

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**

**Fall/Winter 2024
Week 1
Week of Oct 14th**

**Monday
Breakfast**

- Bacon and Cheese Scrambled Eggs
- Strawberry Muffin
- Cheerios

Lunch

- Spaghetti & Meat Sauce (serve in a boat)
- Roasted Zucchini
- Garlic Bread
- Peach Crisp

Dinner

- Vegetable Chowder
- Tuna Salad Sandwich
- Raspberry Sherbet

**Tuesday
Breakfast**

- Pancakes w/ VT Maple Syrup
- Sausage

Lunch

- Chicken Pot Pie
- Broccoli
- Pumpkin Pie With Tpg

Dinner

- Hot Dog on a Bun
- Baked Beans
- Maple Glazed Carrots
- Chocolate Chip Cookie

**Wednesday
Breakfast**

- Fried Eggs
- Oatmeal
- Hashbrowns

Lunch

- Breaded Haddock w/ Tartar Sauce
- Baked Potato w/ Sour Cream
- Green Beans
- Carrot Cake w/ Cream Cheese Frosting

Dinner

- Ground Beef Stroganoff w/ Egg noodles
- Spinach (w/Vinegar)
- French Bread w/ Butter
- Pears

**Thursday
Breakfast**

- French Toast w/ VT Maple Syrup
- Bacon

Lunch

- Open-Faced Hot Turkey Sandwich w/ gravy
- Cranberry Sauce
- Mashed Winter Squash
- Apple Crisp w/ TPG

Dinner

- BBQ Pork on a Bun
- Diced Beets
- Ice Cream

**Friday
Breakfast**

- Veggie and Cheese Omelet
- Cheerios
- Blueberry Coffeecake

Lunch

- Meat Lasagna
- Tossed Salad w/ Dressing
- Italian Bread w/ Butter
- Blueberry Pie w/TPG

Dinner

- Beef Barley Soup
- Chicken Salad Sandwich
- Sugar Cookie

**Saturday
Breakfast**

- Cheesy Eggs
- Cream of Wheat
- Home Fries

Lunch

- BBQ Pork Riblette
- Mashed Potatoes & Butter
- Corn
- Brownie

Dinner

- Ham Macaroni and Cheese
- Dinner Roll w/ Butter
- Green Beans
- Tapioca Pudding w/TPG

**Sunday
Breakfast**

- Strudel
- Raisin Bran
- Scrambled Eggs

Lunch

- Maple-Glazed Baked Salmon
- Rice Pilaf
- Carrots
- Lemon Meringue Pie

Dinner

- Broccoli & Cheese Soup
- Egg Salad Sandwich
- Peaches

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.