

IOWA VETERANS HOME MENUS Week C

SUNDAY, August 28, 2016

BREAKFAST

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

LUNCH

Lasagna **Alt:** *Ham*Wax Beans*, Bread
Stick, Brussels Sprouts, Orange Slices
and Ice Cream

SUPPER

Loose Meat / Bun, **Alt:** *BB-Q
Pork/bun*Peppers/Onions*, Sw, Potato
Fries, Spinach, Peaches (diced)

MONDAY, August 29, 2016

BREAKFAST

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

LUNCH

Escalloped Chicken **Alt:** *Beef
Patty/Bun*Green Beans*, Mashed
Potatoes/gravy, Hot Tomatoes, Cherries,
Jell-O Cake

SUPPER

Cold Cuts **Alt:** *Spicy Chicken
Patty*Zucchini*, Baked Beans, Coleslaw,
Fruit Cocktail

TUESDAY, August 30, 2016

BREAKFAST

Orange Juice, Sausage, Dry Cereal,
French Toast

LUNCH

Pepper Steak **Alt:** *Caribbean Chicken
Breast*Cabbage*, Rice, Catalina Veg,
Applesauce, Whole Wheat Bread

SUPPER

Pizza, **Alt:** *Chicken Livers*Sautéed
Onions*, Carrots, Fruit Salad, Blond
Brownie

WEDNESDAY, August 31, 2016

BREAKFAST

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

LUNCH

BBQ Ribs, **Alt:** *Chicken Strips**
Asparagus, Scalloped Corn, Pickled Beets,
Peaches (diced), Dinner Roll

SUPPER

Ham Loaf, **Alt:** *Chef's Choice*Braised
Celery*, Macaroni & Cheese, Broccoli,
Apricots

THURSDAY, September 1, 2016

BREAKFAST

Orange Juice, Scrambled Eggs, Bacon,
Pancake, and Cornmeal

LUNCH

Pot Roast, **Alt:** *Seasoned Chicken Wings,*
Zucchini, Baby Carrots, Boiled
Potato/Gravy, Angel Food cake,
Strawberries

SUPPER

Spaghetti wMeat Sauce, **Alt:** *Stuffed
Pepper, Sautéed Mushrooms*, 4 Bean
Salad, Pineapple, Garlic Toast

FRIDAY, September 2, 2016

BREAKFAST

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

LUNCH

Pork Chop **Alt:** *Sweet & Sour
Chicken*Cauliflower*, Fried Rice/Gravy,
Asparagus, Pears, and Choc Peanut Butter
Pie

SUPPER

BBQ Chicken **Alt:** *Egg Salad, Spinach,*
Garlic Mashed, Lettuce Salad/dressing,
Tropical Fruit, Cornbread Muffin

SATURDAY, September 3, 2016

BREAKFAST

Orange Juice, Hamburger Gravy, Grits,
and Biscuit

LUNCH

Lemon Pepper Fish, **Alt:** *Pork Chop**
Tomatoes, Creamed Pot/Peas, Mixed
Vegetables, Mango

SUPPER

Goulash, **Alt:** *Chef's Choice*Capri Mix,*
Broccoli, Mandarin Oranges, Bread Stick,
Turnover