

IOWA VETERANS HOME MENUS Week A

SUNDAY, June 21, 2015

BREAKFAST

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

LUNCH

Shrimp, **Alt:** *Roast Beef * Carrots,
Mixed Vegetables, Pineapple, Dinner
Roll, and Ice Cream*

SUPPER

Cheeseburger Casserole **Alt.:** *Pork Patty
*Wax Beans, Brussels Sprouts, Mandarin
Oranges, and Mini Muffins*

MONDAY, June 22, 2015

BREAKFAST

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

LUNCH

Cream Chicken **Alt:** *Hot Dog/bun*Beets,
Dumpling, Green Bean /onions, Cherries,
and Garwin Brownie*

SUPPER

Ham Slice, **Alt:** *Cheese Omelet*
Peppers & Onions, Pancake, Tomato
Juice, and Strawberries*

TUESDAY, June 23, 2015

BREAKFAST

Orange Juice, Sausage Patties, Dry
Cereal, French Toast

LUNCH

Steak Demi-Glaze, **Alt:** *Chicken Wings *
Braised Celery, Cornbread Cube,
California Blend, Tropical Fruit, Cherry
Fluff*

SUPPER

French Dip Sandwich, **Alt:** *Turkey
Slices* Zucchini, Hash Browns,
Marinated Cucumbers, and Peaches*



WEDNESDAY, June 24, 2015

BREAKFAST

Orange Juice, Scrambled Eggs, Oatmeal
w/Raisins and Blueberry Muffin

LUNCH

Hot Turkey Sandwich, **Alt:** *Meatballs
*Sautéed Onions, Mashed Potatoes /
Gravy, Spinach, Apricots, and Tapioca
Pudding*

SUPPER

Polish Sausage, **Alt:** *Chef's Choice
*Cauliflower, Veg. Soup, Orange Slices,
and Ranch Penne Salad*

THURSDAY, June 25, 2015

BREAKFAST

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

LUNCH

Spaghetti/Meat Sauce, **Alt:** *Pizza
Burger* Capri Vegetables, Lettuce Salad,
Applesauce, Garlic Toast*

SUPPER

Swedish Meatballs **Alt:** *Cold
Cuts*Asparagus, White Rice, Mixed
Vegetables, Fresh Pineapple, Cocoa-
Banana Bar*

FRIDAY, June 26, 2015

BREAKFAST

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

LUNCH

Pot Roast, **Alt:** *Chef's Choice *Wax
Beans, Boiled Potatoes/Gravy, Baby
Carrots, Pears, and Peach Pie*

SUPPER

Ham/Swiss Cheese on Croissant , **Alt:**
*Tuna Salad Sandwich*Beets, Potato
Soup, Asparagus, Mandarin Oranges,
Cookie*

SATURDAY, June 27, 2015

BREAKFAST

Orange Juice, Hamburger Gravy, Cream
of Wheat, and Biscuit

LUNCH

BB-Q Beef / Bun, **Alt:** *Bratwurst/Bun*
Sauerkraut, Green Beans, French Fries,
Strawberries*

SUPPER

Chicken Strips, **Alt:** *Chef's Choice*
Peppers & Onions, Cauliflower, Butter
Beans, Fruit Cocktail, Turnover*