmeal
- Wheat Toast

Lunch

- Glazed Chicken
- Rice Pilaf
- Roasted Brussel Sprouts
- Raspberry Cookie

Dinner

- Cheesy Potato Soup
- Ham Salad Sandwich
- Lettuce and Tomato
- Rosy Applesauce

**Wednesday
Breakfast**

- Spinach and Cheese Omelet
- English Muffin
- Cheerios

Lunch

- Salisbury Steak w/Gravy
- Mashed Potato w/gravy
- Diced Beets
- Cherry Crisp

Dinner

- American Cheese Sandwich
- Lettuce and Tomato
- Chicken Vegetable Noodle Soup
- Grapes

**Thursday
Breakfast**

- Pancakes w/Maple Syrup
- Sausage

Lunch

- Seafood Pasta Salad
- Pickled Beets
- Dinner Roll w/Butter
- Raspberry Sherbet

Dinner

- BBQ Ribette
- Mashed Potato w/Butter
- Broccoli
- Sugar Cookie

**Friday
Breakfast**

- Fried Eggs
- Oatmeal
- Apple Cinnamon Coffeecake

Lunch

- Liver and Onions w/Gravy
- Boiled Red Potatoes
- Carrots
- Yellow Cake w/ Frosting

Dinner

- Creamy Vegetable Soup
- Sliced Turkey Sandwich w/Mayo
- Lettuce and Tomato
- Pears

**Saturday
Breakfast**

- Cheesy Scrambled Eggs
- Cream of Wheat
- Sourdough Toast

Lunch

- Breaded Haddock w/Tartar Sauce
- Potato Salad
- Green Beans
- Peanut Butter Brownie

Dinner

- Swedish Meatballs w/Egg Noodles
- Roasted Zucchini
- Fruited Jello w/TPG

**Sunday
Breakfast**

- Scrambled Eggs
- Rice Krispies
- Danish

Lunch

- Baked Ham w/Gravy
- Sweet Potatoes
- Creamed Peas
- Chocolate Cream Pie

Dinner

- Chicken Salad Sandwich
- Lettuce and Tomatoes
- Cucumber Salad
- 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.