

IOWA VETERANS HOME MENUS Week D

SUNDAY, June 14, 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, June 15, 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

Salsa Chicken **Alt:** *Polish / Bun*Fried
Cabbage*, Fiesta Rice, Corn, and
Mandarin Oranges

TUESDAY, June 16, 2014

BREAKFAST

Orange Juice, Sausage Links, Dry Cereal,
French Toast

LUNCH

Turkey **Alt:** *Chef's Choice *Beets*,
Mashed Potatoes/Gravy , Catalina Blend,
Tropical Fruit, Chocolate Cake

SUPPER

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



WEDNESDAY, June 17, 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:** *Broccoli
Chicken*Sauteed Onions*, Spinach, Pears,
and Tapioca Pudding

THURSDAY, June 18, 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:** *Seasoned
Turkey/Bun*Wax Beans*, Mixed
Vegetables, Grapes

FRIDAY, June 19, 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, Boston
Crème Pie

SUPPER

Marinated Chicken Breast **Alt:** *Chef's
Choice*Winter Mix*, Garlic Mashed
Potatoes, 7 Layer Salad, Cheesecake
w/Strawb. Topping, Applesauce

SATURDAY, June 20, 2015

BREAKFAST

Orange Juice, Sausage Gravy, Cream of
Wheat and Biscuit

LUNCH

Pork Roast **Alt:** *Stuffed Cabbage/Mozz.
Cheese*Spinach*, Parsley Potatoes,
French Cut Green Beans, and
Butterscotch Pudding

SUPPER

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