

All meals are served with Coffee, and Assortment of Teas, Whole Milk, 2% Milk or Skim, and a variety of juices such as Orange, Apple, Cranberry, and Grape.

**Winter Menu Wk 1**

**Monday Breakfast**

- Mushroom & Cheese Omelet
- ToastX2

**Lunch**

- Breaded Fish w/ Tartar Sauce
- Baked Potato w/ Sour Cream
- Roasted Brussel Sprouts or Peas
- Chocolate Pudding w/ TPG

**Dinner**

- Cream of Chicken & Vegetable Soup
- Ham Salad Sandwich
- Pears

**Tuesday Breakfast**

- Pancakes w/ VT Maple Syrup
- Bacon

**Lunch**

- Gumbo w/ Rice
- Homemade Cheese Dinner Roll w/ Butter
- Tossed Salad w/ Dressing
- Apple Crisp w/ TPG

**Dinner**

- Savory Turkey Pie w/ Mashed Topping
- Carrot soufflé
- Grapes
- Zucchini Bread

**Wednesday Breakfast**

- Apple Cinnamon Oatmeal
- Bran Muffin
- Scrambled Egg

**Lunch**

- Open-Faced Meatloaf Sandwich w/ Gravy
- Mashed Potatoes w/ Gravy
- Broccoli
- Chocolate Raspberry Cake w/ Frosting

**Dinner**

- Chicken Salad Sandwich
- Lettuce & Tomato
- Cream of Mushroom Soup
- Fresh Fruit Cup

**Thursday Breakfast**

- French Toast w/ VT Maple Syrup
- Sausage Patty

**Lunch**

- Sliced Corned Beef w/ Gravy
- Boiled Potatoes
- Mashed Turnip & Carrots
- Rye Bread
- Lemon Meringue Pie

**Dinner**

- Minestrone
- Egg Salad Sandwich
- Lettuce & Tomato
- Peaches

**Friday Breakfast**

- Cheesy Scrambled Eggs
- Pumpkin Coffeecake
- Oatmeal

**Lunch**

- Grilled Chicken w/ Maple Orange Sauce over
- Noodles
- Stir-Fry Veggies
- Coffee Ice Cream

**Dinner**

- Macaroni & Cheese
- French Bread w/ Butter
- Stewed Tomatoes
- Mandarin Oranges

**Saturday Breakfast**

- Fried Egg
- Toast
- Corned beef hash

**Lunch**

- Beef Stew on a Biscuit
- Harvard Beets
- Sugar Cookie

**Dinner**

- Turkey Loaf w/ gravy
- Mashed potatoes w/ gravy
- Mashed butternut squash
- Fruit Cocktail

**Sunday Breakfast**

- Donuts or Bagel w/ Cream Cheese
- Crispy Rice Cereal
- Scrambled Eggs

**Lunch**

- Roast Pork w/ Gravy
- Scalloped Potatoes
- Green Beans
- Apple Pie w/ TPG

**Dinner**

- Chicken Noodle Casserole
- Roasted Zucchini
- Italian Bread w/ Butter
- Rosy Applesauce

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.