

IOWA VETERANS HOME MENUS Week B

SUNDAY, May 3, 2015

BREAKFAST

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

LUNCH

Pork Steak/gravy, **Alt:** Egg
Rolls*Broccoli, Sweet Potato, Mixed
Vegetables, Pineapple, Dinner Roll, and
Ice Cream

SUPPER

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

MONDAY, May 4, 2015

BREAKFAST

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

LUNCH

Chicken & Noodles, **Alt:** Chef's
Choice*Beets, 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, May 5, 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
Raspberry Cake

SUPPER

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

WEDNESDAY, May 6, 2015

BREAKFAST

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

LUNCH

Country Fried Steak, **Alt:** Chef's
Choice*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, May 7, 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, May 8, 2015

BREAKFAST

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

LUNCH

Meatloaf, **Alt:** Salmon Patty *Okra &
Tomatoes, Baked Potato, Carrots, and
Strawberry Rhubarb Pie

SUPPER

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

SATURDAY, May 9, 2015

BREAKFAST

Orange Juice, Sausage Gravy, Cream of
Wheat and Biscuit

LUNCH

Chicken Alfredo, **Alt:** Roast
Beef*Sauerkraut, Mixed Vegetables,
Strawberries, and a Bread Stick

SUPPER

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

