

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 VB, RD

**Spring/Summer
Menu Week 4
Week of May 22**

**Monday
Breakfast**

- French Toast w/Maple Syrup
- Sausage

Lunch

- Tuna Salad Plate (scoops of Tuna Salad, Potato Salad and Broccoli Salad)
- Dinner Roll w/Butter
- Chocolate Cake w/Frosting

Dinner

- Stuffed Shells w/ Marinara
- Diced Beets
- Italian Bread w/butter
- Oatmeal Cookie

**Tuesday
Breakfast**

- Cheesy Scrambled Eggs
- Maple Oatmeal
- Wheat Toast

Lunch

- Maple Balsamic Glazed Chicken
- Rice Pilaf
- Roasted Butternut Squash
- Raspberry Cheesecake

Dinner

- Hearty Chicken Noodle
- Ham Salad Sandwich
- Lettuce and Tomato
- Mandarin Oranges

**Wednesday
Breakfast**

- Spinach and Cheese Omelet
- English Muffin
- Cheerios

Lunch

- Hot Roast Beef Sandwich w/Gravy
- Mashed Potato w/Gravy
- Green Beans
- Cherry Crisp w/tpg

Dinner

- Chicken Fingers w/Sauce
- Fries
- Carrots
- Ice Cream

**Thursday
Breakfast**

- Pancakes w/Maple Syrup
- Bacon

Lunch

- Tuna Macaroni Salad
- 3 Bean Salad
- Dinner Roll w/Butter
- Strawberry Bavarian Cream

Dinner

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

**Friday
Breakfast**

- Fried Eggs
- Oatmeal
- Apple Cinnamon Coffeecake

Lunch

- Chicken Caesar Salad
- Hearty Beef Vegetable Soup
- Yellow Cake w/Frosting

Dinner

- Swedish Meatballs w/Egg Noodles
- Roasted Zucchini
- Chocolate Pudding w/tpg

**Saturday
Breakfast**

- Cheesy Scrambled Eggs
- Cream of Wheat
- Sourdough Toast

Lunch

- Breaded Haddock w/Tartar Sauce
- Roasted Red Potatoes
- Maple Glazed Carrots
- Peanut Butter Brownie

Dinner

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

**Sunday
Breakfast**

- Scrambled Eggs
- Rice Krispies
- Cinnamon Roll

Lunch

- Honey Mustard Ham w/Gravy
- Sweet Potatoes
- Creamed Spinach
- Chocolate Cream Pie

Dinner

- Chicken Salad Sandwich
- Lettuce and Tomatoes
- Pickled Beets
- Watermelon

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.