

SPRING VALLEY HEALTH CARE CENTER WEEKLY MENU

SPRING WEEK FOUR

TIME		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Continental	Donut Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk	Blueberry CC Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk	Cinnamon Roll Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk	Bakery Danish Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk	Raisin Toast Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk	Donut Holes Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk	Mini Donuts Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk
11:00 AM	Brunch	Potato Pancakes Ham Patty OR Stuffed Pepper Sliced Carrot Bread of Choice Strawberries Milk/Coffee/Tea	Scramble Egg OR Country Steak Hash Brown Bake Asparagus Orange Delight English Muffin Milk/Coffee/Tea	Pea Soup Bologna/Cheese Sandwich OR Ham Casserole French Beans Bread of Choice Frozen Fruit Cup Milk/Coffee/Tea	Hamburger Gravy Mashed Potato OR Turkey/Cheese Pea/Mac Salad Stewed Tomatoes Cantaloupe Bread of Choice Milk/Coffee/Tea	Cheese Omelet Hash Browns OR Wild Rice Soup Turkey Sandwich Ambrosia Salad Cranberry Juice Milk/Coffee/Tea	Minestrone Soup Ham Sandwich Tomato Slices OR French Toast Sausage Patty Orange Slices Cherry Salad	Noodle Surprise Hot-Dish OR Cheesy Turkey Country Blend Pear 1/2 Banana Muffin Milk/Coffee/Tea
2 PM	Siesta	Cherry Pie OR Applesauce Cup Juice and Coffee	Hersey's Brownie OR Pear Cup Juice and Coffee	Molasses Cookie OR Fruit Cup Juice and Coffee	Carrot Cake OR Peach Cup Juice and Coffee	Strawberry Jell-O OR Pear Cup Juice and Coffee	Lemon Cream Bar Applesauce Cup Juice and Coffee	Yellow Cake OR Peach Cup Juice and Coffee
5:00 PM	Supper	Classic Meatloaf OR Chicken Nuggets Baked Potato Butter/Sour Cream Frozen Squash Purple Lady Salad Bread of Choice Milk/Coffee/Tea	Baked Chicken OR Parmesan Salmon Rice Medley Diced Beets Sliced Peaches Bread of Choice Milk/Coffee/Tea	Spaghetti OR Chicken Chimichanga Refried Beans Lettuce Salad Diced Pears Garlic Toast Milk/Coffee/Tea	Chicken Chow Mein Over Rice OR Pizza Broccoli Blueberry Salad Rye Bread Milk/Coffee/Tea	Sweet/Sour Loin OR Cheddar Chicken Au-Gratin Potato Frozen Wax Bean Fruit Cocktail In Jell-O Bread of Choice Milk/Coffee/Tea	Shrimp OR Breaded Chop Baked Potato Apple Red Cabbage Diced Peaches Bread of Choice Milk/Coffee/Tea	Italian Chicken Breast Sandwich OR Cheeseburger Potato Salad Baked Beans Watermelon Milk/Coffee/Tea
7:00 PM	Nightcap	Cheese Sandwich Fruit or Sweet Juice of Choice	Tuna Salad Sandwich Fruit or Sweet Juice of Choice	Chicken Salad Sandwich Fruit or Sweet Juice of Choice	Ham Salad Sandwich Fruit or Sweet Juice of Choice	Cheese Sandwich Fruit or Sweet Juice of Choice	Pork Salad Sandwich Fruit or Sweet Juice of Choice	Egg Salad Sandwich Fruit or Sweet Juice of Choice