

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