

Week 1  
Regular

MONDAY 1/24	TUESDAY 1/25	WEDNESDAY 1/26	THURSDAY 1/27	FRIDAY 1/28	SATURDAY 1/29	SUNDAY 1/30
<b>BREAKFAST</b>						
JUICE CEREAL OF CHOICE BREAKFAST POTATO SAUSAGE SKILLET  COFFEE/CREAMER/SUGAR FRUIT MILK	CEREAL OF CHOICE TOASTED BAGEL WITH CREAM CHEESE, BUTTER CANADIAN BACON COFFEE/MILK/JUICE FRUIT	CREAM OF WHEAT FRIED EGG WITH BACON TOAST COFFEE/CREAMER/SUGAR MILK FRUIT	JUICE CEREAL OF CHOICE BISCUIT WITH SAUSAGE GRAVY  MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE MALT O MEAL OMELET MUFFIN OR TOAST MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE CEREAL OF CHOICE FRENCH TOAST WITH SYRUP BACON BUTTER COFFEE/CREAMER/SUGAR MILK FRUIT	JUICE CEREAL OF CHOICE EGG MCMUFFIN WITH SAUSAGE PATTIE, CHEESE  COFFEE/CREAMER/SUGAR MILK FRUIT
<b>DINNER</b>						
BEEF STROGANOFF OVER  NOODLES BROCCOLI DESSERT BAR MILK COFFEE/CREAMER/SUGAR	TURKEY HOT DISH  CRANBERRY SAUCE PICKLES STRUDEL STICK  COFFEE/CREAMER/SUGAR MILK	SWISS STEAK  WHOLE POTATOES AND BUTTER GREEN BEANS FRUIT COBBLER  COFFEE/CREAMER/SUGAR MILK	CHICKEN ALFREDO OVER  NOODLES CALIFORNIA BLEND VEGETABLE BREADSTICK LAYERED CAKE COFFEE/CREAMER/SUGAR MILK, JUICE	SHRIMP  AU GRATIN POTATOES CORN CREAM PIE COFFEE/CREAMER/SUGAR MILK, JUICE	COUNTRY STYLE BONELESS PORK RIB  MACARONI AND CHEESE STEWED TOMATOES DINNER ROLL GERMAN CHOCOLATE CAKE COFFEE/CREAMER/SUGAR MILK	FRIED CHICKEN  RICE PILAF CREAMED CORN PIE COFFEE/CREAMER/SUGAR MILK
<b>OR</b>						
FISH STICKS MASHED POTATOES AND BUTTER SQUASH	LIVER MASHED POTATOES AND GRAVY PEAS	FISH MASHED POTATOES AND GRAVY CARROTS	ROAST BEEF MASHED POTATOES AND GRAVY SQUASH	MEAT LOAF MASHED POTATOES AND GRAVY GREEN BEANS	ROAST BEEF MASHED POTATOES AND GRAVY CAULIFLOWER	SALISBURY STEAK MASHED POTATOES AND GRAVY BEETS
<b>SUPPER</b>						
GRILLED CHICKEN BREAST ON A BUN TOMATO, ONION, LETTUCE  SEASONED DICED POTATOES  PEACHES	TOMATO SOUP GRILLED CHEESE SANDWICH  DESSERT VARIETY COFFEE/CREAMER/SUGAR MILK ICE CREAM	BAKED BEANS HOT DOG ON A BUN FRENCH FRIES PUDDING PARFAIT WITH TOPPING MILK	BBQ PORK RIB FRIED POTATOES PICKLES MILK, JUICE COFFEE/CREAMER/SUGAR JELL-O CUBES WITH TOPPING	TUNA CASSEROLE SEASONED DICED POTATOES PEAS  MILK COFFEE/CREAMER/SUGAR BANANA BREAD	BEEF STEW BISCUIT WITH BUTTER PICKLES DESSERT VARIETY COFFEE/CREAMER/SUGAR MILK LEFT OVER DESSERTS OR COOKIE	TATAR TOT HOT DISH CALIFORNIA BLEND VEGETABLE  DESSERT VARIETY COFFEE/CREAMER/SUGAR MILK VANILLA PUDDING
<b>OR</b>						
EGG SALAD SANDWICH  PICKLES	CHEF SALAD DINNER ROLL	MEAT SANDWICH LETTUCE SALAD WITH DRESSING PICKLES	CHEESE SOUP CRACKERS	CHICKEN NUGGETS YELLOW BEANS	MEAT AND CHEESE SANDWICH POTATO TRIANGLE	HAM SALAD SANDWICH POTATO CHIPS PICKLES

\*\* 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. Your daily menu may vary slightly due to the special diet ordered by your physician. Please feel free to ask any questions you may have regarding your menu, diet, or service.

\*\* (Please note menus are subject to change)\*\*

J. Haug R.D.

Dietary Manager: Marty Nyhus CDSM/CFPP

Week 2  
Regular

MONDAY 1/31	TUESDAY 2/1	WEDNESDAY 2/2	THURSDAY 2/3	FRIDAY 2/4	SATURDAY 2/5	SUNDAY 2/6
<b>BREAKFAST</b>						
JUICE OATMEAL OMELET TOAST OR MUFFIN ORANGE SLICES COFFEE/CREAMER/SUGAR MILK/COFFEE/WATER	JUICE CEREAL BY REQUEST FRIED EGGS WITH BACON TOAST WITH BUTTER FRUIT COFFEE/CREAMER/SUGAR MILK	JUICE MALT O MEAL OR COLD CEREAL PANCAKES WITH SYRUP SAUSAGE PATTIES MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE OATMEAL SCRAMBLED EGGS TOAST WITH BUTTER MILK COFFEE/CREAMER/SUGAR FRESH ORANGE SLICES	JUICE CREAM OF WHEAT EGG BAKE TOAST WITH BUTTER MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE CEREAL BY REQUEST FRENCH TOAST STICKS SAUSAGAE PATTIE COFFEE/CREAMER/SUGAR FRUIT MILK	JUICE CEREAL BY REQUEST PANCAKE ON A STICK SYRUP COFFEE/CREAMER/SUGAR FRUIT MILK
<b>DINNER</b>						
SPAGHETTI WITH MEAT SAUCE YELLOW BEANS GARLIC BREAD/STICK SHERBET  MILK/COFFEE/WATER	SAUERKRAUT WITH POLISH SAUSAGE MASHED POTATOES AND BUTTER BUTTER FRUIT FILLED TURNOVER MILK, COFFEE, CREAMER	GREEN PEPPERS STUFFED WITH RICE, TOMATO SAUCE, GROUND BEEF DINNER ROLL  ICE CREAM TREAT  MILK, COFFEE, JUICE	CHICKEN KIEV RICE PILAF GLAZED CARROTS BAKED APPLE MILK COFFEE/CREAMER/SUGAR	SALMON SCALLOPED POTATOES MIXED VEGETABLE CHEESE CAKE  MILK COFFEE/CREAMER/SUGAR	BEEF BRISKET HASH BROWN CASSEROLE GREEN BEANS JELL-O PARFAIT  COFFEE/CREAMER/SUGAR MILK	CHICKEN AND STUFFING HOT DISH CRANBERRY SAUCE PIE  COFFEE/CREAMER/SUGAR MILK
HAM MASHED POTATOES AND GRAVY PEAS AND CARROTS	MEATLOAF LIMA BEANS WHOLE POTATOES AND GRAVY	HAM MASHED POTATOES AND GRAVY CAULIFLOWER WITH CHEESE	FISH MASHED POTATOES AND GRAVY BEETS	BBQ CHICKEN NUGGETS MASHED POTATOES AND GRAVY BROCCOLI CAULIFLOWER BLEND	TURKEY MASHED POTATOES AND GRAVY CORN	MEAT BALLS MASHED POTATOES AND GRAVY BROCCOLI
<b>SUPPER</b>						
CHICKEN TENDERS FRIED POTATOES CORN  PEACHES	CHICKEN AND RICE HOT DISH STEWED TOMATOES  DESSERT VARIETY MILK, COFFEE, CREAMER DESSERT BAR	CHEESE BURGER ON A BUN PEA AND CHEESE SALAD FRENCH FRIES COFFEE/CREAMER/SUGAR MILK PUDDING	FISH SANDWICH ON A BUN SEASONED DICED POTATOES PEAS AND CARROTS  MILK, COFFEE FRUIT COBBLER	CHICKEN SALAD SUPREME ON LETTUCE BREADSTICK DESSERT VARIETY MILK COFFEE/CREAMER/SUGAR RICE KRISPIE BAR	VEGETABLE BEEF SOUP CRACKERS MEAT SANDWICH PICKLES COFFEE/CREAMER/SUGAR DESSERT VARIETY BROWNIE	CRAB SALAD COLE SLAW PICKLES DINNER ROLL  MILK, COFFEE, JUICE RICE PUDDING
<b>ALTERNATE SUPPER</b>						
BROCCOLI CHEESE SOUP CRACKERS	EGG SALAD SANDWICH LETTUCE SALAD	MEAT SANDWICH PASTA SALAD	CHICKEN NOODLE SOUP CRACKERS	TUNA CASSEROLE PEAS	COTTAGE CHEESE AND FRUIT PLATE DINNER ROLL	SPLIT PEA SOUP CRACKERS

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Week 3  
Regular

MONDAY 2/7	TUESDAY 2/8	WEDNESDAY 2/9	THURSDAY 2/10	FRIDAY 2/11	SATURDAY 2/12	SUNDAY 2/13
<b>BREAKFAST</b>						
JUICE CREAM OF WHEAT BISCUIT WITH SAUSAGE GRAVY  JELLY MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE OATMEAL OR COLD CEREAL SCRAMBLED EGGS TOAST MILK COFFEE/CREAMER/SUGAR ORANGE SLICES	JUICE MALT O MEAL PANCAKES WITH SYRUP BACON  MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE CEREAL OF CHOICE EGG BAKE TOAST OR MUFFIN  COFFEE/CREAMER/SUGAR MILK FRUIT	JUICE OATMEAL OR COLD CEREAL FRENCH TOAST/SYRUP BACON MILK FRUIT COFFEE/CREAMER/SUGAR	JUICE CEREAL OF CHOICE FRIED EGGS AND SAUSAGE TOASTED ENGLISH MUFFIN MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE CEREAL BY REQUEST SCRAMBLED EGGS  TOAST OR MUFFIN COFFEE/CREAMER/SUGAR FRESH ORANGE SLICES
<b>DINNER</b>						
MACARONI SALAD WITH HAM AND PEAS DINNER ROLL PUDDING  COFFEE/CREAMER/SUGAR MILK	CHICKEN CHOW MEIN CHOW MEIN NOODLES RICE CORN PASTRY ROLL MILK COFFEE/CREAMER/SUGAR	CHICKEN PARMESAN BUTTERED NOODLES GREEN BEANS  ICE CREAM TREAT MILK, JUICE, COFFEE	BRAT ON A BUN GERMAN POTATO SALAD ONION RINGS JELL-O CAKE  MILK, JUICE, COFFEE	CRAB CAKE BAKED POTATO SOUR CREAM, BUTTER CREAMED PEAS GERMAN CHOCOLATE CAKE  MILK, COFFEE, JUICE	RAVIOLI WITH TOMATO SAUCE CORN BREAD STICK BREAD PUDDING  MILK	TURKEY ALA KING OVER A BISCUIT CRANBERRY SAUCE PICKLES PIE  MILK, JUICE, COFFEE
SALISBURY STEAK MASHED POTATOES AND GRAVY CAULIFLOWER	MEATBALLS MASHED POTATOES AND GRAVY PEAS	FISH MASHED POTATOES AND GRAVY CARROTS	MEAT LOAF MASHED POTATOES AND GRAVY CREAMED CORN	HAMBURGER STEAK CALIFORNIA BLEND VEGETABLE MASHED POTATOES AND GRAVY	PORK ROAST IN BROTH BEETS MASHED POTATOES AND GRAVY	ROAST BEEF MASHED POTATOES AND GRAVY GREEN BEANS
LASAGNA BREAD STICK WAX BEANS BANANA BREAD DESSERT MILK COFFEE/CREAMER/SUGAR	BBQ PORK ON A BUN TATOR TOTS COLE SLAW DESSERT VARIETY MILK COFFEE/CREAMER/SUGAR WHIPPED FRUIT DESSERT	GOULASH SQUASH PICKLES BROWNIE MILK COFFEE/CREAMER/SUGAR	CHILI CORN MUFFIN  BREAD AND BUTTER PICKLES RICE PUDDING MILK/COFFEE	TUNA CASSEROLE DINNER ROLL STEWED TOMATOES  DESSERT COFFEE/CREAMER/SUGAR FRUIT-PEACHES OR PEARS	BAKED BEANS HOT DOG ON A BUN FRENCH FRIES PICKLES DESSERT VARIETY MILK COOKIE	WILD RICE SOUP/CRACKERS EGG SALAD SANDWICH  DESSERT VARIETY MILK, JUICE, COFFEE  CREAM PUFF
<b>OR</b>						
CHICKEN SALAD SANDWICH SUMMER PASTA SALAD	CHEF SALAD DINNER ROLL	TUNA SALAD SANDWICH LETTUCE SALAD/DRESSING	TURKEY SANDWICH POTATO SALAD	CREAM OF POTATO SOUP PICKLED BEETS	HAM SALAD SANDWICH COLE SLAW	MEAT AND CHEESE SANDWICH PASTA SALAD/PICKLES

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Week 4

MONDAY 2/14	TUESDAY 2/15	WEDNESDAY 2/16	THURSDAY 2/17	FRIDAY 2/18	SATURDAY 2/19	SUNDAY 2/20
<b>BREAKFAST</b>						
JUICE CEREAL OF CHOICE WESTERN OMELET  TOAST WITH BUTTER COFFEE/CREAMER/SUGAR MILK FRUIT	JUICE MALT O MEAL FRIED EGGS WITH BACON TOAST COFFEE/CREAMER/SUGAR MILK FRUIT	JUICE CEREAL OF CHOICE CHEESY SCRAMBLED EGGS TOAST WITH BUTTER COFFEE/CREAMER/SUGAR MILK FRESH ORANGE SLICES	JUICE CEREAL BY REQUEST BELGIAN WAFFLE/SYRUP BACON  COFFEE/CREAMER/SUGAR FRUIT	JUICE MALT O MEAL OMELET TOAST OR MUFFIN MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE OATMEAL OR COLD CEREAL SCRAMBLED EGGS TOAST MILK COFFEE/CREAMER/SUGAR FRUIT	JUICE CREAM OF WHEAT CREAMED CHIPPED BEEF OVER A BISCUIT  FRUIT
<b>DINNER</b>						
COUNTRY FRIED STEAK SCALLOPED POTATOES BROCCOLI SOUR CREAM, BUTTER FRUIT TART COFFEE/CREAMER/SUGAR MILK <b>OR</b> FISH	SWEET AND SOUR CHICKEN RICE  BREAD STICK CREAM PIE COFFEE/CREAMER/SUGAR MILK	TACO BAR WITH VARIOUS TOPPINGS, TOMATOES, TACO SHELLS TACO SAUCE, LETTUCE, REFRIED BEANS ICE CREAM TREAT MILK, JUICE COFFEE/CREAMER/SUGAR	ROAST BEEF COMMERCIAL WITH MASHED POTATOES AND GRAVY CREAMED CORN FRUIT COBBLER	CITRUS PEPPERCORN TILAPIA AU GRATIN POTATOES STEWED TOMATOES  JELL-O CAKE  MILK/JUICE COFFEE/CREAMER/SUGAR	FRIED CHICKEN RICE PILAF CAULIFLOWER WITH CHEESE SAUCE DESSERT BAR  COFFEE/CREAMER/SUGAR <b>JUICE/MILK</b>	HAM MASHED POTATOES AND GRAVY GREEN BEANS PIE  MILK, COFFEE, JUICE
SQUASH BAKED POTATO, SOUR CREAM	MASHED POTATOES AND GRAVY PORK ROAST GREEN BEANS	MASHED POTATOES AND GRAVY CHICKEN BREAST BEETS	SWEET POTATOES TURKEY CAULIFORNIA BLEND VEGETABLES	SALISBURY STEAK MASHED POTATOES AND GRAVY CARROTS	ROAST BEEF MASHED POTATOES AND GRAVY LIMA BEANS	TURKEY SWEET POTATOES CRANBERRY SAUCE
<b>SUPPER</b>						
PANCAKES WITH SYRUP SAUSAGE LINKS  MILK COFFEE/CREAMER/SUGAR  ICE CREAM TREAT	MEAT BALL SANDWICH SUMMER PASTA SALAD  PICKLES COFFEE/CREAMER/SUGAR MILK  TURNOVER	FISH AND CHIPS PEA AND CHEESE SALAD PICKLES  DESSERT VARIETY COFFEE/CREAMER/SUGAR MILK SHERBET	PIZZA LETTUCE SALAD/DRESSING PICKLES  DESSERT VARIETY MILK/JUICE COFFEE/CREAMER/SUGAR BUTTERSCOTCH PUDDING	CREAM OF POTATO SOUP CRACKERS MEAT SANDWICH PICKLED BEETS DESSERT VARIETY COFFEE/CREAMER/SUGAR MILK FRUIT COCKTAIL	LASAGNA ROLL-UP CARRIOTS BREAD STICK  MILK COFFEE/CREAMER/SUGAR JELL-O CUBES WITH TOPPING	CHICKEN TENDERS MACARONI AND CHEESE PEAS AND CARROTS  COFFEE/CREAMER/SUGAR MILK COOKIE
<b>OR</b>						
CHICKEN NOODLE SOUP CRACKERS COLESLAW	CHICKEN AND DUMPLING SOUP CRACKERS, DINNER ROLL DINNER ROLL	MEAT SANDWICH, PASTA SALAD	CRAB SALAD DINNER ROLL	TUNA MACARONI SALAD DINNER ROLL	ROAST BEEF SANDWICH POTATO SALAD	MEAT SANDWICH CHIPS

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