

IOWA VETERANS HOME MENUS Week C

**SUNDAY, SEPTEMBER 29, 2013**

**BREAKFAST**

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

**LUNCH**

Tator Tot Cass., **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 30, 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 Oatmeal Cake

**SUPPER**

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

**TUESDAY, OCTOBER 1, 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, OCTOBER 2, 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, OCTOBER 3, 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, OCTOBER 4, 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 Pumpkin Pie

**SUPPER**

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

**SATURDAY, OCTOBER 5, 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