

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 June 30th**

**Monday
Breakfast**

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

Lunch

- Cheese Pizza
- Tossed Salad w/Dressing
- Brownies

Dinner

- BBQ Pork on a Bun
- Coleslaw
- Ice Cream

**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
- Home Fries
- Rice Krispies

Lunch

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

Dinner

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

**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
- Tapioca Pudding w/Tpg

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.