

IOWA VETERANS HOME MENUS Week B

SUNDAY, April 5, 2015

BREAKFAST

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

LUNCH

Ham, **Alt:** *Seasoned Chicken
Wings*Broccoli*, Sweet Potato, Mixed
Vegetables, Pineapple, Dinner Roll, and
Assorted Cheesecake slices

SUPPER

Chicken Patty / Bun **Alt.:** *Beef Patty/Bun
Green Beans, Cauliflower, Peaches, and
Ice Cream

MONDAY, April 6, 2015

BREAKFAST

Orange Juice, Fried Egg, Cream of Wheat
and Whole Wheat Toast

LUNCH

Meatloaf, **Alt:** *Chef's *Beets*, Baked
Potato, Carrots, Fruit Cocktail, and Bread
Pudding w/raisins

SUPPER

Open Faced Reuben San., **Alt:** *Baked
Chicken Breast *Zucchini & Tomatoes*,
Sauerkraut, Pears, and Fruit Stick

TUESDAY, April 7, 2015

BREAKFAST

Orange Juice, Sausage, Dry Cereal,
French Toast

LUNCH

Hot Beef Sandwich, **Alt:** *Italian Chicken
Breast*Capri Veg*, Mashed
Potatoes/Gravy, Green Beans, and Peach
Crisp

SUPPER

Pulled Pork on Bun, **Alt:** *Turkey
Burger*Cauliflower*, Baked Beans, Corn
and Mandarin Oranges



WEDNESDAY, April 8, 2015

BREAKFAST

Orange Juice, Cheese Omelet,
Oatmeal/raisins, and Cinnamon Roll

LUNCH

Country Fried Steak, **Alt:**
*Meatloaf*Asparagus*, Mashed
Potatoes/Gravy, Spinach, Applesauce,
Jell-O Cake

SUPPER

Soft-Shell Taco, **Alt:** *Pork Fritter,*
Braised Celery*, Refried Beans,
Lettuce/Tomato, Pineapple, and Cookie

THURSDAY, April 9, 2015

BREAKFAST

Tomato Juice, Scrambled Eggs,
Cornmeal, Bacon, Pancake and Whole
Wheat Toast

LUNCH

Breaded Chicken Breast, **Alt:** *Pork
Riblette*Winter Mix*, Broccoli Cornbake,
Brussels Sprouts, Pears, and Applesauce
Muffin

SUPPER

Roast Pork, **Alt:** *BB – Q Beef*Steamed
Cabbage*, Dressing /gravy, Cauliflower,
Peaches, Chocolate Pudding

FRIDAY, April 10, 2015

BREAKFAST

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

LUNCH

Chicken & Noodles, **Alt:** *Salmon Patty
Okra & Tomatoes, Carrots, and Lemon
Crunch Pie

SUPPER

Turkey Club Sandwich, **Alt:** *Tavern
Cod*Zucchini*, Potato Salad,
Lettuce/Tomatoes, and Tropical Fruit

SATURDAY, April 11, 2015

BREAKFAST

Orange Juice, Sausage Gravy, Cream of
Wheat and Biscuit

LUNCH

Turkey Tetrazzini, **Alt:** *Roast
Beef*Sauerkraut*, Hush Puppies, Mixed
Vegetables, and Strawberries

SUPPER

Cod Fillet, **Alt:** *Sloppy Joe/Bun*Winter Mix*,
Rice Pilaf, Marinated Cucumbers Fruit
Cocktail/Bananas