

SPRING/SUMMER MENU

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Milk 1/2 -1 C JUICE 1/2C oatmeal 1/2 C cold cereal 3/4 C toast 1 slice Snack: fresh fruit or veg Ritz cheese cracker	Milk 1/2 -1C JUICE 1/2C cream of wheat 1/2C cold cereal 3/4 C toast 1 slice fresh fruit or veg Ants on a cracker	Milk 1/2 -1C JUICE 1/2C malt o meal 1/2 C cold cereal 3/4 C toast 1 Slice fresh fruit or veg Lorna Doones	Milk 1/2 -1C JUICE 1/2c cocoa wheats 3/4c Cold cereal 3/4 C toast 1 slice fresh fruit or veg Graham crackers	Milk 1/2 -1C JUICE 1/2c oatmeal 1/2 C cold cereal 3/4C toast 1 slice fresh fruit or veg carrots/ ranch dres	Milk 1/2 -1 C JUICE 1/2C oatmeal 1/2 C cold cereal 3/4 C toast 1 slice Cinn a bun fresh fruit or veg Carrots/ ranch dres	Milk 1/2 -1C JUICE 1/2C cream of wheat 1/2C cold cereal 3/4 C toast 1 slice fresh fruit or veg Ants on a cracker
fish 3oz ceaser salad 1/2c rice pilaf 1/2c peaches 1/2c Snack: fruit or veg Teddy Grahams	baked chicken 3 oz mashed pot. 1/2c mixed veg 1/2c fruit cocktail 1/2c daycare fruit 1/2c fresh fruit or veg Cheese and crackers	salsbury steak 3oz egg noodles 1/2c broccoli 1/2c apple crisp 1/2c daycare fruit 1/2c fresh fruit or veg Chex mix	meat loaf 3oz baked potato 1 creamed peas 1/2c fruit 1/2c fresh fruit or veg P&J sandwich 1/2	spaghetti 1/2c meat sauce 1/2c tossed salad 1/2c garlic bread plums/whip fresh fruit or veg Rice Cakes	cheese burger/bun potato salad 1/2c pickle apple sauce 1/2c fresh fruit or veg Carrots/ ranch dres	pot roast 3oz mashed potato 1/2c carrots 1/2c fruit 1/2c fresh fruit or veg Carrots/ ranch dres
potato soup 3/4c egg salad sandwich rice krispy treat crackers daycare fruit 1/2c	ham/cheese sandwich bow tie salad 1/2c pears 1/2c fresh fruit or veg Carrots/ ranch dres	HM tomato soup 3/4c grilled cheese crackers pineapple fresh fruit or veg Chex mix	BTL sandwich cottage cheese 1/4c chocolate pudding w/ vanilla waffer 1/2c daycare fruit 1/2c	braut/bun 3oz baked beans 1/2c corn 1/2c brownie-1 fresh fruit or veg Carrots/ ranch dres	turkey sandwich cucumber salad 1/2c chips ice cream cup fresh fruit or veg Carrots/ ranch dres	pizza slices tossed salad 1/2c pear/lime jello 1/2c fresh fruit or veg Carrots/ ranch dres

residents 10a.m. / 3p.m. & 7p.m. Snacks choices; home baked fresh cookie, apple, orange, banana, ice cream cup or ice cream bar.
 All snacks are prepacked for one serving size. All snacks are served with juice or milk for daycare and would include coffee for residents.
 Milk and bread served with all meals if desired.
 All breakfast served with choice of OJ, apple, cranberry, grape and prune
 All breakfast have choice of bacon, eggs, waffles, pancakes, cold or hot cereal.

SPRING MENU

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
orange juice Jc of choice Malt o meal Cold cereal Toast	Orange jc Jc of choice cream of wheat cold cereal toast	orange jc Jc of choice oatmeal cold cereal toast	Orange jc Jc of choice cream of wheat cold cereal toast	Orange jc Jc of choice oatmeal cold cereal toast	Orange jc Jc of choice carmal rolls Cold Cereal Toast	Orange Jc Jc of choice oatmeal cold cereal toast
Other breakfast choices: waffles, pancakes, eggs any style, bacon or pork links.						
chick chow main white rice fortune cookie fruit/jell-o	lasagna w/ meat sauce romane lettuce salad/dressing garlic bread fresh fruit	pulled pork/bun baked potato corn pineapple	chic alfrado broccoli bread stick cobbler	beef fried steak mashed potato wax beans watermelon	open face beef gravy sandwich m CA vegetable fruit	Ham slices augratin peas dinner roll chocolate cake
beef hot dog/bun baked beans potato salad peaches	cheese omelet hash brown patty v-8 links ice cream cup	HM tomato soup grilled cheese lemon bars crackers	french dip /roll tomato salad plums/whip	cheese burger baked beans steak fries pears	turkey sandwich lettuce pasta salad manderine oj	tuna sandwich pickles pickle beets apple sauce
Whole wheat or white bread per resident request Skim, whole milk, coffee, tea or juice per resident request						

fall/winter

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Milk 1/2 - 1 C fruit juice 1/2C Cream of wheat 1/2 C Cold cereal 3/4 C Toast-1 Snack: fresh fruit or veg Chex mix	Milk 1/2 -1 C fruit juice 1/2C coco wheat 1/2 C Cold cereal 3/4C Toast-1 fresh fruit or veg goldfish crackers	Milk 1/2 -1 C fruit juice 1/2C Malt O meal 1/2 C Cold Cereal 3/4C Toast-1 fresh fruit or veg cheese and crackers	Milk 1/2 - 1C fruti juice 1/2C oatmeal 1/2 C cold cereal 3/4C toast-1 fresh fruit or veg pretzels	Milk 1/2 - 1C fruit jucie 1/2C oatmeal 1/2c cold cereal 3/4c Toast-1 fresh fruit or veg teddy grahams		
baked chicken 3oz mashed potato 1/2c green beans 1/2c peaches 1/2c Snack: fresh fruit or veg P&J on crackers	chipped beef gravy w/biscuit 3oz Ca. blend veg 1/2c rhubarb cake 1 pc fresh fruit or veg Quick Bread	pieroggies w/alfrado-3 burger 3 oz broccoli 1/2c apple crisp 1/2c fresh fruit or veg Lorna Doones	ham slice 3 oz sweet potato 1/2c creamed corn 1/2c pineapple sauce 1/2c fresh fruit or veg Graham crackers	breaded baby shrimp baked potato 1/2 creamed carrots 1/2c pudding 1/2c fresh fruit or veg raisins		
turkey/swiss sand. 1/2 -1 potato salad 1/2c mixed veg 1/2c jello/whip 1/3c residents 10a.m. / 3p.m. & 7p.m. Snacks choices; home baked fresh cookie, apple, orange, banana, ice cream cup or ice cream bar. All snacks are prepacked for one serving size. All snacks are served with juice or milk. Milk and bread served with all meals if desired.	sloppy joe on bun 3oz steak fries 5-6 carrots 1/2c mandarin oj 1/2c All breakfast served with choice of OJ, apple, cranberry, grape and prune All breakfast have choice of bacon, eggs, waffles, pancakes, cold or hot cereal.	beef & barley soup 3/4c veg egg rolls 3oz pull a part -1 pineapple 1/2c 	cheese Omllette 3 oz tomato juice 1/2c corn bread -1 pork link -1 ice cream 	Chicken wild rice soup 3/4c egg salad sand. 1/2-1 pears 1/2c 		

Lutheran Home of the Good Shepard ~~~ Fall & Winter Menu ~~~ Week 5
 ~~~ONE WEEK CLOSER TO SPRING~~~

**Cooks choice Saturday Sweet treat for breakfast**

| MONDAY                                                                                                                                              | TUESDAY                                                                                                                                             | WEDNESDAY                                                                                                                                           | THURSDAY                                                                                                                                            | FRIDAY                                                                                                                                              | SATURDAY                                                                                                                                            | SUNDAY                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| ~Continental breakfast~<br>Choice of beverages<br>Hot or cold cereals<br>pancake, waffle, toast<br>eggs, yogurts, fresh fruits,<br>bacon or sausage | ~Continental breakfast~<br>Choice of beverages<br>Hot or cold cereals<br>pancake, waffle, toast<br>eggs, yogurts, fresh fruits,<br>bacon or sausage | ~Continental breakfast~<br>Choice of beverages<br>Hot or cold cereals<br>pancake, waffle, toast<br>eggs, yogurts, fresh fruits,<br>bacon or sausage | ~Continental breakfast~<br>Choice of beverages<br>Hot or cold cereals<br>pancake, waffle, toast<br>eggs, yogurts, fresh fruits,<br>bacon or sausage | ~Continental breakfast~<br>Choice of beverages<br>Hot or cold cereals<br>pancake, waffle, toast<br>eggs, yogurts, fresh fruits,<br>bacon or sausage | ~Continental breakfast~<br>Choice of beverages<br>Hot or cold cereals<br>pancake, waffle, toast<br>eggs, yogurts, fresh fruits,<br>bacon or sausage | ~Continental breakfast~<br>Choice of beverages<br>Hot or cold cereals<br>pancake, waffle, toast<br>eggs, yogurts, fresh fruits,<br>bacon or sausage |
| <b>Patty melt</b><br>potato wedges<br>french green beans<br>peaches                                                                                 | <b>Beef Goulash</b><br>corn<br>fruit cocktail<br>garlic bread<br>apple crisp                                                                        | <b>Country Fried Steak</b><br>mash potato / gravy<br>prince edward veg<br>dinner roll<br>cream pie                                                  | <b>Un-stuffed green pepper soup</b><br>fruit & cottage cheese<br>cheesy breadstick<br>peanut butter dessert                                         | <b>Breaded fish</b><br>baby bakers<br>glazed carrots<br>blueberries/yogurt<br>dinner roll                                                           | <b>BBQ Chicken</b><br>augratin potato<br>mixed vegetable<br>wheat/white bread<br>cheesecake                                                         | <b>Roast pork</b><br>mash potato/gravy<br>beets<br>applesauce<br>battered pull apart                                                                |
| <b>Ham hashbrown</b><br>casserole<br>peas<br>pears<br>dinner roll<br>lemon pudding                                                                  | <b>Split pea soup</b><br>ham salad ~<br>on round bread<br>lettuce, pickles<br>plums                                                                 | <b>Corned beef</b><br>boiled potato<br>carrots<br>pineapple<br>wheat/white bread                                                                    | <b>Turkey hotdish</b><br>broccoli<br>mandarin oranges<br>dinner roll                                                                                | <b>Omelette</b><br>sausage<br>1/2 banana<br>muffin<br>v-8 juice                                                                                     | <b>Veg Beef Soup</b><br>deli turkey sandwich<br>coleslaw<br>fruit cocktail                                                                          | <b>Pizza</b><br>lettuce salad<br>mixed fruit<br>chocolate cookie                                                                                    |

Choice of beverages at all meals.

Snacks: 10am, 3pm and HS. Snack choice of home baked cookie, pudding, jello, yogurts, fresh or ss fruit cup, crackers, cheese stick, icecream and beverage.

Fall/winter 2019

WEEK 5

|                                                                                | MONDAY                                                                                                                             | TUESDAY                                                                                                                                      | WEDNESDAY                                                                                                                | THURSDAY                                                                                                                          | FRIDAY                                                                                                                   | SATURDAY                                                                                                                                            | SUNDAY                                                                                                                   |
|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| milk<br>fruit<br>cereal<br>bread<br>protein<br>special                         | Milk 1 C<br>fruit juice 3/4 C<br>hot cereal 1/2 c<br>Cold Cereal 3/4 c<br>toast, pancake, waffle<br>eggs, bacon, sausage           | Milk 1 C<br>fruit juice 3/4 C<br>hot cereal 1/2 c<br>Cold Cereal 3/4 c<br>toast, pancake, waffle<br>eggs, bacon, sausage                     | Milk 1 C<br>fruit juice 3/4 C<br>hot cereal 1/2 c<br>Cold Cereal 3/4 c<br>toast, pancake, waffle<br>eggs, bacon, sausage | Milk 1 C<br>fruit juice 3/4 C<br>hot cereal 1/2 c<br>Cold Cereal 3/4 c<br>toast, pancake, waffle<br>eggs, bacon, sausage          | Milk 1 C<br>fruit juice 3/4 C<br>hot cereal 1/2 c<br>Cold Cereal 3/4 c<br>toast, pancake, waffle<br>eggs, bacon, sausage | Milk 1 C<br>fruit juice 3/4 C<br>hot cereal 1/2 c<br>Cold Cereal 3/4 c<br>toast, pancake, waffle<br>eggs, bacon, sausage<br><b>cook sweet treat</b> | Milk 1 C<br>fruit juice 3/4 C<br>hot cereal 1/2 c<br>Cold Cereal 3/4 c<br>toast, pancake, waffle<br>eggs, bacon, sausage |
| <b>daycare</b>                                                                 | <b>cottage cheese<br/>peaches</b>                                                                                                  | <b>boiled egg<br/>milk</b>                                                                                                                   | <b>whole wheat toast<br/>peanut butter</b>                                                                               | <b>bran muffin<br/>milk</b>                                                                                                       | <b>fruit cup<br/>milk</b>                                                                                                | <b>teddy grahams<br/>yogurt</b>                                                                                                                     | <b>cheerios<br/>milk</b>                                                                                                 |
| soup<br>entrée<br>starch<br>vegetable<br>fruit<br>bread<br>dessert<br>beverage | chicken thigh 3oz<br>sweet potato 1/2c<br>prince edward 1/2c<br>baked apples 1/2c<br>buttered pull apart- 1<br>milk, juice, coffee | country fried steak<br>mashed pot 1/2c, 2T gvy<br>prince ed veg 1/2c<br>pears 1/2c<br>whole wheat roll 1<br>milk, juice, coffee              | chicken/tuna hot dish 1c<br>pea's<br>mango 1/2c<br>whole wheat roll<br>butter milk brownie 2x2<br>milk, juice coffee     | patty melt 3oz<br>garlic potato wedges 1/2c<br>coleslaw 1/2c<br>jello salad 1/2c<br>rye bread-2<br>milk, juice, coffee            | salmon 3oz<br>rice pilaf 1/2c<br>prince edward 1/2c<br>whole wheat roll-1<br>cherry pie bars 2x2"<br>milk, juice, coffee | pizza 1-2 slices<br>tossed salad 1c<br>mixed fruit 1/2c<br>cup cake -1<br>milk, juice, coffee                                                       | roast beef 4oz<br>mashed potato<br>ca blend veg 1/2c<br>mandarin orange 1/2c<br>dinner roll 1<br>cream pie 1 slice       |
| <b>daycare</b>                                                                 | <b>peanut butter<br/>apple slices</b>                                                                                              | <b>cheese stick<br/>whole grain crackers</b>                                                                                                 | <b>applesauce<br/>whole grain crackers</b>                                                                               | <b>yogurt<br/>fruit cup</b>                                                                                                       | <b>cheerios<br/>milk</b>                                                                                                 | <b>whole grain goldfish<br/>slice cheese</b>                                                                                                        | <b>applesauce<br/>milk</b>                                                                                               |
| soup<br>entrée<br>starch<br>vegetable<br>fruit<br>bread<br>dessert<br>beverage | supreme pizza pasta 1c<br>green beans 1/2c<br>mango 1/2c<br>breadstick-1<br>milk, juice, coffee                                    | bean & ham 3/4c<br>3oz chicken salad<br>green beans 1/2c<br>strawberries 1/2c<br>round bread-2<br>turtle brownie 2x2"<br>milk, juice, coffee | sausage links 3oz<br>belgian waffle<br>hashbrowns 1/2c<br>berries w/whip 1/2c<br>milk, juice, coffee                     | chicken 3oz<br>fried potato & onion 1/2c<br>cheesy broccoli 1/2c<br>cherries 1/2c<br>buttered pull apart-1<br>milk, juice, coffee | tomato soup 3/4c<br>grilled cheese - 2oz<br>strawberries/whip 1/2c<br>wheat bread 2<br>milk, juice, coffee               | chicken patty 3oz<br>baked potato 1/2c<br>scalloped corn 1/2c<br>peaches 1/2c<br>hamburger bun-1<br>milk, juice, coffee                             | chicken noodle 3/4c<br>cold roast beef sand 3oz<br>fruit cocktail 1/2c<br>wheat bread -2<br>milk, juice, coffee          |

This institution is an equal opportunity provider.

**Meal times: Breakfast is served from 7am-9am; Lunch/Dinner is served at 11:30am; Supper is served at 5:30pm.****Water is provided with all meals. Alternatives are available if a resident does not like what is being served.****Snacks are served at 10am, 3pm, & 7pm and include items such as fresh fruit, crackers, cheese, pudding, jello, cookies, and ice cream.****Daycare will always receive a fruit at a meal instead of dessert.**

Spring/Summer 2020

WEEK 5

|           | MONDAY                                 | TUESDAY                                      | WEDNESDAY                                        | THURSDAY                              | FRIDAY                                | SATURDAY                                     | SUNDAY                                |
|-----------|----------------------------------------|----------------------------------------------|--------------------------------------------------|---------------------------------------|---------------------------------------|----------------------------------------------|---------------------------------------|
| milk      | Milk 1 C                               | Milk 1 C                                     | Milk 1 C                                         | Milk 1 C                              | Milk 1 C                              | Milk 1 C                                     | Milk 1 C                              |
| fruit     | fruit juice 3/4 C                      | fruit juice 3/4 C                            | fruit juice 3/4 C                                | fruit juice 3/4 C                     | fruit juice 3/4 C                     | fruit juice 3/4 C                            | fruit juice 3/4 C                     |
| cereal    | hot cereal 1/2 c<br>Cold Cereal 3/4 c  | hot cereal 1/2 c<br>Cold Cereal 3/4 c        | hot cereal 1/2 c<br>Cold Cereal 3/4 c            | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c | hot cereal 1/2 c<br>Cold Cereal 3/4 c        | hot cereal 1/2 c<br>Cold Cereal 3/4 c |
| bread     | toast, pancake, waffle                 | toast, pancake, waffle                       | toast, pancake, waffle                           | toast, pancake, waffle                | toast, pancake, waffle                | toast, pancake, waffle                       | toast, pancake, waffle                |
| protein   | eggs, bacon, sausage                   | eggs, bacon, sausage                         | eggs, bacon, sausage                             | eggs, bacon, sausage                  | eggs, bacon, sausage                  | eggs, bacon, sausage                         | eggs, bacon, sausage                  |
| special   |                                        |                                              |                                                  |                                       |                                       | <b>cook sweet treat</b>                      |                                       |
| daycare   | <b>cottage cheese<br/>peaches</b>      | <b>boiled egg<br/>milk</b>                   | <b>whole wheat toast<br/>peanut butter</b>       | <b>bran muffin<br/>milk</b>           | <b>fruit cup<br/>milk</b>             | <b>teddy grahams<br/>yogurt</b>              | <b>cheerios<br/>milk</b>              |
| soup      | chicken thigh 3oz                      | country fried steak                          | salisbury steak 4oz                              | patty melt 3oz                        | salmon 3oz                            | hamburger hotdish 1c                         | swiss steak 3oz                       |
| entrée    | sweet potato 1/2c                      | mashed pot 1/2c, 2T gvy                      | mashed pot 1/2c                                  | garlic potato wedges 1/2c             | rice pilaf 1/2c                       | glazed carrot 1/2c                           | 3oz gravy 2tbl                        |
| starch    | prince edward 1/2c                     | peas 1/2c                                    | corn 1/2c                                        | coleslaw 1/2c                         | capri veg 1/2c                        | mango 1/2c                                   | mashed potato 1/2c                    |
| vegetable | baked apples 1/2c                      | pears 1/2c                                   | wheat bread - 1                                  | rye bread-2                           | mandarin orange 1/2c                  | bread stick-1                                | california blend 1/2c                 |
| fruit     | buttered pull apart- 1                 | whole wheat roll 1                           | ch pb dream bars 2*2                             | jello salad 1/2c                      | dinner roll 1                         |                                              | whole wheat roll-1                    |
| bread     |                                        |                                              | milk, juice coffee                               | milk, juice, coffee                   | milk, juice, coffee                   |                                              | cream pie 1 slice                     |
| dessert   | milk, juice, coffee                    | milk, juice, coffee                          |                                                  |                                       |                                       |                                              | milk, juice, coffee                   |
| beverage  |                                        |                                              |                                                  |                                       |                                       |                                              |                                       |
| daycare   | <b>peanut butter<br/>celery sticks</b> | <b>cheese stick<br/>whole grain crackers</b> | <b>mandarin oranges<br/>whole grain crackers</b> | <b>yogurt<br/>fruit cup</b>           | <b>cheerios<br/>milk</b>              | <b>whole grain goldfish<br/>slice cheese</b> | <b>orange slices<br/>milk</b>         |
| soup      | hb hamb cass 1c                        | bean & ham 3/4c                              | chicken leg 3oz                                  | sausage link 3oz                      | tomato soup 3/4c                      | chicken Philly 3oz                           | chicken noodle 3/4c                   |
| entrée    |                                        | 3oz chicken salad                            | fried potato & onion 1/2c                        | hashbrowns 1/2c                       | grilled cheese - 2oz                  | potato chips 1/2c                            | roast beef salad 3oz                  |
| starch    |                                        |                                              | cheesy broccoli 1/2c                             | cr pineapple/whip 1/2c                |                                       | asparagus 1/2c                               |                                       |
| vegetable | mixed 1/2c                             | strawberries 1/2c                            | cherries 1/2c                                    | belgian waffle                        | watermelon 1/2c                       | peaches 1/2c                                 | fruit cocktail 1/2c                   |
| fruit     | watermelon 1/2c                        | round bread-2                                | buttered pull apart-1                            |                                       | wheat bread 2                         | hoagie bun-1                                 | wheat bread -2                        |
| bread     | whole wheat roll-1                     |                                              |                                                  |                                       |                                       |                                              |                                       |
| dessert   |                                        |                                              |                                                  |                                       |                                       |                                              |                                       |
| beverage  | milk, juice, coffee                    | milk, juice, coffee                          | milk, juice, coffee                              | milk, juice, coffee                   | milk, juice, coffee                   | milk, juice, coffee                          | milk, juice, coffee                   |

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