

SPRING VALLEY HEALTH CARE CENTER WINTER WEEK 1 MENU

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