

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 2  
Week of July 29th**

**Monday  
Breakfast**

- Veggie & Cheese Scramble
- Banana Muffin
- Cream of Wheat

**Lunch**

- Cheese Pizza
- Tossed Salad w/Dressing
- Brownies

**Dinner**

- Ham, Onion and Cheese Quiche
- Dinner Roll w/Butter
- Spinach w/Vinegar
- Peaches

**Tuesday  
Breakfast**

- French Toast w/ VT Maple Syrup
- Bacon

**Lunch**

- Breaded Haddock w/ Tartar Sauce
- Baked Potato w/ Sour Cream
- Diced Beets
- Cheesecake w/ Cherries

**Dinner**

- Mushroom Barley Soup
- Chicken Salad Sandwich
- M&M Cookie

**Wednesday  
Breakfast**

- Cheese Omelet
- English Muffin
- Rice Krispies

**Lunch**

- Meat Lasagna
- Garlic Knot
- Roasted Zucchini
- Yellow Cupcake w/Frosting

**Dinner**

- BBQ Pork on a Bun
- Coleslaw
- Ice Cream

**Thursday  
Breakfast**

- Fried Eggs
- Raspberry Coffeecake
- Brown Sugar & Cinnamon Oatmeal

**Lunch**

- Broccoli & Cheese Stuffed Chicken
- Mashed Potatoes w/Butter
- Green Beans
- Cookies & Cream Pie

**Dinner**

- Swedish Meatballs w/ Egg Noodles
- Carrots
- Chocolate Pudding w/Tpg

**Friday  
Breakfast**

- Scrambled Eggs
- Rye Toast
- Special K

**Lunch**

- Sweet and Sour Chicken over Rice
- Cauliflower
- Mandarin Orange Cake w/Frosting

**Dinner**

- Potato Leek Soup
- Sliced Ham Sandwich w/Mayo
- Lettuce and Tomato
- Watermelon

**Saturday  
Breakfast**

- Blueberry Pancakes w/ VT Maple Syrup
- Sausage

**Lunch**

- Tuna Macaroni Salad
- Pickled Beets Dinner Roll w/Butter
- Peach Crisp w/Tpg

**Dinner**

- Chicken Fingers w/ Assorted Dipping Sauces
- Tater Tots
- 3 Bean Salad
- Choc Chip cookie

**Sunday  
Breakfast**

- Danish
- Oatmeal
- Scrambled Eggs

**Lunch**

- Roast Pork w/gravy
- Mashed Sweet Potatoes
- Broccoli
- Apple Pie w/ TPG

**Dinner**

- Goulash
- Italian Bread w/Butter
- Roasted Yellow Squash
- Sherbet

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.