

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

Week of May 13th

**Spring/Summer**

**Menu Week 3**

**Monday  
Breakfast**

- Ham & Cheese Scramble
- English Muffin
- Raisin Bran

**Lunch**

- Lemon Pepper Cod w/ Tartar Sauce
- Baked Potato w/ Sour Cream
- Carrots
- Strawberry Shortcake

**Dinner**

- Chicken and Biscuits
- Green Beans
- Fresh Fruit Cup

**Tuesday  
Breakfast**

- Fried Eggs
- Cinnamon Raisin Toast
- Oatmeal

**Lunch**

- Burger w/Bun
- Potato Salad
- Roasted Asparagus
- Lemon Bar

**Dinner**

- Vegetable Rice Soup
- Egg Salad Sandwich
- Lettuce & Tomato
- Tapioca Pudding w/tpg

**Wednesday  
Breakfast**

- French Toast w/ VT Maple Syrup
- Bacon

**Lunch**

- Cream of Carrot Soup
- Fruit & Cottage Cheese Plate
- Cherry Pie w/tpg

**Dinner**

- Fish and Chips(breaded fish and fries) w/Tartar Sauce
- Coleslaw
- Sugar Cookie

**Thursday  
Breakfast**

- Cheese Omelet
- Orange Cran Muffin
- Cream of Wheat

**Lunch**

- Spaghetti w/Meatballs
- Tossed Salad w/Dressing
- Garlic Bread
- Carrot Cake & Cream Frosting

**Dinner**

- BBQ Ribette
- Mashed Sweet Potatoes
- Corn
- Fresh Berries & Whipped Topping

**Friday  
Breakfast**

- Cheesy Scrambled Eggs
- Blueberry Coffeecake
- Cheerios

**Lunch**

- Chicken Stirfry w/Rice
- Broccoli
- Chocolate Chip Bar Cookie

**Dinner**

- Sloppy Joe on a Bun
- Spinach w/Vinegar
- Sherbet

**Saturday  
Breakfast**

- Waffles w/ VT Maple Syrup
- Sausage

**Lunch**

- Open Faced Hot Pork sandwich with gravy
- Mashed Potato w/Gravy
- Green Beans
- Apple Crisp w/tpg

**Dinner**

- Tuna Noodle Casserole
- Roasted Summer Squash
- Italian Bread w/Butter
- Raspberry Cookie

**Sunday  
Breakfast**

- Scrambled Eggs
- Honey Nut Cheerios
- Donut

**Lunch**

- Meatloaf w/ Gravy
- Roasted Red Potatoes
- Peas
- Lemon Meringue Pie

**Dinner**

- Turkey Salad Sandwich
- Lettuce & Tomato
- Pickled Beets
- Ice Cream

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.