

## SPRING VALLEY HEALTH CARE CENTER WINTER WEEK 1 MENU

| TIME     |             | SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|----------|-------------|--|---|---|---|---|--|--|
| 8:00 AM  | Continental | Cereal of Choice<br>Cinnamon Roll<br>Fruit or Yogurt<br>Juice, Coffee, Milk  | Cereal of Choice<br>Mini Donuts<br>Fruit or Yogurt<br>Juice, Coffee, Milk   | Cereal of Choice<br>Raisin Toast<br>Fruit or Yogurt<br>Juice, Coffee, Milk  | Cereal of Choice<br>Banana Muffin<br>Fruit or Yogurt<br>Juice, Coffee, Milk   | Cereal of Choice<br>Frosted Donut<br>Fruit or Yogurt<br>Juice, Coffee, Milk   | Cereal of Choice<br>Strudel Stick<br>Fruit or Yogurt<br>Juice, Coffee, Milk  | Cereal of Choice<br>Bakery Danish<br>Fruit or Yogurt<br>Juice, Coffee, Milk  |
| 11:00 AM | Brunch      | Tomato Hot Dish<br>Wax Beans<br>Bread of Choice<br><b>OR</b><br>Waffles<br>Ham Patty<br>Strawberries<br><br>Milk/Coffee/Tea          | French Toast<br>Syrup/Butter<br>Bacon<br><b>OR</b><br>Tomato Soup<br>Egg Salad<br>Sandwich<br>Blueberry Salad<br>Milk/Coffee/Tea                  | Vegetable Soup<br>Turkey Salad<br>On Croissant<br><b>OR</b><br>Cream of Broccoli<br>Grilled Cheese<br>Sandwich<br>Red Grapes<br>Milk/Coffee/Tea     | Fried Egg<br>Tri-Tater<br>Wheat Toast<br><b>OR</b><br>Hot Dog<br>Bean Soup<br>Melon Cup<br><br>Milk/Coffee/Tea                                  | BBQ on Bun<br>Potato Wedges<br><b>OR</b><br>Beef Stroganoff<br>Bread of Choice<br>Green Beans<br>Pear Half<br><br>Milk/Coffee/Tea                     | Pancakes<br>Syrup & Butter<br>Sausage Link<br><b>OR</b><br>Beef Stew<br>Biscuit<br>Apple/Carrot Bake<br>Raspberries<br>Milk/Coffee/Tea | Western Omelet<br>English Muffin<br><b>OR</b><br>Brat Patty & Bun<br>Hash browns<br>Asparagus<br>Tropical Fruit<br><br>Milk/Coffee/Tea |
| 2 PM     | Siesta      | Apple Pie <b>OR</b><br>Applesauce Cup<br>Coffee/Juice  | PB Cookie<br><b>OR</b> Pear Cup<br>Coffee/Juice   | Peachy Pudding<br><b>OR</b> Fruit Cup<br>Coffee/Juice   | Brownie<br>Peach Cup<br>Coffee/Juice  | Yellow Cake <b>Or</b><br>Applesauce Cup<br>Coffee/Juice   | CC Cookie<br>Pear Cup<br>Coffee/Juice  | Rhubarb Crisp<br>Peach Cup<br>Coffee/Juice   |
| 5:00 PM  | Supper      | BBQ Chicken<br><b>OR</b><br>Ham<br>Wild Rice Blend<br>Mediterranean<br>Blend<br><br>Spiced Peaches<br>Dinner Roll<br>Milk/Coffee/Tea | Roast Beef<br><b>OR</b><br>Breaded Chop<br>Mashed Potatoes<br>Gravy<br>Monte Carlo Veg<br>Bread of Choice<br>Bananas in Jell-O<br>Milk/Coffee/Tea | Meatloaf<br><b>OR</b><br>Parmesan Salmon<br>Baked Potato<br><b>Butter/Sour Cream</b><br>Squash<br>Bread of Choice<br>Carrot Cake<br>Milk/Coffee/Tea | Battered<br>Shrimp<br><b>OR</b><br>Chicken Cordon<br>Blue<br>Scalloped Potato<br>Chateau Blend<br>Bread of Choice<br>Sherbet<br>Milk/Coffee/Tea | Chicken Chow<br>Mien<br>Over Rice<br><b>OR</b><br>Stuffed Pepper<br>Broccoli Florets<br>Bread of Choice<br>Fruit Cocktail<br>Salad<br>Milk/Coffee/Tea | Scrod<br><b>OR</b><br>Meatballs<br>Potato Bake<br>Peas & Onions<br>Bread of Choice<br>Crushed P-Apple<br>in Jell-O<br>Milk/Coffee/Tea  | Pizza<br><br><b>OR</b><br>Sausage Mariana<br>Cheese Ravioli<br><br>Salad & Dressing<br>Garlic Bread<br>Pear Slices<br>Milk/Coffee/Tea  |
| 7:00 PM  | Nightcap    | PB/Jelly Sand<br>Fruit or Sweet<br>Juice of Choice   | Chicken Salad<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice  | Beef Salad<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice   | Cheese Sandwich<br>Fruit or Sweet<br>Juice of Choice  | Pork Salad<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice   | Egg Salad<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice   | Tuna Sandwich<br>Fruit or Sweet<br>Juice of Choice   |