

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.

<div>Reviewed by: KY, RD</div> <div>Fall/Winter 2023 Week 3 Week of Mar 18th</div>						
<div><u>Monday</u> <u>Breakfast</u><ul style="list-style-type: none">• Fried Eggs• Cream of Wheat• Rye Toast</div> <div><u>Lunch</u><ul style="list-style-type: none">• Macaroni & Cheese• Garlic Knot• Stewed Tomatoes• Brownie</div> <div><u>Dinner</u><ul style="list-style-type: none">• Sloppy Joe on a Bun• Cauliflower• Mandarin Oranges</div>	<div><u>Tuesday</u> <u>Breakfast</u><ul style="list-style-type: none">• French Toast w/ VT Maple Syrup• Bacon</div> <div><u>Lunch</u><ul style="list-style-type: none">• Mild Beef Chili• Cornbread w/ Butter• Tossed Salad w/Dressing• Yellow Cake w/Chocolate Frosting</div> <div><u>Dinner</u><ul style="list-style-type: none">• Cream of Carrot Soup• Egg Salad Sandwich• Lettuce & Tomato• Chocolate Mousse w/tpg</div>	<div><u>Wednesday</u> <u>Breakfast</u><ul style="list-style-type: none">• Scrambled Eggs• Apple Coffeecake• Oatmeal</div> <div><u>Lunch</u><ul style="list-style-type: none">• Lemon Pepper Chicken• Sweet Potatoes• Peas• Cookies & Cream pie</div> <div><u>Dinner</u><ul style="list-style-type: none">• Shepherd’s Pie• Carrots• Dinner Roll w/ Butter• Peanut Butter Cookie</div>	<div><u>Thursday</u> <u>Breakfast</u><ul style="list-style-type: none">• Cheesy Scrambled Eggs• English Muffin• Special K</div> <div><u>Lunch</u><ul style="list-style-type: none">• Cheesy Potatoes & Ham• Spinach (w/ Vinegar)• French Bread w/ Butter• Apple Crisp w/TPG</div> <div><u>Dinner</u><ul style="list-style-type: none">• Hearty Chicken Noodle Soup• Sliced Turkey Sandwich• Ice cream</div>	<div><u>Friday</u> <u>Breakfast</u><ul style="list-style-type: none">• Waffles w/ Maple Syrup• Sausage Patty</div> <div><u>Lunch</u><ul style="list-style-type: none">• Ground Beef Stirfry w/Rice• Green Beans• Chocolate Chip Cookie Bar</div> <div><u>Dinner</u><ul style="list-style-type: none">• Chicken Fingers w/Sauces• Tater Tots• Diced Beets• Peaches</div>	<div><u>Saturday</u> <u>Breakfast</u><ul style="list-style-type: none">• Cheese Omelet• Blueberry Muffin• Oatmeal</div> <div><u>Lunch</u><ul style="list-style-type: none">• Veggie Lasagna• Garlic Bread• Tossed Salad w/Dressing• Apple Spice Cake w/Cream Cheese Frosting</div> <div><u>Dinner</u><ul style="list-style-type: none">• BBQ Ribette• Mashed Potatoes w/ Butter• Corn• Raspberry Cookie</div>	<div><u>Sunday</u> <u>Breakfast</u><ul style="list-style-type: none">• Scrambled Eggs• Honey Nut Cheerios• Danish</div> <div><u>Lunch</u><ul style="list-style-type: none">• Pot Roast w/ Onion Gravy• Boiled Red Potatoes & Gravy• Cauliflower w/Cheese Sauce• Cherry Pie w/TPG</div> <div><u>Dinner</u><ul style="list-style-type: none">• Potato Leek Soup• Chicken Salad Sandwich• Lettuce & Tomato• Chocolate Pudding w/tpg</div>

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.