

IOWA VETERANS HOME MENUS Week B

SUNDAY, July 26, 2015

BREAKFAST

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

LUNCH

Pork Steak/gravy, **Alt:** Egg Rolls*Broccoli, Sweet Potato, Mixed Vegetables, Pineapple, Dinner Roll, and Ice Cream

SUPPER

Chicken Patty / Bun **Alt.:** Beef Patty/Bun *Green Beans, Cauliflower, Peaches, and Gelatin

MONDAY, July 27, 2015

BREAKFAST

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

LUNCH

Chicken & Noodles, **Alt:** Chef's Choice*Beets, Carrots, Fruit Cocktail, and Lemon Chiffon

SUPPER

Open Faced Reuben San., **Alt:** Baked Chicken Breast *Zucchini & Tomatoes, Sauerkraut, Pears, and Fruit Stick

TUESDAY, July 28, 2015

BREAKFAST

Orange Juice, Sausage, Dry Cereal, French Toast

LUNCH

Meatloaf, **Alt:** Salmon Patty*Capri Veg, Baked Potato, Green Beans, and Hawaiian Cake

SUPPER

Pulled Pork on Bun, **Alt:** Turkey Burger*Cauliflower, Baked Beans, Corn and Mandarin Oranges

WEDNESDAY, July 29, 2015

BREAKFAST

Orange Juice, Cheese Omelet, Oatmeal/raisins, and Cinnamon Roll

LUNCH

Country Fried Steak, **Alt:** BB-Q Beef*Asparagus, Mashed Potatoes/Gravy, Spinach, Applesauce, Jell-O Cake

SUPPER

Soft-Shell Taco, **Alt:** Pork Fritter,* Braised Celery, Refried Beans, Lettuce/Tomato, Pineapple, and Cookie

THURSDAY, July 30, 2015

BREAKFAST

Tomato Juice, Scrambled Eggs, Cornmeal, Bacon, Pancake and Whole Wheat Toast

LUNCH

Breaded Chicken Breast, **Alt:** Pork Riblette*Winter Mix, Broccoli Cornbake, Brussels Sprouts, Pears, and Applesauce Muffin

SUPPER

Roast Pork, **Alt:** Meatloaf*Steamed Cabbage, Dressing /gravy, Cauliflower, Peaches, Chocolate Pudding

FRIDAY, July 31, 2015

BREAKFAST

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

LUNCH

Hot Beef Sandwich, **Alt:** Italian Chicken Breast*Okra & Tomatoes, Mashed Potatoes/Gravy, Carrots, and Forrest Fruit Pie

SUPPER

Turkey Club Sandwich, **Alt:** Tavern Cod*Zucchini, Lettuce / Tomatoes, Potato Salad, Tropical Fruit, Garlic Herb Dinner Roll

SATURDAY, August 1, 2015

BREAKFAST

Orange Juice, Sausage Gravy, Cream of Wheat and Biscuit

LUNCH

Chicken Alfredo, **Alt:** Roast Beef*Mixed Veg., Fettuccini, Caesar Salad, Honey Dew Melon, Garlic Herb Dinner Roll

SUPPER

Cod Fillet, **Alt:** Sloppy Joe/Bun*Winter Mix, Rice Pilaf, Marinated Cucumbers, Fruit Cocktail/Bananas

