

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 Sept. 3rd
**Spring/Summer
 Menu Week 3
 Week of Oct 1st**

**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.