

Week 4

MONDAY 1/21	TUESDAY 1/22	WEDNESDAY 1/23	THURSDAY 1/24	FRIDAY 1/25	SATURDAY 1/26	SUNDAY 1/27
BREAKFAST						
JUICE CEREAL OF CHOICE BREAKFAST PIZZA COFFEE/CREAMER/SUGAR MILK FRUIT	JUICE MALT O MEAL FRIED EGGS WITH BACON MUFFIN OR TOAST COFFEE/CREAMER/SUGAR MILK FRUIT	JUICE CEREAL OF CHOICE PANCAKES WITH SYRUP SAUSAGE LINKS COFFEE/CREAMER/SUGAR MILK FRESH ORANGE SLICES	JUICE CEREAL BY REQUEST BELGIAN WAFFLE/SYRUP BACON COFFEE/CREAMER/SUGAR FRUIT	JUICE MALT O MEAL OMELET BAKERY ROLL MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE OATMEAL OR COLD CEREAL SCRAMBLED EGGS RAISIN TOAST WITH BUTTER MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE CREAM OF WHEAT CREAMED CHIPPED BEEF OVER A BISCUIT FRUIT
DINNER						
COUNTRY FRIED STEAK MASHED POTATOES AND GRAVY SQUASH FRUIT TART COFFEE/CREAMER/SUGAR MILK	FRIED CHICKEN RICE PILAF CORN FROSTED CAKE COFFEE/CREAMER/SUGAR MILK	HOT DOG IN A BUN WITH A VARIETY OF TOPPINGS AND CONDIMENTS BAG OF CHIPS CREAM PIE COFFEE/CREAMER/SUGAR MILK	ROAST BEEF COMMERCIAL WITH MASHED POTATOES AND GRAVY CREAMED CORN JELL-O PARFAIT COFFEE/CREAMER/SUGAR MILK	CITRUS PEPPERCORN TILAPIA AU GRATIN POTATOES ASPARAGUS BREAD PUDDING/WHIPPED TOPPING MILK COFFEE/CREAMER/SUGAR	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES DESSERT BAR COFFEE/CREAMER/SUGAR MILK	HAM SWEET POTATOES GREEN BEAN CASSEROLE PIE MILK, COFFEE, JUICE
OR						
FISH BAKED POTATO, SOUR CREAM BROCCOLI	MASHED POTATOES AND GRAVY PORK ROAST GREEN BEANS	MEATBALLS MASHED POTATOES AND GRAVY BEETS	TURKEY SWEET POTATOES CAULIFLOWER	CHICKEN STRIPS MASHED POTATOES AND GRAVY CARROTS	MASHED POTATOES AND GRAVY ROAST BEEF GREEN BEANS	TURKEY MASHED POTATOES AND GRAVY STEWED TOMATOES
SUPPER						
PORK BURGER ON A BUN BAKED BEANS PICKLE MILK COFFEE/CREAMER/SUGAR ICE CREAM TREAT	CHEF'S SALAD DINNER ROLL COFFEE/CREAMER/SUGAR MILK TURNOVER	SALMON LOAF FRIED POTATOES MIXED VEGETABLES DESSERT VARIETY COFFEE/CREAMER/SUGAR MILK BUTTERSCOTCH PUDDING	PIZZA LETTUCE SALAD PICKLES MILK COFFEE/CREAMER/SUGAR FRUIT COBBLER	CRAB SALAD DINNER ROLL BEET PICKLES DESSERT VARIETY COFFEE/CREAMER/SUGAR MILK FRUIT COCKTAIL	LASAGNA ROLL UP CARROTS GARLIC BREAD MILK COFFEE/CREAMER/SUGAR SHERBET	CHICKEN DRUMMIES MACARONI AND CHEESE PEAS AND CARROTS COFFEE/CREAMER/SUGAR MILK PUDDING
OR						
CHICKEN NOODLE SOUP CRACKERS COLESLAW	BROCCOLI CHEESE SOUP CRACKERS EGG SALAD SANDWICH	VEGETABLE BEEF SOUP CRACKERS MEAT SANDWICH	MEAT SANDWICH PASTA SALAD	CREAM OF POTATO SOUP CRACKERS MEAT SANDWICH	HAM SALAD SANDWICH LETTUCE SALAD	MEAT SANDWICH POTATO CHIPS

** 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. Your daily menu may vary slightly due to the special diet ordered by your physician. Please feel free to ask any questions you may have regarding your menu, diet, or service.

** (Please note menus are subject to change)**

J. Haug R.D.

Dietary Manager: Marty Nyhus CDSM/CFPP