

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						

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 	Milk 1/2 -1C JUICE 1/2C cream of wheat 1/2C cold cereal 3/4 C toast 1 slice
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 	pot roast 3oz mashed potato 1/2c carrots 1/2c fruit 1/2c
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 1/2c chips ice cream cup	pizza slices tossed salad 1/2c pear/lime jello 1/2c

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.

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 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 peaches</b>         | <b>boiled egg milk</b>                   | <b>whole wheat toast peanut butter</b> | <b>bran muffin milk</b>               | <b>fruit cup milk</b>                 | <b>teddy grahams yogurt</b>              | <b>cheerios milk</b>                  |
| soup      | chicken Philly 4oz                    | knoephla soup 3/4c                       | meatballs 3oz gvy 2tbl                 | vegetable beef soup 3/4c              | chicken lasagna 3*3                   | tomato soup 3/4c                         | pork roast 3oz 2t gvy                 |
| entrée    | rosemary fries 1/2c                   | ham salad 3oz                            | mashed potato 1/2c                     | egg salad-3oz                         |                                       | grilled cheese 2oz                       | mashed potato 1/2c                    |
| starch    | diced carrot 1/2c                     | lettuce,tomato,pickle                    | scalloped corn 1/2c                    | lettuce,tomato,pickle                 | roasted broccoli 1/2c                 |                                          | green bean cass 1/2c                  |
| vegetable |                                       | pears 1/2c                               | grapes 1/2c                            | jello salad 1/2c                      | apricot 1/2c                          | pineapple whip 1/2c                      |                                       |
| fruit     | hamburger bun-1 (hoagie)              | round bread-2                            | whole wheat roll-1                     | round bread-2                         | garlic bread-1                        | white/wheat bread-2                      | dinner roll 1                         |
| bread     | pumpkin bars 2*2                      |                                          |                                        | rice krispie bar 2*2                  |                                       |                                          | cream pie 1 slice                     |
| dessert   | milk, juice, coffee                   | milk, juice, coffee                      | milk, juice coffee                     | milk, juice, coffee                   | milk, juice, coffee                   | milk, juice, coffee                      | milk, juice, coffee                   |
| beverage  |                                       |                                          |                                        |                                       |                                       |                                          |                                       |
| daycare   | <b>peanut butter apple slices</b>     | <b>cheese stick whole grain crackers</b> | <b>applesauce whole grain crackers</b> | <b>yogurt fruit cup</b>               | <b>cheerios milk</b>                  | <b>whole grain goldfish slice cheese</b> | <b>applesauce milk</b>                |
| soup      | tomato/meat sauce 1/2c                | cowboy tator tot hd 1c                   | ham scalloped pot hd 1c                | mini corn dogs 4oz                    | french dip 3oz                        | hot dog 3oz                              | hot hamburger 3oz                     |
| entrée    | spaghetti 1/2c                        | green bean 1/2c                          | carrot 1/2c                            | french fries 1/2c                     | obrien potato 1/2c                    | mac and cheese 1/2c                      | mashed potato 1/2c 2t gvy             |
| starch    | tossed salad 1c                       |                                          |                                        | baked beans 1/2c                      | beets 1/2c                            | roasted cauliflower 1/2c                 | beets 1/2c                            |
| vegetable | seasonal fruit 1/2c                   | whole wheat roll-1                       | pull a part-1                          | fruit cocktail 1/2c                   | applesauce 1/2c                       | peaches 1/2c                             | mandarin orange 1/2c                  |
| fruit     | breadstix-1                           | pudding 1/2c                             | spice cake 2x2                         |                                       | hoagie-1                              | hot dog bun-1                            | wheat bread -2                        |
| bread     |                                       | milk, juice, coffee                      | milk, juice, coffee                    | milk, juice, coffee                   | milk, juice, coffee                   | milk, juice, coffee                      | milk, juice, coffee                   |
| dessert   |                                       |                                          |                                        |                                       |                                       |                                          |                                       |
| beverage  |                                       |                                          |                                        |                                       |                                       |                                          |                                       |

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.**



fall/winter

WEEK 4

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