

MERIDEN NURSING & REHAB #56003 (HSG)

Week-At-A-Glance

hcsq2northern2022-23 Week 1

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Scrambled Eggs 1/4 Cup Apple Cinnamon Muffin 1 Ea - Margarine 1 Ea	Breakfast French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl	Breakfast Scrambled Eggs 1/4 Cup Ginger Pear Coffee Cake 1 Square - Margarine 1 Ea	Breakfast Scrambled Eggs w/Cheese 1/4 Cup Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea	Breakfast Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea	Breakfast Western Scrambled Eggs 1/4 Cup Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea	Breakfast Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea
Lunch Country Fried Steak w/Mushroom Gravy 1 Ea Honey Roasted Carrots 1/2 Cup Mashed Potatoes 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Honey Glazed Pears 1/2 Cup	Lunch Kielbasa Sausage 1 Ea Capri Vegetable Blend 1/2 Cup Brown Sugar Baked Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Carrot Cake w/Cream Cheese Frosting 1 Square Thin Crust Cheese Pizza 1 Pc Tossed Salad w/Dressing 1 Cup	Lunch Baked Macaroni & Cheese 1 Cup Stewed Tomatoes 1/2 Cup Rosemary Dinner Roll 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup Marinated Chicken Thigh 1 Ea Green Beans 1/2 Cup Mashed Potatoes 1/2 Cup	Lunch Apple Glazed Sliced Ham 3 Oz Sautéed Spinach 1/2 Cup Candied Sweet Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Marble Cake w/White Frosting 1 Square Herbed Chicken Breast 3 Oz Country Vegetable Blend 1/2 Cup Parsley Noodles 1/2 Cup	Lunch Rotisserie Chicken 3 Oz Broccoli Florets 1/2 Cup Cheesy Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Banana Pudding Parfait 1/2 Cup Glazed Baked Pork Chop 3 Oz Braised Cabbage 1/2 Cup Noodles Jefferson 1/2 Cup	Lunch Shrimp Alfredo w/ 3 Oz - Spaghett Noodles 1/2 Cup Roasted Green Beans 1/2 Cup Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Tropical Fruit Salad 1/2 Cup Smothered Steak 3 Oz Sliced Carrots 1/2 Cup Mashed Potatoes 1/2 Cup	Lunch Grilled Turkey & Swiss Cheese Sandwich on Wheat 1 Sandwich Creamy Cucumber & Onion Salad 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Vanilla Ice Cream 1 Ea
Dinner Maple Dijon Chicken Breast 3 Oz Roasted Brussels Sprouts 1/2 Cup Sage Bread Dressing 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Cinnamon Brown Sugar Blondie 1 Square Smothered Turkey Patty 3 Oz Seasoned Green Beans 1/2 Cup Rice Pilaf 1/2 Cup	Dinner Cornflake Crusted Tilapia Fillet 3 Oz Buttered Green Peas 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peach Parfait 1/2 Cup Salisbury Steak 3 Oz - Brown Gravy 2 Oz Whole Kernel Corn (veg) 1/2 Cup Parsley Rice 1/2 Cup	Dinner Chicken Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Broccoli Salad 1/2 Cup Potato Chips 1 Oz Hearty Vegetable Soup 6 Oz - Saitine Crackers 1 Pkt Chocolate Chip Cookie 1 Ea Hamburger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Ketchup 1 Pkt Pickle Spear 1 Spear Confetti Coleslaw 1/2 Cup Buttered Noodles 1/2 Cup	Dinner Lasagna w/meatsauce 1 Square Balsamic & Parmesan Roasted Cauliflower 1/2 Cup Garlic Bread 1 Ea Scalloped Apples 1/2 Cup Lemon Butter Baked Tilapia Fillet 3 Oz Green Peas 1/2 Cup Oven Browned Potatoes 1/2 Cup Mushroom & Cheese Quiche 1 Sl Brussels Sprouts 1/2 Cup	Dinner Sweet & Sour Meatballs 3 Ea Capri Vegetable Blend 1/2 Cup Steamed Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Mandarin Oranges 1/2 Cup Savory Pork Roast. 2 Oz Harvard Beets 1/2 Cup Au Gratin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Peanut Butter Brownie 1 Square Cheese Quesadilla 1 Ea - Sour Cream 1 Pkt Whole Kernel Corn (veg) 1/2 Cup Parsley Rice 1/2 Cup	Dinner Cheese Ravioli w/Marinara Sauce 1 Cup Sautéed Spinach w/Garlic 1/2 Cup Garlic Bread 1 Ea Peach Crisp 1/2 Cup Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Broccoli Florets 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt	

MERIDEN NURSING & REHAB #56003 (HSG)

Week-At-A-Glance

hcs2northern2022-23 Week 2

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Baked Cheese Omelet 1 Ea Toast 1 Sl - Jelly 1 Ea - Margarine 1 Ea	Breakfast Apple Cinnamon French Toast Bake 1 Srv - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl	Breakfast Scrambled Eggs w/Cheese 1/4 Cup Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea	Breakfast Biscuit 1 Ea - Sausage Gravy 3 Oz Hashbrown 1/2 Cup	Breakfast Scrambled Eggs 1/4 Cup Glazed Cinnamon Roll 1 Ea	Breakfast Egg & Cheese Bake 1 Square Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea	Breakfast Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Breakfast Ham 1 Oz
Lunch Rosemary Roast Beef Au Jus 3 Oz Sliced Parsley Carrots 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea - Sour Cream 1 Pkt Dinner Roll/Bread 1 Ea - Margarine 1 Ea Harvest Baked Apples 1/2 Cup Smothered Turkey Patty 3 Oz Brussels Sprouts 1/2 Cup Buttered Rice 1/2 Cup	Lunch Dijon Pork Loin 3 Oz Capri Vegetable Blend 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Citrus Glazed Angel Food Cake 1 Sl Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Braised Cabbage 1/2 Cup Oven Browned Potatoes 1/2 Cup	Lunch Chicken Soft Taco w/Flour Tortilla 2 Ea - Shredded Lettuce & Diced Tomato Topping 1/4 Cup - Shredded Cheddar Cheese (tbl) 1 Tbl Mexican Corn (veg) 1/2 Cup Green Chili Rice 1/2 Cup Sliced Peas 1/2 Cup Rancher's Pork Chop 3 Oz Sliced Carrots 1/2 Cup Garlic Potato Wedges 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Lunch Homestyle Meatloaf w/Ketchup Glaze 4 Oz Seasoned Green Peas 1/2 Cup Au Gratin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pumpkin Cheesecake Bar 1 Bar Lemon Butter Baked Tilapia Fillet 3 Oz Sautéed Spinach 1/2 Cup Herbed Rice 1/2 Cup	Lunch Smothered Chicken Thigh 1 Ea Roasted Brussels Sprouts 1/2 Cup Sweet Potato Souffle 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Caramel Apple Upside Down Cake 1 Square Smothered Steak 3 Oz Whole Kernel Corn (veg) 1/2 Cup Buttered Noodles 1/2 Cup	Lunch Lemon Dill Tilapia Fillet 3 Oz Broccoli Florets 1/2 Cup Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Trébitts 1/2 Cup Rosemary Chicken Breast 3 Oz Green Peas 1/2 Cup Seasoned Rice 1/2 Cup	Lunch BBQ Pork on a Bun 1 Sandwich Country Vegetable Blend 1/2 Cup Baked Beans 1/2 Cup Butterscotch Pudding Parfait 1/2 Cup Vegetable Quiche 1 Sl Tossed Salad w/Dressing 1 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea
Dinner Chicken Tenders 2 Ea - Honey Mustard 1 Ea Roasted Green Beans 1/2 Cup Macaroni & Cheese 1/2 Cup Herbed Dinner Roll 1 Ea - Margarine 1 Ea Oatmeal Raisin Cookie 1 Ea BBQ Pork Chop 3 Oz Whole Kernel Corn (veg) 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Mashed Potatoes 1/2 Cup	Dinner Breaded Fish on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Broccoli Florets 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Deluxe Fruit Salad 1/2 Cup Rotisserie Chicken Thigh 1 Ea Green Peas 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Dinner Classic Baked Ziti 1 Cup Parmesan & Herb Roasted Cauliflower 1/2 Cup Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Double Chocolate Brownie 1 Square Meatballs w/Gravy 3 Ea Tossed Salad w/Dressing 1 Cup Mashed Potatoes 1/2 Cup	Dinner Italian Sausage Sub w/Pepper & Onion 1 Sandwich Capri Vegetable Blend 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Tropical Fruit Salad 1/2 Cup Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Broccoli Florets 1/2 Cup Buttered Rice 1/2 Cup	Dinner Thin Crust Cheese Pizza 1 Pc Garlic Green Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peaches 1/2 Cup Parsley Pork Chop 3 Oz Roasted Beets 1/2 Cup Parmesan Noodles 1/2 Cup	Dinner Chicken Parmesan w/3 Oz - Spaghetti Noodles 1/2 Cup Tossed Salad w/Dressing 1 Cup Garlic Bread 1 Ea Chocolate Ice Cream 1 Ea Ham Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate - Mayonnaise 1 Pkt Marinated Mixed Vegetable Salad 1/2 Cup Potato Chips 1 Oz	Dinner Salisbury Steak 3 Oz - Brown Gravy 2 Oz Creamed Spinach 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Fruit Cocktail 1/2 Cup Smothered Turkey Patty 3 Oz Winter Vegetable Blend 1/2 Cup Herbed Rice 1/2 Cup

MERIDEN NURSING & REHAB #56003 (HSG)

Week-At-A-Glance

hcsq2northern2022-23 Week 3

Regular		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Scrambled Eggs 1/4 Cup Apple Cinnamon Muffin 1 Ea - Margarine 1 Ea	Breakfast French Toast 2 Sl - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl	Breakfast Scrambled Eggs w/Cheese 1/4 Cup Biscuit 1 Ea - Margarine 1 Ea - Jelly 1 Ea	Breakfast Western Scrambled Eggs 1/4 Cup Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea	Breakfast Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea	Breakfast Scrambled Eggs 1/4 Cup English Muffin 1 Ea - Margarine 1 Ea - Jelly 1 Ea	Breakfast Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea	Breakfast Scrambled Eggs 1/4 Cup Breakfast Ham 1 Oz Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea
Lunch Hawaiian Baked Ham 3 Oz Brussels Sprouts 1/2 Cup Whipped Sweet Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Upside Down Cake 1 Square Lemon Pepper Chicken Breast 3 Oz Buttered Whole Kernel Corn (veg) 1/2 Cup Parmesan Noodles 1/2 Cup	Lunch Chicken Pot Pie w/ 1 Cup - Biscuit 1 Ea Tossed Salad w/Dressing 1 Cup Deluxe Fruit Salad 1/2 Cup Meatballs w/Gravy 3 Ea Broccoli Florets 1/2 Cup Mashed Potatoes 1/2 Cup Biscuit 1 Ea - Margarine 1 Ea	Lunch Swedish Meatballs 3 Ea Harvard Beets 1/2 Cup Egg Noodles 1/2 Cup Rosemary Dinner Roll 1 Ea - Margarine 1 Ea Spiced Peaches 1/2 Cup Smothered Turkey Patty 3 Oz Capri Vegetable Blend 1/2 Cup Buttered Rice 1/2 Cup	Lunch Open-Faced Roast Pork Sandwich 1 Sandwich - Brown Gravy 2 Oz Herbed Green Beans 1/2 Cup Mashed Potatoes 1/2 Cup Lemon Cake w/Lemon Icing 1 Square Salisbury Steak 3 Oz - Brown Gravy 2 Oz Brussels Sprouts 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Lunch Crispy Baked Chicken 3 Oz Sautéed Spinach 1/2 Cup Macaroni & Cheese 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pumpkin Pie 1 Sl Cheese Quiche 1 Sl Sliced Parsley Carrots 1/2 Cup	Lunch Honey Garlic Shrimp 3/8 Cup Tossed Salad w/Dressing 1 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Vanilla Ice Cream 1 Ea Smothered Steak 3 Oz Winter Vegetable Blend 1/2 Cup Mashed Potatoes 1/2 Cup	Lunch Sloppy Joe on a Bun 1 Sandwich Country Vegetable Blend 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Double Chocolate Brownie 1 Square Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Parsley Cauliflower 1/2 Cup Buttered Noodles 1/2 Cup	Lunch Sloppy Joe on a Bun 1 Sandwich Country Vegetable Blend 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Double Chocolate Brownie 1 Square Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Parsley Cauliflower 1/2 Cup Buttered Noodles 1/2 Cup
Dinner Grilled Two Cheese Sandwich 1 Sandwich Creamy Cucumber & Onion Salad 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Tomato Soup 6 Oz - Saitine Crackers 1 Pkt Chilled Pears 1/2 Cup Hamburger Steak 3 Oz - Brown Gravy 2 Oz Capri Vegetable Blend 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Dinner Butter Crumb Tilapia Fillet 3 Oz Green Peas 1/2 Cup Baked Potato 1 Ea - Sour Cream 1 Pkt - Margarine 1 Ea Dinner Roll/Bread 1 Ea - Margarine 1 Ea Blondie 1 Square Glazed Baked Pork Chop 3 Oz Sliced Carrots 1/2 Cup Parsley Rice 1/2 Cup	Dinner Rancher's Chicken Thigh 1 Ea Country Style Tomatoes 1/2 Cup Oven Browned Potatoes 1/2 Cup Cornbread 1 Square - Margarine 1 Ea Peanut Butter Cookie 1 Ea Thin Crust Cheese Pizza 1 Pc Parsley Cauliflower 1/2 Cup Potato Chips 1 Oz	Dinner Baked Ziti w/Meatsauce 1 Cup Steamed Broccoli Florets w/Lemon 1/2 Cup Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Tropical Fruit Salad 1/2 Cup Egg Salad Sandwich 1 Sandwich - Lettuce & Tomato 1 Plate Green Pea Salad 1/2 Cup Potato Chips 1 Oz	Dinner Philly Cheesesteak Sandwich 1 Sandwich - Sautéed Peppers & Onions. 1/4 Cup Marinated Mixed Vegetable Salad 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Pineapple Tidbits 1/2 Cup Chicken Tenders 2 Ea - Honey Mustard 1 Ea Seasoned Whole Kernel Corn (veg) 1/2 Cup Buttered Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Dinner Cheese Ravioli w/Marinara Sauce 1 Cup Seasoned Green Beans 1/2 Cup Garlic Bread 1 Ea Mandarin Oranges 1/2 Cup Turkey Burger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Pickle Spear 1 Spear - Mayonnaise 1 Pkt Seasoned Beets 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt	Dinner Kielbasa Sausage 1 Ea Braised Cabbage 1/2 Cup Brown Sugar Baked Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Maple Apple Crisp 1/2 Cup Breaded Fish on a Bun 1 Sandwich - Terrier Sauce 1 Pkt Sliced Carrots 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt	Dinner Kielbasa Sausage 1 Ea Braised Cabbage 1/2 Cup Brown Sugar Baked Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Maple Apple Crisp 1/2 Cup Breaded Fish on a Bun 1 Sandwich - Terrier Sauce 1 Pkt Sliced Carrots 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt

MERIDEN NURSING & REHAB #56003 (HSG)

Week-At-A-Glance

hcsq2northern2022-23 Week 4

Regular						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Baked Cheese Omelet 1 Ea - Jelly 1 Ea - Margarine 1 Ea Toast 1 Sl - Syrup 1 Ea Bacon 2 Sl Lunch Chicken Parmesan w/ 3 Oz - Spaghetti Noodles 1/2 Cup Roasted Broccoli Florets 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chilled Peach Parfait 1/2 Cup Meatballs w/Gravy 3 Ea Seasoned Beans 1/2 Cup Mashed Potatoes 1/2 Cup	Breakfast Apple Cinnamon French Toast Bake 1 Srv - Margarine 1 Ea - Syrup 1 Ea Bacon 2 Sl Lunch Breaded Fish on a Bun 1 Sandwich - Tartar Sauce 1 Pkt Seasoned Green Beans 1/2 Cup Potato Wedges 1/2 Cup - Ketchup 1 Pkt Chocolate Cake w/ Peanut Butter Frosting 1 Square Marinated Chicken Thigh 1 Ea Sautéed Spinach 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Breakfast Scrambled Eggs w/Cheese 1/4 Cup Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Lunch Encrusted Pork Loin 3 Oz Roasted Brussels Sprouts 1/2 Cup Au Gratin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Butterscotch Pudding Parfait 1/2 Cup Vegetable Quiche 1 Sl Seasoned Green Peas 1/2 Cup	Breakfast Biscuit 1 Ea - Sausage Gravy 3 Oz Hashbrown 1/2 Cup Lunch Braised Beef Round Roast 3 Oz - Brown Gravy 2 Oz Honey Roasted Carrots 1/2 Cup Garlic Roasted Red Skin Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Brown Sugar Glazed Angel Food Cake 1 Sl BBQ Chicken Breast 3 Oz Broccoli Florets 1/2 Cup Parsley Noodles 1/2 Cup	Breakfast Scrambled Eggs 1/4 Cup Glazed Cinnamon Roll 1 Ea Lunch Thin Crust Cheese Pizza 1 Pc Tossed Salad w/Dressing 1 Cup Garlic Bread 1 Ea Fruit Cocktail 1/2 Cup Turkey Burger on a Bun 1 Sandwich - Lettuce & Tomato 1 Plate - Pickle Spear 1 Spear - Mayonnaise 1 Pkt Roasted Brussels Sprouts 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt	Breakfast Egg & Cheese Bake 1 Square Toast 1 Sl - Margarine 1 Ea - Jelly 1 Ea Lunch Baked Tilapia Florentine 3 Oz Tomatoes Delmonico 1/2 Cup Rice Pilaf 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Dutch Apple Pie w/Crumb Topping 1 Sl Baked Macaroni & Cheese 1 Cup Capri Vegetable Blend 1/2 Cup	Breakfast Buttermilk Pancakes 2 Ea - Margarine 1 Ea - Syrup 1 Ea Sausage Patty 1 Ea Lunch Chicken Bolognese Sauce w/ 6 Oz - Spaghetti Noodles 1/2 Cup Herbed Green Beans 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Chocolate Ice Cream 1 Ea Hamburger Steak w/Grilled Onions 3 Oz - Brown Gravy 2 Oz Spinach 1/2 Cup Mashed Potatoes 1/2 Cup
Dinner Grilled Ham & Cheese Sandwich 1 Sandwich Creamy Coleslaw 1/2 Cup Tater Tots 1/2 Cup - Ketchup 1 Pkt Chocolate Chip Cookie 1 Ea Smothered Turkey Patty 3 Oz Green Peas 1/2 Cup Buttered Noodles 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Dinner Salisbury Steak 3 Oz - Brown Gravy 2 Oz Sliced Glazed Carrots 1/2 Cup Seasoned Rice 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Pineapple Tidbits 1/2 Cup Garlic Baked Pork Chop 3 Oz Whole Kernel Corn (veg) 1/2 Cup Mashed Potatoes 1/2 Cup	Dinner Cheese Lasagna 1 Square Parmesan & Herb Roasted Cauliflower 1/2 Cup Italian Herbed Dinner Roll 1 Ea - Margarine 1 Ea Deluxe Fruit Salad 1/2 Cup Breaded Chicken on a Bun 1 Sandwich - Mayonnaise 1 Pkt - Lettuce & Tomato 1 Plate Creamy Cucumber & Onion Salad 1/2 Cup Oven Browned Potatoes 1/2 Cup	Dinner Shredded Pork on a Bun 1 Sandwich Braised Cabbage 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt Sliced Peas 1/2 Cup Cheese Ravioli w/Marinara Sauce 1 Cup Capri Vegetable Blend 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea	Dinner Chicken Tenders 2 Ea - Honey Mustard 1 Ea Winter Vegetable Blend 1/2 Cup Macaroni & Cheese 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Snickerdoodle Cookie 1 Ea	Dinner Homestyle Meatloaf w/Ketchup Glaze 4 Oz Peas & Carrots 1/2 Cup Mashed Potatoes 1/2 Cup Dinner Roll/Bread 1 Ea - Margarine 1 Ea Peach Crisp 1/2 Cup Sage Herbed Pork Chop 3 Oz Seasoned Beets 1/2 Cup Herbed Rice 1/2 Cup	Dinner Hot Dog on a Bun 1 Sandwich - Baked Beans 1/2 Cup - Mustard 1 Pkt Confetti Coleslaw 1/2 Cup Tropical Fruit Salad 1/2 Cup Tuna Melt Sandwich 1 Sandwich Parsley Cauliflower 1/2 Cup French Fries 1/2 Cup - Ketchup 1 Pkt