



# HealthCare Services Group MENU

## WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>						
Juice Cheese Omelet Turkey Bacon Assorted Muffins Oatmeal Cold Cereal	Juice Scrambled Eggs French Toast Margarine & Syrup Cream of Wheat Cold Cereal	Juice Scrambled Eggs Turkey Sausage Banana Bread Oatmeal Cold Cereal	Juice Hard Boiled Egg Hashbrowns Raisin Toast Cream of Wheat Cold Cereal	Juice Scrambled Eggs Turkey Bacon Donuts Oatmeal Cold Cereal	Juice Scrambled Eggs Pancakes Margarine & Syrup Cream of Wheat Cold Cereal	Juice Scrambled Eggs Biscuits with Turkey Sausage Gravy Oatmeal Cold Cereal
<b>Lunch</b>						
Spilt Pea Soup Corned Beef Sandwich Potato Salad Coleslaw Fresh Fruit	Black Bean Soup Braised Beef Tips with gravy over Parsley Noodles Broccoli and Cauliflower with cheese Gelatin with Whipped Topping	Cream of Tomato Soup Philly Steak Steak Fries Cucumber & Onion Salad Fruit Parfait	Cream of Mushroom Soup Oven Fried Fish with tartar sauce AuGratin Potatoes Stewed Tomatoes Cornbread Cherry Pie	Garden Vegetable Soup Sloppy Joe on a Bun Baked Beans Fresh Fruit	Beef Barley Soup Spaghetti with Meatsauce Tossed Salad with dressing Garlic Bread Pears	Beef Consume Hamburger on a Bun with lettuce & tomatoes Tators Cookies
<b>Dinner</b>						
Cream of Potato Soup Roast Turkey with gravy Parsley Mashed Potatoes Seasoned Carrots Dinner Roll Strawberry Shortcake	Chicken Gumbo Salmon Patties Baked Potato with Sour Cream Green Beans Baked Cinnamon Apples	Corn Chowder Cranberry Orange Chicken Wild Rice Pineapple Tidbits	Vegetable Soup Grilled Beef and Cheese Sandwich Potato Chips Fresh Fruit	Broccoli and Cheese Soup Liver & Onions Mashed Potatoes with gravy Green Peas Ice Cream	Matzo Ball Soup Beef Brisket Baked Potato with sour cream Sicilian Vegetables Challah Angel Food Cake	Tomato Basil Soup Oven Fried Chicken Stuffing Peas and Carrots Dinner Roll Tropical Fruit Salad



# HealthCare Services Group MENU

## WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>						
Juice Cheese Omelet Turkey Bacon Assorted Muffins Cream of Wheat Cold Cereal	Juice Scrambled Eggs French Toast Margarine & Syrup Oatmeal Cold Cereal	Juice Scrambled Eggs Turkey Sausage Banana Bread Cream of Wheat Cold Cereal	Juice Hard Boiled Egg Hashbrowns Raisin Toast Oatmeal Cold Cereal	Juice Scrambled Eggs Turkey Bacon Donuts Cream of Wheat Cold Cereal	Juice Scrambled Eggs Waffles Margarine & Syrup Oatmeal Cold Cereal	Juice Scrambled Eggs Biscuits with Turkey Sausage Gravy Cream of Wheat Cold Cereal
<b>Lunch</b>						
Minestrone Soup Turkey Bacon, Lettuce, and Tomato Sandwiches Steak Fries Melon	Split Pea Soup Baked Ziti with Meatsauce Tossed Salad with dressing Garlic Bread Ice Cream	Vegetable Soup Hot Dog on a bun Macaroni Salad Tomato & Cucumber Salad Berries with topping	Cabbage Soup Fish Filet Sandwich with tartar sauce Tator Tots Spinach Salad Peaches & Cream	Cream of Tomato Soup Kosher Kielbasa with sauerkraut Fried Potatoes Yellow Squash Strawberry Pie	Texas Tortilla Soup Taco Salad with beef, lettuce, tomato, & sour cream Spanish Rice Brownies	Cream of Potato Soup Chicken Patty on a bun with lettuce & tomatoes Pasta Salad Pudding Parfait
<b>Dinner</b>						
Cream of Mushroom Soup Pot Roast with Roasted Potatoes Green Beans Dinner Roll Apple Pie	Beef Vegetable Soup Cornish Hen Baked Potato with sour cream Broccoli Banana Pudding	Chicken Consume Country Fried Steak Scalloped Potatoes Carrots & Peas Peach Crisp	Lentil Soup BBQ Chicken Baked Beans Greens Cornbread Ice Cream	Cream of Broccoli Soup Eggplant Parmesan with pasta & red sauce Green Peas Dinner Roll Cheesecake	Mushroom Barley Soup Baked Herb Fish Red Bliss Potatoes Carrots Fruit Crisp	Turkey Rice Soup Meatloaf Mashed Potatoes with gravy Mixed Vegetables Dinner Roll Mandarin Orange Delight



# HealthCare Services Group MENU

## WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>						
Juice Cheese Omelet Turkey Bacon Assorted Muffins Oatmeal Cold Cereal	Juice Scrambled Eggs French Toast Margarine & Syrup Cream of Wheat Cold Cereal	Juice Scrambled Eggs Turkey Sausage Banana Bread Oatmeal Cold Cereal	Juice Hard Boiled Egg Hashbrowns Raisin Toast Cream of Wheat Cold Cereal	Juice Scrambled Eggs Turkey Bacon Donuts Oatmeal Cold Cereal	Juice Scrambled Eggs Pancakes Margarine & Syrup Cream of Wheat Cold Cereal	Juice Scrambled Eggs Biscuits with Turkey Sausage Gravy Oatmeal Cold Cereal
<b>Lunch</b>						
Black Bean Soup BBQ Beef Sandwich Seasoned Steak Fries Three Bean Salad Chocolate Pudding Parfait	Tomato Soup Turkey Club Sandwich with turkey bacon, lettuce & tomatoes Coleslaw Fruited Gelatin	Chicken Noodle Soup Salisbury Steak Mashed Potatoes with gravy Cheesy Spinach Tropical Fruit Salad	Beef Barley Soup Chicken Tenders Cucumber & Onion Salad Cake with frosting	Broccoli & Cheese Soup Oven Fried Fish Fillet with tartar sauce Rice Pilaf Greens Chocolate Cream Pie	French Onion Soup Chicken Caesar Salad Breadstick Cookie	Tomato Basil Soup Cajun Beef Baked Sweet Potato Zucchini Cornbread Baked Cinnamon Apples
<b>Dinner</b>						
Vegetable Barley Soup Oven Fried Chicken Garlic Mashed Potatoes Green Bean Casserole Dinner Roll Mixed Fruit	Baked Potato Soup Beef Stroganoff Rice Broccoli Sherbet	Corn Chowder Turkey Creole Baked Potato with sour cream Green Peas Dinner Roll Apple Crisp	Beef Consume Swedish Meatballs with Buttered Parsley Noodles Seasoned Carrots Fresh Fruit	Chicken Vegetable Soup Lasagna with Meatsauce Tossed Salad with dressing Garlic Bread Ice Cream	Cream of Potato Soup Roasted Turkey with gravy Mashed Potatoes Mixed Vegetables Strawberry Shortcake	Italian Wedding Soup Oven Fried Chicken Parsley Potatoes Peas & Carrots Pie



# HealthCare Services Group MENU

## WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breakfast</b>						
Juice Cheese Omelet Turkey Bacon Assorted Muffins Cream of Wheat Cold Cereal	Juice Scrambled Eggs Waffles Margarine & Syrup Oatmeal Cold Cereal	Juice Scrambled Eggs Turkey Sausage Banana Bread Cream of Wheat Cold Cereal	Juice Hard Boiled Egg Hashbrowns Raisin Toast Oatmeal Cold Cereal	Juice Scrambled Eggs Turkey Bacon Donuts Cream of Wheat Cold Cereal	Juice Scrambled Eggs Pancakes Margarine & Syrup Oatmeal Cold Cereal	Juice Scrambled Eggs Biscuits with Turkey Sausage Gravy Cream of Wheat Cold Cereal
<b>Lunch</b>						
Split Pea Soup Chicken & Dumplings Green Peas Poke Cake	Minestrone Soup Cheese Pizza Tossed Salad with dressing Fresh Fruit	Vegetable Soup Turkey Ham Sweet Potatoes Green Peas Tapioca Pudding	Chicken Vegetables Soup Deli Sandwich Macaroni Salad Marinated Vegetable Salad Ice Cream	Chicken Noodle Soup Stuffed Green Pepper Corn Apple Pie	Cream of Asparagus Soup Quiche with turkey bacon, vegetables, & cheese Tossed Salad with Dressing Cookie	Turkey Rice Soup Grilled Cheese Sandwich Steak Fries Coleslaw Fruit Parfait
<b>Dinner</b>						
Corn Chowder Roast Beef Baked Potato with sour cream Corn O'Brien Chilled Pears	Cream of Broccoli Soup Roast Turkey Mashed Potatoes with gravy Zucchini & Tomatoes Dinner Roll Chocolate Cake	Cabbage Soup Meatloaf Potato Kugel Seasoned Carrots Hot Spiced Apples	Mushroom Barley Soup Oven Fried Chicken Stuffing Broccoli Cherry Cobbler	Lentil Soup Veal Parmesan Parsley Buttered Noodles Green Beans Garlic Bread Peaches	Cream of Chicken Soup Lemon Pepper Fish with tartar sauce Red Bliss Potatoes Peas and Onions Dinner Roll Sherbet	Tomato Basil Soup Salisbury Steak Garlic Mashed Potatoes Mixed Vegetables Spice Cake