

IOWA VETERANS HOME MENUS Week C

SUNDAY, JULY 5, 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, JULY 6, 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, JULY 7, 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*Saut ed*
Onions, Carrots, Watergate Salad



WEDNESDAY, JULY 8, 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, JULY 9, 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, JULY 10, 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
Lemon Meringue Pie

SUPPER

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

SATURDAY, JULY 11, 2015

BREAKFAST

Orange Juice , Hamburger Gravy, Grits,
and Biscuit

LUNCH

Tilapia, **Alt:** *Pork Chop**
Tomatoes, Twice Baked Potato, Mixed
Vegetables, and Mango

SUPPER

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