

IOWA VETERANS HOME MENUS Week B

SUNDAY, July 28, 2013

BREAKFAST

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

LUNCH

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

SUPPER

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

MONDAY, July 29, 2013

BREAKFAST

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

LUNCH

Meatloaf, **Alt:** *Pork Fritter*Beets, Corn,*
Fruit Cocktail, and Pumpkin Bar

SUPPER

Turkey Club Sandwich, **Alt:** *Tavern*
*Cod*Zucchini, French Fries,*
Lettuce/Tomatoes, and Pears

TUESDAY, July 30, 2013

BREAKFAST

Orange Juice, Sausage, Dry Cereal,
French Toast

LUNCH

Hot Beef Sandwich, **Alt:** *Pork Patty*
**Spinach, Mashed Potatoes/Gravy,*
Broccoli, and Peach Crisp

SUPPER

Beef Frank on Bun, **Alt:** *Breaded Italian*
*Chicken Patty*Cauliflower, Macaroni &*
Cheese, Green Beans, and Mandarin
Oranges



WEDNESDAY, July 31, 2013

BREAKFAST

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

LUNCH

Scalloped Potatoes & Ham, **Alt:**
*Meatloaf*Asparagus, Spinach,*
Applesauce, Pina Colada Cake

SUPPER

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

THURSDAY, August 1, 2013

BREAKFAST

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

LUNCH

BB-Q Pork /Bun, **Alt:** *Hot Dogs/Bun*
**Winter Mix, Pasta Salad, Brussels*
Sprouts, Pears, and Applesauce Muffin

SUPPER

Baked Ziti, **Alt:** *Pork Riblette*Zucchini,*
Bread Stick, Cauliflower, Tropical Fruit,
Chocolate Pudding

FRIDAY, August 2, 2013

BREAKFAST

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

LUNCH

Chicken & Noodles, **Alt:** *Liver & Onions*
**Tomatoes, Mashed Potatoes, Carrots,*
and Strawberry Pie

SUPPER

Egg Bake/Ham, **Alt:** *Roast Beef**
Spinach, Peppers & Onions, Peaches, and
Cream Cheese Bagel

SATURDAY, August 3, 2013

BREAKFAST

Orange Juice, Sausage Gravy, Cream of
Wheat and Biscuit

LUNCH

Seasoned Chicken Wings, **Alt:**
*Bratwurst/Bun*Sauerkraut, Tator Tots,*
Baked Beans, Mixed Vegetables, Fresh
Strawberries

SUPPER

Cod Fillet, **Alt:** *Sloppy Joe/Bun*Winter*
Mix, Green Bean/onions, Rice Pilaf, Fruit
Cocktail/Bananas, Butterscotch Pudding

IOWA VETERANS HOME MENUS Week C

SUNDAY, AUGUST 4, 2013

BREAKFAST

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

LUNCH

Ham Loaf, **Alt:** *Salsa Chicken*Breaded Tomatoes*, Brussels Sprouts, Citrus Sections, and Ice Cream

SUPPER

Loose Meat / Bun, **Alt** *BB-Q Pork*Peppers/Onions*, Potato Wedges, Spinach, Peaches

MONDAY, AUGUST 5, 2013

BREAKFAST

Cranberry Juice, Fried Egg, Sausage, Cream of Wheat, and Whole Wheat Toast

LUNCH

Pork Roast, **Alt:** *Chef's Choice*Brussels Sprouts*, Parsley Potatoes, Cauliflower, Apricots, and Rhubarb Dream Bar

SUPPER

Spaghetti w/Sauce **Alt:** *Spicy Chicken Patty*Zucchini*, Green Beans, Fruit Cocktail, and Bread Stick

TUESDAY, AUGUST 6, 2013

BREAKFAST

Orange Juice, Bacon, Dry Cereal, French Toast

LUNCH

Lemon Pepper Fish **Alt:** *Sweet & Sour Meatballs*Beets*, Rice Pilaf, Broccoli, Pears

SUPPER

Pizza, **Alt:** *Ham/Cheese Hot Pockets*Sautéed Onions*, Carrots, Fresh Pineapple, and Hawaiian Cake



WEDNESDAY, AUGUST 7, 2013

BREAKFAST

Orange Juice, Scrambled Eggs, Oatmeal w/Raisins and Fruit Bread

LUNCH

Fried Chicken, **Alt:** *Beef Patty*Wax Beans*, Garlic Mashed Potatoes, Green Beans, Peaches, and Bread Pudding

SUPPER

Ham & Cheese Croissant, **Alt:** *Chef's Choice*Braised Celery*) Coleslaw, Pork & Beans, Blueberries, and Ice Cream

THURSDAY, AUGUST 8, 2013

BREAKFAST

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

LUNCH

Pot Roast, **Alt:** *Seasoned Chicken Wings*Zucchini*, Boiled Potatoes/Gravy, Baby Carrots, Angel Food Cake, and Strawberries

SUPPER

Grilled Cheese Sand., **Alt:** *Stuffed Pepper/Mozz Cheese*Asparagus*, Tomato Soup, 3 Bean salad, and Fruit Cocktail

FRIDAY, AUGUST 9, 2013

BREAKFAST

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

LUNCH

Pork Chop, **Alt:** *Baked Fish *Cauliflower*, Dressing / gravy, Pickled Beets, Applesauce, and Chocolate Cream Pie

SUPPER

Coldcuts, **Alt:** *Mozzarella Sticks /Marinara Sauce*, *Spinach, Potato Salad, Lettuce/Tomato, Tropical Fruit, and Fruited Gelatin

SATURDAY, AUGUST 10, 2013

BREAKFAST

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

LUNCH

Chicken Strips, **Alt:** *Pork Chop*Tomatoes*, Sw Potato Medallions, Mixed Vegetables, and Pears

SUPPER

Chili, **Alt:** *Roast Beef*Capri Vegetables*, Baked Potato, Broccoli-Cheese sauce, and Mandarin Oranges