

IOWA VETERANS HOME MENUS Week C

SUNDAY, APRIL 12, 2015

BREAKFAST

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

LUNCH

Lasagna **Alt:** *Ham*Breaded Tomatoes,*
Bread Stick, Brussels Sprouts, Orange
Slices and Ice Cream

SUPPER

Loose Meat / Bun, **Alt** *BB-Q Pork/bun**
Peppers/Onions, Potato Wedges,
Spinach, Peaches

MONDAY, APRIL 13, 2015

BREAKFAST

Cranberry Juice, Fried Egg, Bacon,
Cream of Wheat, and Whole Wheat Toast

LUNCH

Liver & Onions, **Alt:** *Chef's Choice **
Cabbage, Baked Potato, Catalina
Vegetables, Cherries, Lemon Bar

SUPPER

Cold Cuts **Alt:** *Spicy Chicken*
*Patty*Zucchini,* Pork & Beans, Broccoli,
Fruit Cocktail, and Fruited Gelatin

TUESDAY, APRIL 14, 2015

BREAKFAST

Orange Juice, Sausage, Dry Cereal,
French Toast

LUNCH

Fried Fish Fillet **Alt:** *Beef Patty / Bun*
**Wax Beans,* Macaroni Salad, Green
Beans, Pears

SUPPER

Pizza, **Alt:** *Chicken Livers*Sautéed*
Onions, Carrots, Watergate Salad



WEDNESDAY, APRIL 15, 2015

BREAKFAST

Orange Juice, Scrambled Eggs,
Oatmeal w/Raisins and Fruit Bread

LUNCH

BB-Q Ribs, **Alt:** *Chicken Strips**
Asparagus, Scalloped Corn, Pickled
Beets, Peaches, and Sherbet

SUPPER

Meatloaf, **Alt:** *Chef's Choice*Braised*
Celery, Macaroni & Cheese, Coleslaw,
Apricots, and Cherry Bar

THURSDAY, APRIL 16, 2015

BREAKFAST

Orange Juice, Scrambled Eggs, Bacon,
Pancake, and Cornmeal

LUNCH

Pot Roast **Alt:** *Seasoned Chicken*
*Wings*Zucchini,* Boiled Potatoes/Gravy,
Baby Carrots, Angel Food Cake,
Strawberries

SUPPER

Spaghetti w/meat sauce **Alt:** *Stuffed*
*Pepper*Sauteed Mushrooms,* 3 Bean
Salad, Pineapple, and Garlic Toast

FRIDAY, APRIL 17, 2015

BREAKFAST

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

LUNCH

Pork Chop, **Alt:** *Manicotti*Cauliflower,*
Fried Rice/gravy, Asparagus, Pineapple,
and Key Lime Pie

SUPPER

BB-Q Chicken, **Alt:** *Baked*
*Fish*Spinach,* Garlic Mashed Potatoes,
Lettuce Salad, /dressing, Tropical Fruit

SATURDAY, APRIL 18, 2015

BREAKFAST

Orange Juice , Hamburger Gravy, Grits,
and Biscuit

LUNCH

Ham & Beans, **Alt:** *Pork Chop**
Tomatoes, Cube of Cornbread, Mixed
Vegetables, and Warm Cinnamon Apples

SUPPER

Goulash, **Alt:** *Chef's Choice*Capri*
Vegetables, Broccoli, Mandarin Oranges,
and Bread Stick.