

IOWA VETERANS HOME MENUS Week A

SUNDAY, October 13, 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, October 14, 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, OCTOBER 15, 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,
Broc/Caul.w/ranch, and Peaches



WEDNESDAY, October 16, 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, and Apricots

SUPPER

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

THURSDAY, October 17, 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, October 18, 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 Lemon Meringue Pie

SUPPER

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

SATURDAY, October 19, 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