

## SPRING VALLEY HEALTH CARE CENTER WINTER WEEK 3 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>Cinnamon CC<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>Bakery Danish<br>Fruit or Yogurt<br>Juice, Coffee, Milk   | Cereal of Choice<br>Blueberry Muffin<br>Fruit or Yogurt<br>Juice, Coffee, Milk   | Cereal of Choice<br>Donut Hole<br>Fruit or Yogurt<br>Juice, Coffee, Milk   |
| 11:00 AM | Brunch      | Hot Beef<br>On Bun<br><b>OR</b><br>Chicken Patty<br>On Bun<br>Potato and Gravy<br>Sliced Carrots<br>Watergate Salad<br>Milk/Coffee/Tea | Ham Salad<br>On Croissant<br>Chili<br><b>OR</b><br>Scrambled Egg<br>On Croissant<br>Tri-Tater<br>Peaches in Jell-O<br>Milk/Coffee/Tea                     | Beef Skillet<br><b>OR</b><br>Wild Rice Turkey<br>Casserole<br>Corn Bread<br>Honey & Butter<br>Green Beans<br>Grapes<br>Milk/Coffee/Tea         | Hamburger/Bun<br><b>OR</b><br>Poached Egg<br>Toast<br>Cheesy<br>Hash browns<br>Banana And<br>Strawberry Salad<br>Milk/Coffee/Tea                   | Company<br>Casserole<br><b>OR</b><br>Stuffed Peppers<br><br>Asparagus<br>Blueberry Muffin<br>Watermelon<br>Milk/Coffee/Tea                    | Potato Pancakes<br>Sausage Links<br><b>OR</b><br>Ravioli Casserole<br>Broccoli<br>Bread of Choice<br>Cherry Salad<br>Milk/Coffee/Tea                   | Corn Dog<br><b>OR</b><br>Polish Sausage<br>On Bun<br>Baked Beans<br>Apple Coleslaw<br>Sliced Pineapple<br>Milk/Coffee/Tea                        |
| 2 PM     | Siesta      | Sweet Treat<br><b>OR</b> Fruit Cup<br>Coffee Or Juice  | Sweet Treat<br>Applesauce Cup<br>Coffee Or Juice  | Sweet Treat<br><b>OR</b> Peach Cup<br>Coffee Or Juice  | Sweet Treat<br><b>OR</b> Pear Cup<br>Coffee Or Juice   | Sweet Treat<br><b>OR</b> Fruit Cup<br>Coffee Or Juice   | Sweet Treat<br><b>OR</b> Peach Cup<br>Coffee Or Juice  | Sweet Treat<br><b>OR</b> Pear Cup<br>Coffee Or Juice   |
| 5:00 PM  | Supper      | Tatar Tot Hot-Dish<br><b>OR</b><br>Tuna Casserole<br>Broccoli<br>Dinner Roll<br>Pear Half<br>Milk/Coffee/Tea                           | Swedish<br>Meatballs<br><b>OR</b><br>Liver & Onions<br>Potato W/Lumps<br>Gravy<br>Monte Carlo Veg<br>Bread of Choice<br>Red Applesauce<br>Milk/Coffee/Tea | BBQ Ribs<br><b>OR</b><br>Parmesan<br>Crusted Salmon<br>Scalloped Potato<br>Peas<br>Bread Of Choice<br>Peanut Butter<br>Cake<br>Milk/Coffee/Tea | Country Krispy<br>Chicken<br><b>OR</b><br>Swiss Steak<br>Boiled Potato<br>Gravy<br>Chateau Blend<br>Bread of Choice<br>Cherries<br>Milk/Coffee/Tea | Corned Beef<br><b>OR</b><br>Pork Cutlet<br>Baby Reds<br>Parsley Butter<br>Cauliflower<br>Bread of Choice<br>Fruited Jell-O<br>Milk/Coffee/Tea | Lemon Cod<br><b>OR</b><br>Orange Chicken<br>Baked Potato<br><b>Butter/Sour Cream</b><br>Wax Beans<br>Bread of Choice<br>Diced Pears<br>Milk/Coffee/Tea | Chicken & Mac<br>Cacciatore<br><b>OR</b><br>Cheesy/Broccoli<br>Bake<br>Honey Cabbage<br>Peach Half & Jelly<br>Bread of Choice<br>Milk/Coffee/Tea |
| 7:00 PM  | Nightcap    | Cheese 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   | Egg Salad<br>Sandwich<br>Fruit or Sweet<br>Juice of Choice   | Peanut Butter &<br>Jelly Sandwich<br>Fruit or Sweet<br>Juice of Choice  | Cheese Sandwich<br>Fruit or Sweet<br>Juice of Choice   | Tuna Salad<br>Sandwich<br>Fruit Or Sweet<br>Milk/Coffee/Tea  |