

January 30th 2023 through February 5th 2023 Menu



Monday, January 30th Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Crispy Bacon, Home Fries, Fruit Cup, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, 2% Milk

Lunch

Cream of Potato Soup

Ham w/Macaroni & Cheese, Cauliflower & Red Peppers, Wheat Dinner Roll

Alternate

Braised Beef Tips w/Mushrooms, Mashed Potatoes, Cauliflower & Red Peppers

Dessert

Pineapple Upside Down Cake or S.F. Chocolate Cake

Dinner

Grilled Ham & Cheese Sandwich, Old Bay Fries, Creamy Cucumber Salad

Alternate

Chicken & Cheese Quesadilla, Old Bay Fries, Creamy Cucumber Salad

Dessert

Ice Cream/Assorted/S.F. Desserts

Tuesday, January 31st Breakfast

Cream of Wheat, Cold Cereal, Scrambled Eggs, Sausage Patty, Assort. Donuts, Yogurt Cup, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

Lunch

Broccoli & Cheddar Soup

Caribbean Shrimp Skewer, Seasoned Potato Wedges, Crispy Homemade Coleslaw

Alternate

Smoked Chicken w/Bacon Sauce, Seasoned Potato Wedges, Crispy Homemade Coleslaw

Dessert

Cinnamon Coffee Cake or S.F. Fresh Fruit

Dinner

Vegetable Lasagna, Zucchini Medley, Dinner Roll

Alternate

Pork Chop w/Gravy & Onions, Baked Potato, Zucchini Medley

Dessert

Ice Cream/Assorted/S.F. Desserts

Wednesday, February 1st Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Turkey Canadian Bacon, French Toast w/ Syrup, Banana, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

Lunch

Vegetable Soup

Beef Stroganoff, Buttered Egg Noodles, Asparagus Tips

Alternate

Marinated Pork Loin, Buttered Egg Noodles, Asparagus Tips

Dessert

Black Forrest Pudding Cup or S.F. Pudding

Dinner

Chef Vernon's Seafood Stew, Spaghetti Noodles, Seasoned Green Beans

Alternate

Turkey Marsala w/Mushrooms, Spaghetti Noodles, Asparagus Tips

Dessert

Ice Cream/Assorted/S.F. Desserts

Thursday, February 2nd Breakfast

Cream of Wheat, Cold Cereal, Scrambled Eggs, Crispy Bacon, Belgian Waffles w/ Syrup, Apple Slices, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

Lunch

French Onion Soup

Turkey Meatloaf w/Gravy, Basil Garlic Potatoes, Italian Blend Vegetables

Alternate

Bourbon Maple Glazed Ham, Basil Garlic Potatoes, Italian Blend Vegetables

Dessert

Chilled Pears or S.F. Vanilla Cake

Dinner

Chicken Tenders w/Sweet & Sour Sauce, Vegetable Orzo Pasta, Caribbean Vegetable Blend

Alternate

Hungarian Pork Tips, Vegetable Orzo Pasta, Caribbean Vegetable Blend

Dessert

Ice Cream/Assorted/S.F. Desserts

Friday, February 3rd Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Sausage Links, Buttered Biscuits, Orange Wedges, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

Lunch

Cream of Tomato Basil Soup

Buttercrumb Tilapia, Almond Rice, Hot Cabbage Slaw

Alternate

Stuffed Green Peppers, Hot Cabbage Slaw, Dinner Roll

Dessert

Lemon Cake w/Icing or S.F. Jell-O

Dinner

Chicken Caesar Wrap, Home Fried Potatoes, Pickled Beet Salad

Alternate

Quiche Lorraine, Home Fried Potatoes, Pickled Beet Salad

Dessert

Ice Cream/Assorted/S.F. Desserts

Saturday, February 4th Breakfast

Cream of Wheat, Cold Cereal, Cheese Omelets, Scrapple, Assorted Muffins, Banana, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

Lunch

Vegetable Barley Soup

Savory Pork Roast, Oven Roasted Potatoes, Honey Dijon Brussel Sprouts

Alternate

Grilled Chicken w/Cranberry Glaze, Oven Roasted Potatoes, Honey Dijon Brussel Sprouts

Dessert

Apple Brown Betty or S.F. Fresh Fruit

Dinner

Italian Baked Penne Pasta, Italian Green Beans, Garlic Bread

Alternate

Cheeseburger Deluxe, French Fries, Crispy Coleslaw

Dessert

Ice Cream/Assorted/S.F. Desserts

Sunday, February 5th Breakfast

Oatmeal, Cold Cereal, Scrambled Eggs, Turkey Sausage, Pancakes w/ Syrup, Orange Wedges, Choice of Eggs, Assorted Juices, Coffee, Hot Tea, and 2% Milk

Lunch

Chicken Noodle Soup

Slow Simmered Pot Roast w/Gravy, Carrots Celery & Onions, Mashed Potatoes

Alternate

Chicken w/Lemon Sauce, Mashed Potatoes, Celery Carrots & Onions

Dessert

Chocolate Cream Pie or S.F. Brownies

Dinner

Cheddar Baked Cod, Brown Rice Pilaf, Roasted Buttered Broccoli

Alternate

Open Faced Hot Roast Beef Sandwich, Brown Rice Pilaf, Roasted Buttered Broccoli

Dessert

Ice Cream/Assorted/S.F. Desserts