

IOWA VETERANS HOME MENUS Week A

SUNDAY, September 15, 2013

BREAKFAST

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

LUNCH

Fried 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, September 16, 2013

BREAKFAST

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

LUNCH

Lasagna, **Alt:** *Beef Patty*Beets,* Bread
Stick, Asparagus, Cherries, and Garwin
Brownie

SUPPER

Ham Slice, **Alt:** *Cheese Omelet**
Peppers & Onions, Pancake, Tomato
Juice, and Strawberries

TUESDAY, SEPTEMBER 17, 2013

BREAKFAST

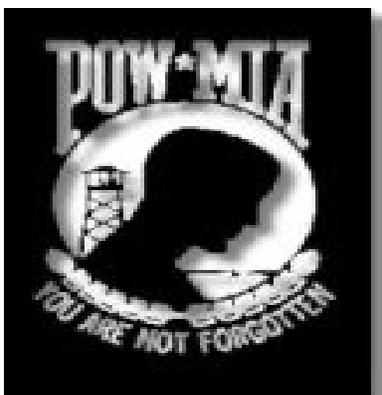
Orange Juice, Sausage Patties, Dry
Cereal, French Toast

LUNCH

Ham & Beans, **Alt:** *Meatballs*Braised*
Celery, Cornbread, Carrots, Fruit
Cocktail, Cherry Fluff

SUPPER

French Dip Sandwich, **Alt:** *Turkey*
*Slices*Peppers & Onions,* Hash Browns,
Fresh Tomatoes, and Peaches



WEDNESDAY, September 18, 2013

BREAKFAST

Orange Juice, Scrambled Eggs, Oatmeal
w/Raisins and Blueberry Muffin

LUNCH

BB-Q Spare Ribs, **Alt:** *Baked*
*Fish*Sautéed Onions,* Fried Rice, Green
Beans, Apricots

SUPPER

Chicken Fajita, **Alt:** *Ravioli,*
**Cauliflower,* Lettuce /Tomato, Citrus
Sections, and Zucchini Cake

THURSDAY, September 19, 2013

BREAKFAST

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

LUNCH

Spaghetti/Meat Sauce, **Alt:** *Pizza*
Burger Capri Vegetables,* Spinach,
Applesauce, Garlic Toast,

SUPPER

Swedish Meatballs **Alt:** *Cold*
*Cuts*Asparagus,* Mashed Potatoes/gravy,
Broccoli, Tropical Fruit, Cocoa-Banana
Bar

FRIDAY, September 20, 2013

BREAKFAST

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

LUNCH

Pot Roast, **Alt:** *Fish Nuggets,* **Wax*
Beans, Boiled Potatoes/Gravy, Baby
Carrots, Pears, and Sweet Potato Pie

SUPPER

Hot Dog/bun, **Alt:** *Chicken Nuggets**
Beets, Chili, Cauliflower, Pineapple

SATURDAY, September 21, 2013

BREAKFAST

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

LUNCH

Beef Patty / Bun, **Alt:** *Bratwurst/Bun**
Sauerkraut, Lettuce/Tomato/Pickle,
French Fries, Strawberries, Fruit Stick

SUPPER

Chicken Salad, **Alt:** *Chef's*
*Choice*Zucchini,* Cr of Mushroom,
Carrot Sticks, Fruit Cocktail, Wheat
Bread

IOWA VETERANS HOME MENUS Week B

SUNDAY, September 22, 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, September 23, 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, September 24, 2013

BREAKFAST

Orange Juice, Sausage, Dry Cereal,
French Toast

LUNCH

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

SUPPER

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



WEDNESDAY, September 25, 2013

BREAKFAST

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

LUNCH

Scalloped Potatoes & Ham, **Alt:**
*Meatloaf*Asparagus, Spinach,*
Applesauce, Jell-O Cake

SUPPER

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

THURSDAY, September 26, 2013

BREAKFAST

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

LUNCH

BB-Q Chicken /Bun, **Alt:** *Pizza*
*Burger/Bun *Winter Mix, Rigatoni Salad,*
Brussels Sprouts, Pears, and Applesauce
Muffin

SUPPER

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

FRIDAY, September 27, 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 Apple Brown Betty Pie

SUPPER

Egg Bake/Ham, **Alt:** *Roast Beef**
Spinach, Peppers & Onions, Peaches, and
Fruit Stick

SATURDAY, September 28, 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,
Strawberries

SUPPER

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