

IOWA VETERANS HOME MENUS Week B

**SUNDAY, August 25, 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, August 26, 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, August 27, 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, August 28, 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, August 29, 2013**

**BREAKFAST**

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

**LUNCH**

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

**SUPPER**

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

**FRIDAY, August 30, 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 Pina Colada Pie

**SUPPER**

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

**SATURDAY, August 31, 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, SEPTEMBER 1, 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, SEPTEMBER 2, 2013**

**BREAKFAST**

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

**LUNCH**

Sirloin Steak, **Alt:** *Chef's Choice\*  
Brussels Sprouts*, Parsley Potatoes,  
Cauliflower, Apricots, and Watermelon,  
Oatmeal Cake

**SUPPER**

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

**TUESDAY, SEPTEMBER 3, 2013**

**BREAKFAST**

Orange Juice, Bacon, Dry Cereal, French  
Toast

**LUNCH**

Salmon Patty **Alt:** *Sweet & Sour  
Meatballs\*Wax Beans*, Rice Pilaf,  
Harvard Beets, Pears

**SUPPER**

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

**WEDNESDAY, SEPTEMBER 4, 2013**

**BREAKFAST**

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

**LUNCH**

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

**SUPPER**

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

**THURSDAY, SEPTEMBER 5, 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, SEPTEMBER 6, 2013**

**BREAKFAST**

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

**LUNCH**

Pork Chop, **Alt:** *Baked Fish  
\*Cauliflower*, Dressing / gravy,  
Asparagus, Applesauce, and Strawberry  
Cream Pie

**SUPPER**

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

**SATURDAY, SEPTEMBER 7, 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

# Labor Day

