

IOWA VETERANS HOME MENUS Week A

SUNDAY, July 19, 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, July 20, 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, July 21, 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, July 22, 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, July 23, 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, Pineapple, Cocoa-Banana Bar*

FRIDAY, July 24, 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 Strawberry Cream Pie*

SUPPER

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

SATURDAY, July 25, 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*

NATIONAL
ICE
CREAM
DAY

July 19

