

All meals are served with Coffee, and Assortment of Teas, Whole Milk, 2% Milk or Skim, and a variety of juices such as Orange, Apple, Cranberry, and Grape.

**Reviewed by:**  
**KY, RD**  
**Fall/Winter 2025**  
**Week 2**  
**Week of Mar 9th**

- Monday**  
**Breakfast**
- Pancakes w/ VT Maple Syrup
  - Sausage Patty
- **Lunch**
- Open faced Roast beef sandwich
  - Spinach (w/Vinegar)
  - Cherry Crisp w/tpg
- **Dinner**
- Manicotti w/Tomato Sauce
  - Dinner Roll w/ Butter
  - Green Beans
  - Ice Cream

- Tuesday**  
**Breakfast**
- Cheesy Veggie Scrambled Eggs
  - Cream of Wheat
  - Pumpkin Muffin
- **Lunch**
- Chicken Parmesan over Spaghetti
  - Tossed Salad w/Dressing
  - Cheesecake w/ Strawberry topping
- **Dinner**
- Butternut Squash Soup
  - Tuna Salad Sandwich w/ Lettuce & Tomato
  - Pears

- Wednesday**  
**Breakfast**
- Fried Eggs
  - Cinnamon Raisin Toast
  - Honey Nut Cheerios
- **Lunch**
- Grilled Cheese
  - Cream of Tomato Soup
  - Chocolate Cake w/Frosting
- **Dinner**
- Goulash
  - Garlic Bread
  - Carrots
  - Oatmeal Cookie

- Thursday**  
**Breakfast**
- Ham and Cheese Omelet
  - Rice Krispies
  - Strawberry Coffee Cake
- **Lunch**
- Chicken Stir-fry Over Rice
  - Broccoli
  - Apple Pie w/tpg
- **Dinner**
- Bacon and Cheese Quiche
  - Garden Salad
  - Vanilla Pudding w/tpg

- Friday**  
**Breakfast**
- French Toast w/VT Maple Syrup
  - Bacon
- **Lunch**
- Swedish Meatballs Over Egg Noodles
  - Carrots
  - Lemon Bars
- **Dinner**
- Sliced Open Faced Turkey Sandwich W/ Gravy
  - Mashed Potatoes
  - Green Beans
  - Peaches

- Saturday**  
**Breakfast**
- Cheesy Scrambled Eggs
  - English Muffin
  - Oatmeal
- **Lunch**
- Breaded Fish w/ Tartar Sauce
  - Baked Potato w/ Sour Cream
  - Coleslaw
  - Chocolate Éclair
- **Dinner**
- Chicken Alfredo
  - French Bread w/ Butter
  - Broccoli
  - Sherbet

- Sunday**  
**Breakfast**
- Cinnamon Roll
  - Sausage Link
  - Scramble Egg W/Salsa
- **Lunch**
- Pot Roast w/ Gravy
  - Mashed Potato
  - Mashed Butternut Squash
  - Pumpkin Pie w/tpg
- **Dinner**
- Split Pea Soup
  - Ham Salad Sandwich
  - Sugar Cookie

Good nutrition is an essential part of your care in our center. The menu has been planned with variety and moderation in mind, and to achieve a well-balanced diet. The daily menu may vary slightly due to the special diet ordered to meet your needs. Please, feel free to ask any questions regarding your menu, diet, or service.