

IOWA VETERANS HOME MENUS Week B

SUNDAY, August 21, 2016

BREAKFAST

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

LUNCH

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

SUPPER

Chicken Patty / Bun **Alt.:** Beef Patty/Bun
*Green Beans, Zucchini, Peaches,
Gelatin and mini muffin

MONDAY, August 22, 2016

BREAKFAST

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

LUNCH

Chicken Alfredo, **Alt:** Salisbury Patty
*Beets, Fettucini, Caesar Salad, Fruit
Cocktail, and Garlic Herb Dinner Roll

SUPPER

Beef Stew **Alt:** Fish Square *Zucchini &
Tomatoes, Broccoli, Pears, and Corn
Bread

TUESDAY, August 23, 2016

BREAKFAST

Orange Juice, Sausage, Dry Cereal,
French Toast

LUNCH

Beef Tips, **Alt:** Italian Chicken Breast
*Capri Veg, Mashed Potatoes, Spinach,
Cream Puff Dessert

SUPPER

Pulled Pork on Bun, **Alt:** Turkey
Burger*Cauliflower, Macaroni Salad,
Corn and Mandarin Oranges

WEDNESDAY, August 24, 2016

BREAKFAST

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

LUNCH

Meatloaf, **Alt:** Roast Turkey*Asparagus,
Baked Potato, Carrots, Applesauce

SUPPER

Soft Shell Taco, **Alt:** Pork Fritter,* Braised
Celery, Fiesta Rice, Lettuce/Tomato,
Pineapple, and Chocolate Pudding

THURSDAY, August 25, 2016

BREAKFAST

Orange Juice, Scrambled Eggs,
Cornmeal, Bacon/Turkey Bacon, Pancake
and Whole Wheat Toast

LUNCH

Breaded Chicken Breast, **Alt:** Pork
Riblette*Steamed Cabbage, Broccoli
Cornbake, Brussels Sprouts, Pears, and
Raspberry Parfait

SUPPER

Reuben Open Face Sand., **Alt:**
Meatloaf*Winter Mix, Sauerkraut, Grapes,
and Lemon Cookie

FRIDAY, August 26, 2016

BREAKFAST

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

LUNCH

Hot Beef Sandwich, **Alt:** Chicken
Breast*Okra & Tomatoes, Mashed
Potatoes/Gravy, Carrots, and Apple Pie

SUPPER

Turkey Club Sandwich, **Alt:** Tavern
Cod*Zucchini, Lettuce / Tomatoes,
Potato Salad, Tropical Fruit, WW Bread

SATURDAY, August 27, 2016

BREAKFAST

Orange Juice, Sausage Gravy, Cream of
Wheat and Biscuit

LUNCH

Turkey Tetrazzini, **Alt:** Roast
Beef*Mixed Veg., Green Beans,
Strawberries, Orange Chiffon and
Breadstick

SUPPER

Cod Fillet, **Alt:** Sloppy Joe/Bun*Winter
Mix, Rice Pilaf, Marinated Cucumbers,
Fruit Cocktail/Bananas