

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:
KY, RD**

**Fall/Winter 2022
Week of Nov 21st**

**Monday
Breakfast**

- Pancakes w/ VT Maple Syrup
- Sausage Patty

Lunch

- Chipped Beef on Toast Points
- Spinach (w/Vinegar)
- Cherry Crisp w/tpg

Dinner

- Manicotti w/Tomato Sauce
- Dinner Roll w/ Butter
- Green Beans
- Ice Cream

**Tuesday
Breakfast**

- Scrambled Eggs
- Cream of Wheat
- Pumpkin Muffin

Lunch

- Chicken Parmesan over Spaghetti
- Tossed Salad w/Dressing
- Cheesecake w/ Strawberry topping

Dinner

- Cream of Spinach Soup
- Tuna Salad Sandwich w/ Lettuce & Tomato
- Pears

**Wednesday
Breakfast**

- Fried Eggs
- Wheat Toast
- Honey Nut Cheerios

Lunch

- Grilled Cheese
- Cream of Tomato Soup
- Chocolate Cake w/Frosting

Dinner

- Goulash
- Italian Bread w/Butter
- Carrots
- Oatmeal Cookie

**Happy
Thanksgiving!!!
Breakfast**

- Ham and Cheese Omelet
- Rice Krispies
- Cinnamon Raisin Toast

Lunch

- Roast Turkey w/Gravy
- Mashed Potato w/Gravy
- Stuffing w/Gravy
- Mashed Butternut Squash
- Cranberry Sauce
- Dinner Roll w/Butter
- Deviled Egg
- Pumpkin or Apple Pie w/Tpg

Dinner

- Bacon and Cheese Quiche
- Green Beans
- Corn Bread w/butter
- Vanilla Pudding w/tpg

**Friday
Breakfast**

- French Toast w/VT Maple Syrup
- Bacon

Lunch

- Swedish Meatballs Over Noodles
- Carrots
- Lemon Bars

Dinner

- Corn Chowder
- Turkey Salad Sandwich w/ Lettuce & Tomato
- Peaches

**Saturday
Breakfast**

- Cheesy Scrambled Eggs
- English Muffin
- Oatmeal

Lunch

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

Dinner

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

**Sunday
Breakfast**

- Scone
- Special K
- Scrambled Eggs

Lunch

- Chicken Stirfry over Rice
- Broccoli
- Chocolate Cream Pie

Dinner

- Split Pea Soup
- Ham Salad Sandwich w/ Lettuce & Tomato
- Sugar Cookie

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.