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
	<u>ıst choices: wa</u>	affles, pancakes	<del>/ 00 /</del>	style, bacon o	<del>'</del>	
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 wh	ite bread per resider	nt request				
Skim, whole milk, o	coffee, tea or juice pe	er resident request				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Milk 1/2 -1 C	Milk 1/2 -1C	Milk 1/2 -1C	Milk 1/2 -1C	Milk 1/2 -1C	Milk 1/2 -1 C	Milk 1/2 -1C
JUICE 1/2C	JUICE 1/2C	JUICE 1/2C	JUICE 1/2c	JUICE 1/2c	JUICE 1/2C	JUICE 1/2C
oatmeal 1/2 C	cream of wheat 1/2C	malt o meal 1/2 C	cocoa wheats 3/4c	oatmeal 1/2 C	oatmeal 1/2 C	cream of wheat 1/2C
cold cereal 3/4 C	cold cereal 3/4 C	cold cereal 3/4 C	Cold cereal 3/4 C	cold cereal3/4C	cold cereal 3/4 C	cold cereal 3/4 C
toast 1 slice	toast 1 slice	toast 1 Slice	toast 1 slice	toast 1 slice	toast 1 slice	toast 1 slice
					Cinn a bun	
Snack:fresh fruit or ve Ritz cheese cracker	fresh fruit or veg Ants on a cracker	fresh fruit or veg Lorna Doones	fresh fruit or veg Graham crackers	fresh fruit or veg carrots/ ranch dres		
fish 3oz ceaser salad 1/2c rice pilaf 1/2c peaches 1/2c	baked chicken 3 oz mashed pot. 1/2c mixed veg 1/2c fruit cocktail 1/2c daycare fruit 1/2c	salsbury steak 3oz egg noodles 1/2c broccoli 1/2c apple crisp 1/2c daycare fruit 1/2c	meat loaf 3oz baked potato 1 creamed peas 1/2c fruit 1/2c	spaghetti 1/2c meat sauce 1/2c tossed salad 1/2c garlic bread plums/whip	cheese burger/bun potato salad 1/2c pickle apple sauce 1/2c	pot roast 3oz mashed potato 1/2c carrots 1/2c fruit 1/2c
Snack: fruit or veg Teddy Grahams	fresh fruit or veg Cheese and crackers	fresh fruit or veg Chex mix	fresh fruit or veg P&J sandwich 1/2	fresh fruit or veg Rice Cakes		
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	HM tomato soup 3/4c grilled cheese crackers pineapple	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	turkey sandwich cucumber salad 1/20 chips ice cream cup	pizza slices tossed salad 1/2c pear/lime jello 1/2c

resindents 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.

Lutheran Home of the Good Shepard ~~~ Fall & Winter Menu ~~~ Week 5									
	~~~ONE W	EEK CLOSER TO SP	RING~~~	Cooks choice Saturday Sweet treat for breakfast					
MONDAY	TUESDAY WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY			
~Continental breakfast~	~Continental breakfast~	~Continental breakfast~	~Continental breakfast~	~Continental breakfast~	~Continental breakfast~	~Continental breakfast~			
Choice of bevrages	Choice of bevrages	Choice of bevrages	Choice of bevrages	Choice of bevrages	Choice of bevrages	Choice of bevrages			
Hot or cold cereals	Hot or cold cereals	Hot or cold cereals	Hot or cold cereals	Hot or cold cereals	Hot or cold cereals	Hot or cold cereals			
pancake, waffle, toast	pancake, waffle, toast	pancake, waffle, toast	pancake, waffle, toast	pancake, waffle, toast	pancake, waffle, toast	pancake, waffle, toast			
eggs, yogurts, fresh fruits,	eggs, yogurts, fresh fruits,	eggs, yogurts, fresh fruits,	eggs, yogurts, fresh fruits,	eggs, yogurts, fresh fruits,	eggs, yogurts, fresh fruits,	eggs, yogurts, fresh fruits,			
bacon or sausage	bacon or sausage	bacon or sausage	bacon or sausage	bacon or sausage	bacon or sausage	bacon or sausage			
		Country							
Patty melt	Beef Goulash	Fried Steak	Un-stuffed	Breaded fish	BBQ Chicken	Roast pork			
potato wedges	corn	mash potato / gravy	green pepper soup	baby bakers	augratin potato	mash potato/gravy			
french green beans	fruit cocktail	prince edward veg	fruit & cottage cheese	glazed carrots	mixed vegetable	beets			
peaches	garlic bread	dinner roll	cheesy breadstick	blueberries/yogurt	wheat/white bread	applesauce			
	apple crisp	cream pie	peanut butter dessert	dinner roll	cheesecake	buttered pull apart			
		_							
Ham hashbrown	Split pea soup	Corned beef	Turkey hotdish	Omelette	Veg Beef Soup	Pizza			
casserole	ham salad ~	boiled potato	broccoli	sausage		lettuce salad			
peas	on round bread	carrots	mandarin oranges	1/2 banana	deli turkey sandwich	mixed fruit			
pears	lettuce, pickles	pineapple	dinner roll	muffin	coleslaw	chocolate cookie			
dinner roll	plums	wheat/white bread		v-8 juice	fruit cocktail				
lemon pudding									

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

This instituation 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	hot cereal 1/2 c	hot cereal 1/2 c	hot cereal 1/2 c	hot cereal 1/2 c	hot cereal 1/2 c	hot cereal 1/2 c		
	Cold Cereal 3/4 c	Cold Cereal 3/4 c	Cold Cereal 3/4 c	Cold Cereal 3/4 c	Cold Cereal 3/4 c	Cold Cereal 3/4 c	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						cook sweet treat			
daycare	cottage cheese	boiled egg	whole wheat toast	bran muffin	fruit cup	teddy grahams	cheerios		
	peaches	milk	peanut butter	milk	milk	yogurt	milk		
soup									
entrée	chicken thigh 3oz	country fried steak	salisbury steak 4oz	patty melt 3oz	salmon 3oz	hamburger hotdish 1c	swiss steak3ozgravy 2tbl		
starch	sweet potato 1/2c	mashed pot 1/2c, 2T gvy	mashed pot 1/2c	garlic potato wedges 1/2c	rice pilaf 1/2c		mashed potato 1/2c		
vegetable	prince edward 1/2c	peas 1/2c	corn 1/2c	coleslaw 1/2c	capri veg 1/2c	glazed carrot 1/2c	california blend 1/2c		
fruit	baked apples 1/2c	pears 1/2c			mandarin orange 1/2c	mango 1/2c			
bread	buttered pull apart- 1	whole wheat roll 1	wheat bread - 1	rye bread-2	dinner roll 1	bred stick-1	whole wheat roll-1		
dessert			ch pb dream bars 2*2	jello salad 1/2c			cream pie 1 slice		
beverage	milk, juice, coffee	milk, juice, coffee	milk, juice coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee		
daycare	peanut butter	cheese stick	mandarin oranges	yogurt	cheerios	whole grain goldfish	orange slices		
	celery sticks	whole grain crackers	whole grain crackers	fruit cup	milk	slice cheese	milk		
soup		bean & ham 3/4c			tomato soup 3/4c		chicken noodle 3/4c		
entrée	hb hamb cass 1c	3oz chicken salad	chicken leg 3oz	sausage link 3oz	grilled cheese - 2oz	chicken philly 3oz	roast beef salad 3oz		
starch			fried potato &onion 1/2c			potato chips1/2c			
vegetable	mixed 1/2c		cheesy broccoli 1/2c	hashbrowns 1/2c		asparagus 1/2c			
fruit	watermelon1/2c	strawberries 1/2c	cherries 1/2c	cr pineapple/whip 1/2c	watermelon 1/2c	peaches 1/2c	fruit cocktail 1/2c		
bread	whole wheaet roll-1	round bread-2	buttered pull apart-1	belgian waffle	wheat bread 2	hoagie bun-1	wheat bread -2		
dessert									
beverage	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee	milk, juice, coffee		

This instituation 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 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.

fall/winter WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
Milk 1/2 - 1 C	Milk 1/2 -1 C	Milk 1/2 -1 C	Milk 1/2 - 1C	Milk 1/2 - 1C					
	· ·	_	_						
fruit juice 1/2C Cream of wheat 1/2 C	fruit juice 1/2C coco wheat 1/2 C	fruit juice 1/2C Malt O meal 1/2 C	fruti juice 1/2C oatmeal 1/2 C	fruit jucie 1/2C oatmeal 1/2c					
Cold cereal 3/4 C	Cold cereal 3/4C	Cold Cereal 3/4C	cold cereal 3/4C	cold cereal 3/4c					
Toast-1	Toast-1	Toast-1	toast-1	Toast-1					
Snack:fresh fruit or veo	fresh fruit or veg goldfish crackers	fresh fruit or veg cheese and crackers	fresh fruit or veg pretzels	fresh fruit or veg teddy grahams					
baked chicken 3oz mashed potato 1/2c green beans 1/2c peaches 1/2c	chipped beef gravy w/biscuit 3oz Ca. blend veg 1/2c rhubarb cake 1 pc	pieroggies w/alfrado-3 burger 3 oz broccoli 1/2c apple crisp 1/2c	ham slice 3 oz sweet potato 1/2c creamed corn 1/2c pineapple sauce 1/2c	breaded baby shrimp baked potato 1/2 creamed carrots 1/2c pudding1/2c					
Snack:fresh fruit or veç P&J on crackers	fresh fruit or veg Quick Bread	fresh fruit or veg Lorna Doones	fresh fruit or veg Graham crackers	fresh fruit or veg raisins					
turkey/swiss sand. 1/2 -1	sloppy joe on bun 3oz	beef & barley soup 3/4c	cheese Omlette 3 oz	Chicken wild rice					
. ,	steak fries 5-6	veg egg rolls 3oz	tomato juice 1/2c	soup 3/4c					
mixed veg 1/2c	carrots 1/2c	pull a part -1	corn bread -1	egg salad sand 1/2-1					
jello/whip 1/3c	mandarin oj 1/2c	pineapple 1/2c	pork link -1	pears 1/2c					
Jelio/Wilip 1/30	inandanin oj 1/20	ритеарріс 1/20	ice cream	pcais 1/20					
resindents 10a m. / 3n	resindents 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.									
	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.									
All breaklast have choice of bacon, eggs, warnes, paneakes, cold of not cereal.									