

IOWA VETERANS HOME MENUS Week D

SUNDAY, March 22, 2014

BREAKFAST

Orange Juice, Scrambled Eggs w/Bacon,
Dry Cereal and Whole Wheat Toast

LUNCH

Roast Beef, **Alt:** *Seasoned Chicken
Wings*Zucchini*, Mashed Potatoes/gravy,
Carrot Sticks, Applesauce, Ice Cream

SUPPER

Beef Stroganoff/Noodles, **Alt.:** *Cod
Square/Bun*Asparagus*, Cauliflower,
Lettuce Salad, Peaches, and Whole
Wheat Bread

MONDAY, March 23, 2014

BREAKFAST

Grape Juice, Fried Egg, Canadian Bacon,
Cream of Wheat and English Muffin

LUNCH

Beef Patty / Bun, **Alt:** *Italian
Meatballs*Wax Beans*, Pea Salad,
Lettuce, Tomato, Pickle, Fruit Cocktail,
Pea Salad and Cookie

SUPPER

Ham Ball **Alt:** *Seasoned Turkey*Fried
Cabbage*, Buttered Noodles, Corn, and
Mandarin Oranges

TUESDAY, March 24, 2014

BREAKFAST

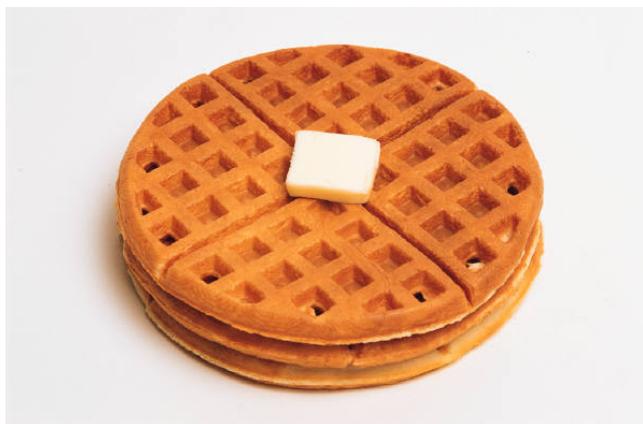
Orange Juice, Sausage Links, Dry Cereal,
French Toast

LUNCH

Roast Pork **Alt:** *Chef's Choice *Beets*,
Parsley Potatoes, Catalina Blend,
Tropical Fruit, Cheesecake w/Strawb.
Topping

SUPPER

Tuna Noodle Casserole **Alt:** *Hot Dog /
Bun*Tomatoes*, Broccoli, Pineapple
Delight, and Gelatin



WEDNESDAY, March 25, 2014

BREAKFAST

Orange Juice, Scrambled Eggs, Oatmeal
w/Raisins and Coffee Cake

LUNCH

Fried Chicken, **Alt:** *Ravioli*Cauliflower*,
Potato Wedges, Green Beans, Apricots,
Mini Muffin

SUPPER

Grilled Cheese Sandwich **Alt:** *Chicken
Cordon Bleu*Sauteed Onions*, Spinach,
Pears, and Tapioca Pudding

THURSDAY, March 26, 2015

BREAKFAST

Orange Juice, Scrambled Eggs, Bacon,
Pancake/Syrup and Grits

LUNCH

Swiss Steak, **Alt:** *Taco Salad
Lettuce/Tomato, Mashed Potatoes/Gravy,
Asparagus, Fruit Cocktail

SUPPER

Scalloped Potatoes & Ham **Alt:** *Polish on
a Bun*Wax Beans*, Mixed Vegetables,
Grapes

FRIDAY, March 27, 2015

BREAKFAST

Orange Juice, Fried Egg, Hash Browns,
Oatmeal/w raisins, and Whole Wheat
Toast

LUNCH

Tavern Cod, **Alt:** *Beef Frank *Zucchini*,
Macaroni and Cheese, Carrots, Apple Pie

SUPPER

Marinated Chicken Breast **Alt:** *Chef's
Choice*Winter Mix*, Garlic Mashed
Potatoes, 7 Layer Salad, Chocolate Cake,
Applesauce

SATURDAY, March 28, 2015

BREAKFAST

Orange Juice, Sausage Gravy, Cream of
Wheat and Biscuit

LUNCH

Turkey **Alt:** *Stuffed Cabbage/Mozz.
Cheese*Spinach*, Dressing/Gravy, French
Cut Green Beans, and Butterscotch
Pudding

SUPPER

Sloppy Joe / Bun, **Alt:** *Corn Beef
Hash*Beets*, Breaded Onion Chips,
Broccoli, Peaches