

HELEN PORTER HEALTHCARE & REHABILITATION CENTER

WEEK-AT-A-GLANCE

WEEK 4 WINTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ORANGE JUICE Spinach & Cheese Omelet WHEAT TOAST/Butter COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE BLUEBERRY COFFEECAKE SAUSAGE Fried Eggs COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE CHEESY SCRAMBLED EGGS OATMEAL TOAST/Butter COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE French Toast Casserole w/ SYRUP BACON COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE Apples & Cinn. Oatmeal BANANA MUFFIN COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE SCRAMBLED EGGS SAUSAGE PATTY TOAST-BUTTER COFFEE OR TEA WHOLE / SKIM MILK	ORANGE JUICE WHEATIES Sticky Buns COFFEE OR TEA WHOLE / SKIM MILK
BEEF CHILI with Shredded Cheddar Tpg Cornbread/BUTTER PUMPKIN PIE COFFEE OR TEA WHOLE / SKIM MILK	CHICKEN CORDON- BLEU PASTA CASSEROLE Mixed Vegetables OATMEAL RAISIN COOKIE COFFEE OR TEA WHOLE / SKIM MILK GARNISH: THIN TOMATO SL	Hot Hamburger Sandwich Mashed Potato Green Beans CARROT Cake with CREAM CHEESE Frosting COFFEE/TEA WHOLE/SKIM MILK	LEMON DILL COD w/Dill Butter Sauce ROASTED POTATOES Carrot Souffle Cherry Pie WHOLE/SKIM MILK COFFEE OR TEA HOT	OPEN-FACE TURKEY SANDWICH & GRAVY MASHED POTATO/Gravy PEAS AMBROSIA SALAD COFFEE OR TEA WHOLE MILK/SKIM MILK Garnish: Cranberry Sauce	Roasted Pork Loin/Gravy Bread Dressing/Gravy Buttered Winter Squash Or Brussel Sprouts Applesauce and Topping COFFEE OR TEA WHOLE / SKIM MILK	BAKED HAM W/ GRAVY MASHED Sweet Potato Green Bean Casserole CREAM PUFFS COFFEE OR TEA WHOLE / SKIM MILK GARNISH: PINEAPPLE
CREAM OF BROCCOLI Soup SEAFOOD SALAD SAND Lettuce and Tomato DICED PEACHES COFFEE OR TEA WHOLE / SKIM MILK	BUTTERNUT SQUASH SOUP EGG SALAD SANDWICH FRUIT COCKTAIL COFFEE OR TEA WHOLE / SKIM MILK	Chicken and Broccoli Stir Fry with Rice WARMED DINNER ROLL MANDARIN ORANGES COFFEE OR TEA WHOLE/SKIM MILK	Applewood sausage & Cheese Macaroni SPINACH/VINEGAR STRAWBERRIES ON ANGEL CAKE COFFEE OR TEA WHOLE/SKIM MILK	MINISTRONE SOUP TUNA SALAD SANDWICH GRAPES COFFEE OR TEA WHOLE / SKIM MILK	Cheese Manicotti With Tomato Sauce Dinner Roll Spinach Peach Crisp COFFEE OR TEA WHOLE / SKIM MILK	CHICKEN FINGERS W/ SCE Tater Tots Carrots BANANA COFFEE OR TEA WHOLE / SKIM MILK

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. The daily menu may vary slightly due to the special diet ordered to meet your needs. Please feel free to ask any questions regarding your menu, diet, or service.