IOWA VETERANS HOME MENUS Week D

SUNDAY, August 9, 2015

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

Tuna Noodle Cass., **Alt.:** *Polish / Bun *Asparagus*, Cauliflower, Lettuce Salad, Peaches, and Whole Wheat Bread

MONDAY, August 10, 2015

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**: Cod Square/Bun *Fried Cabbage*, Fiesta Rice, Corn, and Mandarin Oranges

TUESDAY, August 11, 2015

BREAKFAST

Orange Juice, Sausage Links, Dry Cereal, French Toast

LUNCH

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

SUPPER

Beef Stroganoff / Noodles **Alt:** *Hot Dog / Bun*Tomatoes*, Broccoli, Strawberry Delight, and Gelatin

WEDNESDAY, August 12, 2015

BREAKFAST

Orange Juice, Scrambled Eggs, Oatmeal w/Raisins and Coffee Cake

LUNCH

Fried Chicken, **Alt:** *Ravioli*Cauliflower*, Sweet Corn, Green Beans, Apricots, and Mini Muffins

SUPPER

Grilled Cheese Sandwich **Alt:** *Broccoli Chicken*Sauteed Onions*, Spinach, Pears, and Tapioca Pudding

THURSDAY, August 13, 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, August 14, 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, Strawberry Rhubarb Pie

SUPPER

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

SATURDAY, August 15, 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, Fresh Peach

✪ NOURISHMENTS AVAILABLE ON EVERY UNIT