

## SPRING VALLEY HEALTH CARE CENTER SPRING WEEK 3 MENU

| TIME     |             | SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|----------|-------------|--|--|---|--|---|---|---|
| 8:00 AM  | Continental | Pumpkin Muffin<br>Cereal of Choice<br>Fruit or Yogurt<br>Juice, Coffee, Milk   | Donut<br>Cereal of Choice<br>Fruit or Yogurt<br>Juice, Coffee, Milk  | Cherry CC<br>Cereal of Choice<br>Fruit or Yogurt<br>Juice, Coffee, Milk   | Raisin Toast<br>Cereal of Choice<br>Fruit or Yogurt<br>Juice, Coffee, Milk   | Cinnamon Roll<br>Cereal of Choice<br>Fruit or Yogurt<br>Juice, Coffee, Milk   | Donut Holes<br>Cereal of Choice<br>Fruit or Yogurt<br>Juice, Coffee, Milk   | PB/CC Muffin<br>Cereal of Choice<br>Fruit or Yogurt<br>Juice, Coffee, Milk  |
| 11:00 AM | Brunch      | Polish Sausage<br><b>OR</b><br>Scrambled Egg<br>Hash Brown Patty<br><br>Apple/Carrot Bake<br>Tropical Fruit<br>Milk/Coffee/Tea | Cheesy Broccoli<br>Bake<br>Monte Carlo<br><b>OR</b><br>Fried Egg/Toast<br>American Fries<br>Oranges in Jell-O<br>Milk/Coffee/Tea                     | Tomato Hot-dish<br><b>OR</b><br>Biscuit Gravy<br>Bake<br>French Beans<br>Bread of Choice<br>Blueberries<br>Milk/Coffee/Tea            | Pizza Burger<br>Asparagus Soup<br><b>OR</b><br>Grilled Cheese<br>Tomato Soup<br>Coleslaw<br>Peachy Pudding<br>Milk/Coffee/Tea                        | Pancakes<br>Sausage Link<br><br><b>OR</b><br>Bratwurst<br>Tater Tots<br>Watermelon<br>Milk/Coffee/Tea   | Hash Brown Pie<br><b>OR</b><br>Ham/Cheese/Pea<br>Macaroni Salad<br>Stewed Tomatoes<br>PB/CC Muffin<br>P-Apple Chunks<br>Milk/Coffee/Tea       | Chicken Alfredo<br><b>OR</b><br>Cabbage Rolls<br>Frozen Wax<br>Garlic Toast<br>Peach Salad<br><br>Milk/Coffee/Tea                 |
| 2:00 PM  | Siesta      | Butterscotch<br>Pudding Dessert<br><b>OR</b> Fruit Cup<br>Juice and Coffee   | CC Cookie<br><b>OR</b><br>Peach Cup<br>Juice and Coffee  | Summer Salad<br><b>OR</b><br>Applesauce Cup<br>Juice and Coffee   | White Cake<br><b>OR</b><br>Pear Cup<br>Juice and Coffee  | Cheese Cake<br><b>OR</b><br>Peach Cup<br>Juice and Coffee   | Banana Pudding<br><b>OR</b><br>Fruit Cup<br>Juice and Coffee  | Oatmeal Brownie<br><b>OR</b><br>Applesauce Cup<br>Juice and Coffee  |
| 5:00 PM  | Supper      | BBQ Chicken<br><b>OR</b><br>Meatloaf<br>Potato Salad<br>Corn<br>Fruit Cocktail<br>Salad<br>Bread of Choice<br>Milk/Coffee/Tea  | Swedish Meatball<br><b>OR</b><br>Liver & Onions<br>Boiled Potato<br>Mushroom Gravy<br>Broccoli<br>Peach Half's<br>Bread of Choice<br>Milk/Coffee/Tea | Swiss Steak<br><b>OR</b><br>Chicken Royal<br>Mashed W/Skins<br>Gravy<br>Cheesy Cabbage<br>Pear Slices<br>Rye Bread<br>Milk/Coffee/Tea | Berry Glazed Ham<br><b>OR</b><br>Cod Wedge<br>Whipped Sweet<br>Potato Bake<br>Chateau Blend<br>Apricot Parfait<br>Bread of Choice<br>Milk/Coffee/Tea | Roast Turkey<br><b>OR</b><br>Pork Cutlets<br>Cranberry Stuffing<br>Gravy<br>Rutabaga<br>Applesauce Mold<br>Bread of Choice<br>Milk/Coffee/Tea | Lemon Cod<br><b>OR</b><br>Southern Style<br>Chicken Tender<br>Rosemary Potato<br>Sweet Carrots<br>Plums<br>Bread of Choice<br>Milk/Coffee/Tea | Pork Chop<br>Supreme<br><b>OR</b><br>Ring Bologna<br>O'Brien Potatoes<br>Cauliflower<br>Pear Slices<br>HR Roll<br>Milk/Coffee/Tea |
| 7:00 PM  | Nightcap    | Tuna Salad<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice  | Chicken Salad<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice   | Peanut Butter<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice  | Beef Salad<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice  | Ham Salad<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice  | Turkey Salad<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice   | Cheese<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice   |