IOWA VETERANS HOME MENUS Week C

SUNDAY, JUNE 7, 2015

BREAKFAST

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

LUNCH

Lasagna **Alt***: Ham*Was Beans,* 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, JUNE 8, 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 Blend, Cherries, Lemon Bar

SUPPER

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

TUESDAY, JUNE 9, 2015

BREAKFAST

Orange Juice, Sausage, Dry Cereal, French Toast

LUNCH

Fried Fish Fillet **Alt:** *Beef Patty / Bun *Breaded Tomatoes,* Macaroni Salad, Green Beans, Pineapple

SUPPER

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

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WEDNESDAY, JUNE 10, 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

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

THURSDAY, JUNE 11, 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, Fresh Strawberries

SUPPER

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

FRIDAY, JUNE 12, 2015

BREAKFAST

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

LUNCH

Pork Chop, **Alt:** *Manicotti*Cauliflower,* Fried Rice/gravy, Asparagus, Pears, and Butterscotch Cream Pie

SUPPER

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

SATURDAY, JUNE 13, 2015

BREAKFAST

Orange Juice , Hamburger Gravy, Grits, and Biscuit

LUNCH

Chicken Fingers, **Alt:** *Pork Chop* Tomatoes,* Baked Beans, Mixed Vegetables, and Warm Cinnamon Apples

SUPPER

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

✪ NOURISHMENTS AVAILABLE ON EVERY UNIT