

SPRING VALLEY HEALTH CARE CENTER SUMMER WEEK ONE

| MEAL | | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|----------|--|--|--|---|---|--|---|
| 8 - 9 AM | CB | Donut Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk | Banana Muffin Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk | Mini Donuts Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk | Cinnamon Roll Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk | Raisin Toast Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk | Donut Hole Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk | Bran Muffin Cereal of Choice Fruit or Yogurt Juice, Coffee, Milk |
| 11:00 AM | Brunch | Pancakes Syrup & Butter Bacon OR Creamed Turkey Over Muffin California Blend Strawberries Milk/Coffee/Tea | Grilled Ham & Cheese on Rye Potato Soup OR Hot Dog Chili Pickle Slices Mandarin Oranges Milk/Coffee/Tea | Hash Brown Pie Toast OR Sausage Gravy Over a Biscuit Asparagus Watermelon Milk/Coffee/Tea | Chicken And Dumplings Bread of Choice OR Fried Egg & Toast Hash brown Patty Stewed Tomatoes Honeydew Milk/Coffee/Tea | Ham and Cheese Casserole OR Beef Burrito Glazed Carrots Cornbread Honey & Butter Mixed Berries Milk/Coffee/Tea | Tomato Soup Chicken Salad On Croissant OR Waffles Ham Patty Pears in Jell-O Milk/Coffee/Tea | Scrambled Egg Toast OR Chipped Beef Toast Tri-Tater Cinn. Apples Cranberry Juice Milk/Coffee/Tea |
| 2 PM | Siesta | Apple Pie OR Applesauce Cup Juice and Coffee | Blueberry Crunch OR Peach Cup Juice and Coffee | White Cake OR Fruit Cup Juice and Coffee | Choc. Pudding OR Pear Cup Juice and Coffee | Apricot Parfait Eats and Treats Juice and Coffee | Cherry Cheese Cake OR Applesauce Cup Juice and Coffee | Yellow Cake OR Peach Cup Juice and Coffee |
| 5:00 PM | Supper | Meatloaf OR Pork Fritter Baked Potato Sour Cream/Butter Green Beans Bananas in Jell-O Bread of Choice Milk/Coffee/Tea | Baked Chicken OR Veal Cutlet Cranberries Dressing W/Gravy Peas/Pearl Onions Fruit salad Dinner Roll Milk/Coffee/Tea | Ring Bologna OR Cod Wedge Au Gratin Potato Cauliflower Diced Peaches Bread of Choice Milk/Coffee/Tea | Orange Glazed Pork Chop OR Country Steak Potato Miracle Harvard Beets Applesauce Bread of Choice Milk/Coffee/Tea | Spaghetti With Meatballs OR Pizza Frozen Wax Bean Salad & Dressing Garlic Toast Sunshine Salad Milk/Coffee/Tea | Scrod OR Chicken Strips Baked Potato Sour Cream/Butter Broccoli Dinner Roll Rhubarb Sauce Milk/Coffee/Tea | Hamburger OR BBQ Pork Baked Beans Tomato Slices Crushed P-Apple W/Cherry Milk/Coffee/Tea |
| 7:00 PM | Nightcap | Egg Salad Sandwich Fruit or Sweet Juice of Choice | Peanut Butter and Jelly Sandwich Fruit or Sweet Juice of Choice | Chicken Salad Sandwich Fruit or Sweet Juice of Choice | Bologna Salad Sandwich Fruit or Sweet Juice of Choice | Tuna Salad Sandwich Fruit or Sweet Juice of Choice | Ham Salad Sandwich Fruit or Sweet Juice of Choice | Chicken Salad Sandwich Fruit or Sweet Juice of Choice |