

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 2023
Week 2
February 12, 2024**

**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
- Cauliflower
- Ice Cream

**Tuesday
Breakfast**

- Scrambled Eggs
- Cream of Wheat
- Pumpkin Muffin

Lunch

- Chicken Parmesan over Spaghetti
- Tossed Salad w/Dressing
- Cheesecake w/ Strawberries

Dinner

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

**Wednesday
Breakfast**

- Fried Eggs
- Cinnamon Raisin Toast
- Honey Nut Cheerios

Lunch

- Meatloaf w/Gravy
- Mashed Potatoes w/Gravy
- Diced Beets
- Chocolate Cake w/Frosting

Dinner

- Chicken Stirfry over Rice
- Roasted Zucchini
- Oatmeal Cookie

**Thursday
Breakfast**

- Ham and Cheese Omelet
- Rice Krispies
- Raspberry Coffeecake

Lunch

- Grilled Cheese
- Tomato Soup
- 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
- Roasted Asparagus
- Lemon Bars

Dinner

- Corn Chowder
- Turkey Salad Sandwich w/ Lettuce & Tomato
- Fruit Cocktail

**Saturday
Breakfast**

- Cheesy Scrambled Eggs
- English Muffin
- Oatmeal

Lunch

- Fish n Chips (Breaded Fish and Fries)
- Coleslaw
- Chocolate Eclair

Dinner

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

**Sunday
Breakfast**

- Scone
- Special K
- Scrambled Eggs

Lunch

- Roast Turkey w/ Gravy
- Mashed Potato w/ Gravy
- Cranberry Sauce
- Mashed Butternut Squash
- Pumpkin Pie w/tpg

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.