

SPRING VALLEY HEALTH CARE CENTER WINTER WEEK 4 MENU

TIME		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Continental	Cereal of Choice DONUT Fruit or Yogurt Juice, Coffee, Milk	Cereal of Choice Apple Coffee Cake Fruit or Yogurt Juice, Coffee, Milk	Cereal of Choice Cinnamon Roll Fruit or Yogurt Juice, Coffee, Milk	Cereal of Choice RAISIN TOAST Fruit or Yogurt Juice, Coffee, Milk	Cereal of Choice DONUT HOLES Fruit or Yogurt Juice, Coffee, Milk	Cereal of Choice PB/CC MUFFIN Fruit or Yogurt Juice, Coffee, Milk	Cereal of Choice Mini Donuts Fruit or Yogurt Juice, Coffee, Milk
11:00 AM	Brunch	Waffles Syrup & Butter Ham Patty OR Italian Sausage Stew Biscuit & Jelly Apple Slices Cranberry Juice Milk/Coffee/Tea	Fried Egg Toast OR Fish Sandwich Rosemary Red Diced Tomatoes Summer Time Salad Milk/Coffee/Tea	Bologna Sandwich Wild Rice Soup Pickle Spears OR Ham Omelet Roll Salsa/Sour Cream Hash Brown Patty Toast & Butter Frozen Fruit Cup Milk/Coffee/Tea	Hash Brown Pie OR Lasagna Green Bean Bake PB/CC Muffin Rhubarb Sauce Milk/Coffee/Tea	Hamburger Gravy Mashed Potato OR Sauerkraut Hot-dish Country Blend Bread of Choice Orange Delight Salad Milk/Coffee/Tea	Denver Omelet Hash Browns English Muffin OR Turkey Sandwich Corn Chowder Tomato Slices Citrus Sections Milk/Coffee/Tea	Apple Oven Pancake Syrup & Butter Sausage Patty OR Taco Bake French Beans Bread of Choice Purple Lady Salad Milk/Coffee/Tea
2 PM	Siesta	Raspberry Pie OR Fruit Cup Coffee/Juice	Molasses Cookie OR Pear Cup Coffee/Juice	Rice Krispie Bar OR Peach Cup Coffee/Juice	P-Apple Cake OR Fruit Cup Coffee/Juice	Choc/PB Cookie OR Pear Cup Coffee/Juice	Blueberry Cake OR Peach Cup Coffee/Juice	Peach Crisp OR Applesauce Cup Coffee/Juice
5:00 PM	Supper	Baked Chicken OR Meatballs Potatoes W/Skins Gravy Frozen Carrots Dinner Roll Bananas in Jell-O Milk/Coffee/Tea	Pork Roast OR Cube Steak Mashed Potatoes Gravy Squash Bread of Choice Applesauce Mold Milk/Coffee/Tea	Raspberry Ham OR Cod Wedge O'Brien Potatoes Peas & Carrots Blushing Pear Bread of Choice Milk/Coffee/Tea	Chicken Strips OR Sweet/Sour Rib Potato Casserole Creamed Corn Bread of Choice Sliced Peaches Milk/Coffee/Tea	BBQ Pork & Bun OR Pizza Cauliflower Salad & Dressing Pound Cake With Raspberries Milk/Coffee/Tea	Battered Cod OR Chicken Kiev Baked Potato Butter/Sour Cream Broccoli Apricots Bread of Choice Milk/Coffee/Tea	Pork Chop & Mushroom Gravy OR Meatballs & Gravy Potato W/Lumps Corn Fruit Cocktail Bread of Choice Milk/Coffee/Tea
7 PM	HS	PB/Jelly Sand Fruit or Sweet Juice of Choice	Chicken Salad Sandwich Fruit or Sweet Juice of Choice	Pork Salad Sandwich Fruit or Sweet Juice of Choice	Ham Salad Sandwich Fruit or Sweet Juice of Choice	Tuna Salad Sandwich Fruit or Sweet Juice of Choice	Egg Salad Sandwich Fruit or Sweet Juice of Choice	Turkey Salad Sandwich Fruit or Sweet Juice of Choice