

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 Nov 11th**

**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**

- Taco Salad
- Spanish Rice
- Fajita Corn
- 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.