

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 3**

**Monday Breakfast**

- French Toast w/ VT Maple Syrup
- Bacon

**Lunch**

- Grilled Cheese Sandwich
- Tomato Soup
- Peppermint Cake w/ TPG

**Dinner**

- Sloppy Joe on a Bun
- Buttered Beets
- Fruit Cocktail

**Tuesday Breakfast**

- Eggs Benedict Casserole w/ Hollandaise Sauce
- Oatmeal

**Lunch**

- Chipped Beef on Toast
- Peas & Onions
- Lemon Bars w/ TPG

**Dinner**

- Cream of Broccoli Soup
- Tuna Salad Sandwich
- Apple Compote w/ TPG

**Wednesday Breakfast**

- Fried Eggs
- English Muffin

**Lunch**

- BBQ Pork Sandwich on a Bun
- Carrot Soufflé
- Peach Cobbler w/ TPG

**Dinner**

- Chicken Tenders w/ Dipping Sauce
- Mashed Potatoes w/ Gravy
- Coleslaw
- Blushing Pears w/ TPG

**Thursday Breakfast**

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- Cheesy Scrambled Eggs
- Whole Wheat Toast

**Lunch**

- Seafood Newburg, over Rice
- Broccoli
- Banana Cream Pie

**Dinner**

- Baked Rigatoni w/ Sausage
- Cornbread w/ Butter
- Roasted Summer Squash
- Grapes

**Friday Breakfast**

- Pancakes w/ VT Maple Syrup
- Sausage Patty

**Lunch**

- Lasagna
- Garlic Bread
- Tossed Salad w/ Dressing
- Glazed Pumpkin Cookie

**Dinner**

- Manhattan Clam Chowder
- Egg Salad Sandwich
- Fresh Fruit Cup

**Saturday Breakfast**

- Veggie & Cheese Bake
- Cheerios
- Toast

**Lunch**

- Oven-Fried Chicken w/ Country Gravy
- Mashed Potato w/ Gravy
- Buttered Corn
- Chocolate Sundae Cup

**Dinner**

- Ham & Scalloped Potatoes
- Spinach
- Mandarin Oranges
- Banana Bread

**Sunday Breakfast**

- Strudel
- Scrambled Eggs
- Oatmeal

**Lunch**

- Roast Turkey w/ Gravy
- Mashed Potato w/ Gravy
- Cranberry Sauce
- Winter Squash
- Cherry Pie w/ TPG

**Dinner**

- Manicotti w/ Alfredo Sauce
- Italian Bread
- Green Beans
- Peaches

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.