

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.

**Fall/Winter Menu
2022 Wk 4
Week of Dec 5th**

**Monday
Breakfast**

- French Toast w/Maple syrup
- Sausage

Lunch

- Chicken and Biscuits
- Mashed Butternut Squash
- Boston Cream Pie

Dinner

- Goulash
- Broccoli
- Italian Bread w/butter
- Sherbet

**Tuesday
Breakfast**

- Scrambled Eggs
- Raisin Toast
- Maple Oatmeal

Lunch

- Salisbury Steak
- Mashed Potato w/ Gravy
- Maple Glazed Carrots
- Raspberry Cheese Cake

Dinner

- Cream of Spinach soup
- Turkey Salad Sandwich
- Chocolate Chip Cookie

**Wednesday
Breakfast**

- Fried Eggs
- English Muffin
- Raisin Bran

Lunch

- Spaghetti w/meatballs
- Tossed Salad w/dressing
- Garlic Knot
- Brownie

Dinner

- Macaroni and Cheese
- Green Beans
- Dinner Roll w/butter
- Fruit Cocktail

**Thursday
Breakfast**

- Blueberry Pancakes
- Bacon

Lunch

- Campbell's Tomato Soup
- Grilled Cheese Sandwich
- Lemon Bar

Dinner

- Hamburger w/Bun
- Tater Tots
- Cauliflower
- Ice Cream

**Friday
Breakfast**

- Ham and Cheese Omelet
- Rye Toast
- Rice Krispies

Lunch

- Breaded Chicken w/gravy
- Roasted Red Potatoes
- Spinach w/vinegar
- Peanut Butter Cookie

Dinner

- Split Pea Soup
- Ham Salad Sandwich
- Chocolate Cupcakes w/Frosting

**Saturday
Breakfast**

- Cheesy Scrambled Eggs
- Cream of Wheat
- Cinnamon Apple Muffins

Lunch

- Beef Stew
- Dinner Roll w/butter
- Broccoli
- Apple Crumb Pie w/tpg

Dinner

- Turkey Noodle Casserole
- Diced Beets
- Peaches

**Sunday
Breakfast**

- Scrambled Eggs
- Donut
- Honey Nut Cheerios

Lunch

- Baked Ham w/gravy
- Mashed Sweet Potatoes
- Green Beans
- Lemon Cake

Dinner

- Fishwich on a Bun
- Lettuce & Tomato
- Carrots
- Chocolate Mousse w/tpg

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.